



The MCEO Freedom Teachings® Series

Sliders-2

“Reclaiming the Vessel”-
Preparing the BODY for Slide
Introductory Telluric Body Training

Virginia Beach, VA – September 19-22, 2008

Handbook

NOTICE OF CLAIMS, CONSENT and COMMITMENT

Pertaining to MCEO Teachings, Techniques and Technologies

Contents

- Theoretical Perspectives
- MCEO Meditations for Spiritual Exploration, Medical and Psychiatric Considerations
- Claim of Authenticity
- Terms, Conditions, Agreements and Implied Consent
- A Commitment to Quality and the MCEO Course-book Manuals

Theoretical Perspectives

MCEO teachings presently exist on Earth as a growing body of detailed information pertaining to the spirituality and science of creation and the history and evolution of humanity. MCEO teachings offer unique perspectives, techniques and technologies of mind and spirit that have proven useful to many people in the exploration and expansion of personal consciousness. Information contained within MCEO teachings represents a cohesive paradigm of ideas, beliefs and perspectives reportedly translated from ancient texts, which together comprise an affirmative and inspirational "point of view" or "world view" regarding the tangible realities of spirituality, the mechanics of creation, the history of our universe and the potentialities of the human condition. Like many popular "New Age" and "Traditional" paradigms of spiritual, scientific and historical beliefs, many points of view presented within MCEO teachings extend beyond the framework of presently recognized spiritual/religious, scientific and historical "fact" that can be verified through common contemporary scientific procedures. *Thus, like many other popular belief paradigms, including ALL known "New Age" and "Traditional" spiritual/religious doctrines and many fields of contemporary scientific study, the perspectives presented within the MCEO teachings must, too, be presently categorized as theoretical in nature.*

The *verifiable actuality*, and thus the potential validity, of the presently theoretical spiritual, scientific and historical perspectives of MCEO teachings pertaining to the "**Ancient Science of the Shields**" (scalar-standing-wave templates of matter and consciousness), "**Merkaba Mechanics**" (interdimensional electromagnetic vortex mechanics), "**DNA Template Activations**" (frequency accretion within the scalar template behind manifest chemical DNA), "**Interdimensional Structure**", "**15-Dimensional Anatomy**", "**Bio-Spiritual Healing**" (support of biological healing and well being through holistic spiritual practice) and **Humanity's Evolutionary Journey**, perspectives which are featured within the **MCEO Kathara Bio-Spiritual Healing Program, MCEO Maharata "Dance For" Programs** and related published works of the MCEO, cannot at this time be "proved or disproved". Therefore, the MCEO Paradigm and its related teachings, techniques and technologies are offered to the public as a unique and inspirational view point, solely for the purpose of public investigation, consideration and theoretical exploration.

Though the presently theoretical categorization of MCEO teachings within the public sector is recognized, it should also be recognized that members of the Azurite Press, Trustees and the AP Regents Council, as well as authorized MCEO translators/authors and teachers and many individuals within the international community, have personally chosen to accept the validity of MCEO teachings as representing more than a theoretical perspective, instead acknowledging the MCEO Paradigm as a factual reality interpretation, and practical worldview, through which progressive expansion of personal consciousness and coherent spiritual

awakening are fostered. Such decision as to the factual or theoretical categorization of the MCEO Paradigm, and the responsibilities inherent to this decision, are deeply private spiritual issues, and thus must be assigned to the faculties of personal discretion.

MCEO Meditations for Spiritual Exploration, Medical and Psychiatric Considerations

As the MCEO Paradigm is built upon presently theoretical spiritual, scientific and historical perspectives, any and all techniques and technologies offered through the MCEO Paradigm must also be considered as presently theoretical in nature, and thus any and all techniques and technologies presented within MCEO teachings are ***not intended to diagnose, treat or cure any disease or illness, nor are they intended as substitution for professional medical or psychiatric advisory or treatment.*** Techniques and technologies provided within MCEO teachings are offered to the public solely as ***“Meditations for Spiritual Exploration”***, with the intention of assisting to serve the further evolution of human consciousness through providing exposure to an expanded range of perspectives and potentialities. **It is strongly recommended that individuals having a history of medical or psychiatric difficulties, or whom are presently under the care of medical or psychiatric professionals, seek professional advisory before using any MCEO Meditations for Spiritual Exploration techniques or technologies.**

Since introduction of *MCEO Meditations for Spiritual Exploration* techniques and technologies in 1999 many people have claimed to receive beneficial affects and effects in the development and expansion of personal consciousness and spiritual awakening through use of MCEO techniques and technologies. There have also been a lesser number of reports of individuals claiming to receive no affect, effect or benefit at all, but there have been ***no reports of individuals claiming adverse medical, psychiatric or psychological affects or effects*** in conjunction with use of MCEO techniques and technologies. As a reflection of commitment to responsibility in presentation, MCEO techniques and technologies are not presented for exploration in the public domain until they are first and/or simultaneously explored, utilized or practiced by authorized MCEO translators/authors/ teachers and members of the Azurite Press Board of Directors. Though validation of factual actuality pertaining to affects, effects or benefits of practicing MCEO Meditations for Spiritual Exploration techniques and technologies must, like the techniques and technologies themselves, for the present time remain within the realm of theoretical exploration, it can be reported that since 1999, findings pertaining to the practicality of utilizing MCEO techniques and technologies have consistently revealed that affects and effects of such practices are ***quite individualized, though predominantly positive***, in nature. Therefore, however, ***no claims, promises or guarantees as to the affects, effects or benefits an individual might expect to encounter through use of MCEO techniques and technologies can be offered at this time.*** Utilization of MCEO Meditations for Spiritual Exploration techniques and technologies presently remains within the category of ***experimental self-exploration***, through which absolute conclusions regarding generalities of mass affect, effect, benefit or detriment cannot yet be drawn. ***An individual's involvement with MCEO teachings, techniques and technologies represents a choice of personal decision and discretion, and thus responsibility pertaining to affect and effect of practice that are inherent to this choice must also remain with the individual.***

Claim of Authenticity

In offering MCEO teachings for public exploration, ***neither the translators/authors, publishers, promoters or related individuals and organizations make any claims whatsoever as to the factuality of ideas or perspectives contained within the MCEO Paradigm.*** Though the *MCEO teaching texts themselves* do on occasion claim that certain ideas and perspectives are of a factual nature, such claims

represent points of view intrinsically contained within the ancient texts from which contemporary translations are drawn. The authorized translators/authors of contemporary MCEO teaching texts hold a binding commitment to ensure the clearest and most accurate translation of MCEO texts as possible under current evolutionary circumstances; a *commitment to clarity and accuracy of translation* that must include the allowance of contemporary translation of any *claims of factuality as they are contained within the MCEO texts of antiquity*. **Information represented as *factual knowledge* within the MCEO texts of antiquity, and their contemporary translations, is understood to represent “potential or possible factuality, expressed as factuality within the ancient texts, but which presently resides within the domain of theory” within the context of contemporary publication.**

The contemporary translators/authors of MCEO teachings *claim only* that the MCEO text translations contained within presently published works bearing their authorship represent an “as-accurate-as-possible” translation of MCEO text records believed to have been created in ancient times, which the contemporary translators/authors have had opportunity to review through *authentic personal experiences*. Translators/authors thus make claims only as to the *authenticity of their personal experiences* through which review of ancient MCEO text records occurred and as to the factuality that translation of the reviewed ancient MCEO texts into contemporary English language has been rendered by them as clearly and accurately as possible.

As the original MCEO texts of antiquity are not presently in the direct possession of authorized contemporary translators/authors, and thus contemporary translators/authors cannot at this time publicly display these artifacts in order to validate the reality of their continued existence and verify their inherent content, those who explore contemporary MCEO texts translations must understand that such works are presented as theoretical perspectives and possibilities, the validity of which one may choose to believe, or disbelieve, upon the merit of one’s personal discretion. ***If ideas, concepts or perspectives contained within the MCEO texts, their contemporary translations or related teaching materials bear any resemblance to ideas, concepts or perspectives contained within any other presently known spiritual/religious, scientific or historical paradigms or teaching systems, such resemblance is purely coincidental.*** However, the event of such coincidence arising may potentially suggest that both the MCEO Paradigm and paradigms to which it might bear resemblance **may have arisen from a common source in antiquity** that has yet to be discovered or scientifically verified, but which would upon discovery lend credence and clarity to such coincidence.

Terms, Conditions, Agreements and Implied Consent

As contemporary MCEO text translators/authors can make no claims or promises as to the factuality of ideas and perspectives presented within MCEO teachings, they likewise **cannot offer any claims, promises or guarantees as to the affects or effects that may or may not arise through personal use of MCEO teachings or Meditations for Spiritual Exploration techniques and technologies**. The responsibility for decision to engage involvement with MCEO teachings, techniques or technologies rests with each individual, and thus the responsibility for any affects or effects that may or may not occur in conjunction with use of MCEO teachings, techniques and technologies must also rest with the individual. The *Meditations for Spiritual Exploration* techniques and technologies provided within MCEO teachings represent translations from the ancient MCEO texts, and are provided to the public as an **option for personal spiritual exploration, investigation and experimentation, to be utilized at the personal discretion of the reader or workshop attendee.**

As stated in numerous public forums and workshops since 1999, *in choosing to utilize MCEO teachings, techniques or technologies it is understood that in so doing the individual accepts full responsibility for any and all conditions that may or may not occur in conjunction with such practice. It is further recognized that the individual, through the act of utilizing MCEO teachings, techniques or technologies, thereby through this act agrees to release Azurite Press, Trustees, the AP Regents Council, authorized Kathara Bio-Spiritual Healing Program teachers and facilitators (pertaining only to MCEO-sanctioned Kathara "no-touch" procedures), authorized MCEO translators/authors, teachers, promoters and any individuals and organizations thereto related, from any and all claims of liability or damages perceived or assumed to occur in conjunction with involvement in MCEO teachings, techniques or technologies. This statement of Terms and Conditions represents a written *Notice of Implied Agreement and Consent to Liability Release* in regard to involvement with MCEO teachings, techniques and technologies. This Notice of Implied Agreement and Consent of Liability Release represents a *reiteration in specific written format* of previously provided notice as to the *necessity of taking personal responsibility for any and all consequences arising from chosen involvement with the MCEO Paradigm*; notice which has been frequently provide verbally in public forum since 1999. It is recognized that the *Implied Agreement and Consent to Terms and Conditions of Liability Release* stated here within is accepted and enacted as such *upon the act of chosen involvement with and/or practice of MCEO teachings, techniques and technologies*. If one is uncomfortable or in disagreement with this stated *Notice of Implied Agreement and Consent to Terms and Conditions of Liability Release*, it is suggested and recommended that one choose at this time non-involvement with MCEO teachings, techniques and technologies, until a future time wherein such concerns have been assuaged.*

A Commitment to Quality and the MCEO Course-book Manuals

The authorized MCEO translators/authors, members of the MCEO, Azurite Press, Trustees, Regents Council, teachers and promoters of the MCEO Paradigm extend their greatest efforts in making MCEO teachings available for public exploration in **the most responsible and respectful manner possible**, whilst striving to maintain the **highest standards of integrity in MCEO text translation and teaching**. Intrinsic to such responsibility in presentation, authorized MCEO translators/authors, members of Azurite Press, Trustees, Regents Council and authorized teachers and facilitators of MCEO programs are all individuals who personally believe in the factuality of the MCEO Paradigm and who actively participate, for personal spiritual reasons, in MCEO programs, including personal utilization of MCEO techniques and technologies. These individuals all share a **common commitment to achieving and maintaining integrity, quality and responsibility in public presentation of MCEO teachings**; this shared commitment arises from a commonly shared, individually held, reverence, respect, appreciation for, and belief in the validity of, the MCEO Paradigm, its inherent teachings of personal spiritual self-discovery and the limitless potentialities of human consciousness that this paradigm suggests.

On behalf of this commitment to quality, may it be understood that **MCEO Course-book Manuals**, as featured within the MCEO *Kathara Bio-spiritual Healing Program*, *MCEO Maharata "Dance For" Programs*, *MCEO Masters Templar Stewardship Initiative Program* and other MCEO teaching programs, **do not represent completed books**, but rather exist as **companion text briefings** that are created in conjunction with **specific corresponding live workshop presentations** which are preserved via **audio/video recordings** that are made available on the *Azurite Press Products List* as specific Program Sets. The Course-book Manuals that accompany some of these audio-video workshop programs **contain only the charts, graphs and most pertinent information pertaining to their corresponding audio-video program**, and **do not contain the many pages of dialogue and detailed explanation** that is incorporated verbally within the audio-video program. Thus MCEO Course-book manuals are not intended

to be used alone, but are rather intended for use as an **additional educational aid in conjunction with their corresponding audio-video workshop program.**

As new MCEO workshop materials are often released and translated during live workshop presentations, the corresponding Course-book Manuals and their inherent graphs and charts often reflect the immediacy of the new information provided in that they are initially rendered "**in-the-rough**", often with portions of text in hand-written form, not yet "perfected" for book publication with appropriate dialogue text detail, typesetting, computer graphics, pagination and indexing. As each new workshop since 1999 has introduced the next level of new, live MCEO data translations, there has been insufficient time to "move backward" and perfect the quality of production pertaining to MCEO Course-Book Manual texts from previous workshops. The information and new MCEO teachings contained within each workshop program always reflect the standards of integrity and quality inherent to the MCEO Paradigm, but often timely public release of new materials is achieved at the expense of quality in product production. **The Azurite Press staff apologizes for any inconvenience that such "data-in-the-rough" may cause; however, if workshop programs were withheld from Product List release until their audio/video recordings and corresponding Course-book Manuals were "perfected" in terms of product production, it would be several years before these materials were released for public review.** As new MCEO teachings are often time-sensitive in regard to the unfolding of planetary events, especially since 2000, it has been of greater priority during this time to expedite availability of the MCEO teachings contained within the products, than it has been to demonstrate the standards of excellence in quality product production that remains a goal of Azurite Press.

For the time being, MCEO audio-video-Course-book Programs are in a **state of continued evolution**, as the small staff at Azurite Press, with the assistance of numerous individuals who volunteer their time and talents, endeavor to compile dialogue transcripts and perfect typesetting, computer graphics and format organization of previous MCEO workshop presentations in effort to fulfill the goal of creating "perfected" book publications that contain, and "do justice to", the vast body of quality teachings that have been presented during the 1999-2003 MCEO workshops. The commitment to achieving excellence in quality of production, as well as quality of information, that is held by members of Azurite Press staff arises from the personal desires of staff members to "honor the spirit of the teachings" which they have found personally valuable, as well as from a desire to provide the best possible quality of product and service in spiritual respect to the public. Until the goal of achieving "perfected" product production quality is actualized, Azurite Press staff hopes that the public will share in the recognition that it is the **quality, and inherent substance, of MCEO information, more so than the "package that it comes in", which demonstrates the value of Azurite Press MCEO educational products.**

.....Azurite Press Board of Directors

THE MCEO FREEDOM TEACHINGS ® SERIES
SLIDERS-2 Workshop: "Reclaiming the Vessel-Preparing the Body for Slide"
 Introductory Telluric Body Training
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Table of Contents

* Workshop Contents	page 8-9
* Prep Technique-A: Optical-Pineal Induction of the Allur-E'ah Ra-sha-tan Protoplasm Code	page 10-11
* Prep Technique-B: Creating the TE'a-Wha Materialization Seed	page 12-14
* Prep Technique-C: Opening the Pentagonal TE'a-Wha Window & Conscious Materialization	page 15-17
* <i>PSI-Interactive Technique-1</i> Activating the Grail Window PART-1 Opening the Window	page 18-20
* <i>PSI-Interactive Technique-1</i> Activating the Grail Window PART-1 Activating the Window	page 21-25
* <i>PSI-Interactive Technique-2</i> I AM THE VOICE-Phase-Toning	page 26
* <i>PSI-Interactive Technique-3</i> A-E Entering the Grail (GrU'-al) State (long-run)	page 27-41
* <i>PSI-Interactive Technique-4</i> A-E Opening the Grail Door	page 42-47
* <i>Aqua-Tone™ Practicum Session Techniques 1-4</i>	page 47-48
* The Allurean Color Register Chart	page 49
* The Allurean Adjugate Color Chart	page 50
* The Aqua-Tone™ Axiatonal & Chakra Healing Chart	page 51
* The Aqua-Tone™ "Daily Grail" Program	page 52
* The Aqua-Tone™ "Daily Grail" Daily Reminder Post-It Sheet	page 53
* The Aqua-Tone™ "Daily Grail" Life-Fitness Program	page 54-58
* General Reference: The "Mix-Master Elemental Step-down Alignments"	page 59
* General Reference: "Re-activation of the Monadic Flows"	page 60
* General Reference: "Activations of the Planetary Grail"	page 61
** Psonns of Freedom WAVE-RUN	page 62-70

Diagrams

A. The Allur-E'ah Ra-sha-tan "Feel Good" Code	page 11
<i>Use with Sliders-1 Technique & Sliders-2 Prep Technique-A Optical-Pineal Induction of the Allur-E'ah Ra-sha-tan Code.</i>	
B. The Allurean Color Register Chart	page 49
<i>Use with Sliders-2-Workshop Aqua-Tone™ Practicum" Session Technique-1A Setting & Sensitizing the Allurean Color Register</i>	
C. The Allurean Adjugate Color Chart	page 50
<i>Use with Sliders-2-Workshop Aqua-Tone™ Practicum" Session Technique-1B Setting & Sensitizing the Allurean Color Register</i>	
D. The Aqua-Tone™ Axiatonal and Chakra Healing Finger Chart	page 51
<i>Use with Sliders-2-Workshop Aqua-Tone™ Practicum" Session Technique-4 S Axiatonal Line-Chakra Restoration</i>	
E. "General Reference": The "Mix-Master Elemental Step-Down Alignments" Chart	page 59
F. "General Reference": Reactivation of the Monadic Flows Chart	page 60

Workshop Contents

Please Note: "AQUA-TONE Hydro-Acoustic Systems™" Techniques contained in this workshop are part of a *Holistic Health "Self-Healing"* modality which is intended for use as a *complement to*, not a substitute for, *traditional methods of treatment*. AQUA-TONE Hydro-Acoustic Systems™ programs are not intended to "diagnose, treat or cure" any medical or psychiatric conditions, nor to be used as a replacement for professional medical or psychiatric care.

Friday Sept.19, 2008: Orientation- Program Summary Overview

Saturday Sept. 20, 2008

The Physical Body, Environmental Mutation, the "Saving Grace (GharE)" and the "Holy Grail" GrU'-al Control. Understanding the Hidden Realities of the "Physical-Mortal Body" and its potentialities for "Reverse-Mutation" to "Slide-ability" and Eternal-Life Ascension.

Lecture Sessions 1 & 2 Combined

A. Session-1 Lecture - Planes of Creation, Time-Windows & the "Holy Grail" Doorways

Planes of Creation, *Dimensional TE'a-Wha, GrU'-al, Jhan'-das and Jha'-Dha Planes*, "Windows that become Doorways", the D-2 Telluric "Physical Body" "GrU'-al Control" ("Holy Grail") Window and Doorway, Cellular Communication & the "I AM Body-Consciousness".

B. Session-2 Lecture -Inorganic Polarities of the Physical Body, "THE VOICE" & the "GRAIL"

Secrets of the *Ghar-oché'* and the *ManE'*, "contours of biological encasement", "compensatory patterns of survival", "Habitual Drives", the "Saving Grace", THE VOICE, the "Grail Door" and Overcoming "Inorganic Polarities of the Physical Body".

Preparatory Techniques

A. "Optical-Pineal Induction of the Allur-E'ah Ra-sha-tan Code "

B. "Creating the TE'a-Wha Materialization Seed". (Sliders-1 "Elemental Communication" & "The TE'a-Wha Seed-Planting the Seeds for Personal Materialization"- combined)

C. "Opening the Pentagonal TE'a-Wha Window & Conscious Materialization"

PSI-INTERACTIVE Session

Technique-1. "Activating the Grail Window" PART-1-Opening the Grail Window & PART-2 A-F Activating the Grail Window

Sunday Sept. 21, 2008

Inspired Living in the Big Picture Drama. Utilizing the Strength & Integrity of THE SPIRIT WITHIN to Weather the Storms of the Global Healing Drama..

12:00PM- Global Healing Event-1: "The Hour of Requiem-Calling of the 6 Directions & the Host of Al-ben'-yhan"-

International Day of Peace-Fall Equinox: On behalf of the Kryst-Ascension Agenda, we **accepted the Invitation to "ANY & ALL"**, to participate in a **massive** ("millions of others..") "**Global Sound Healing Event**", sponsored and orchestrated by those who "**Call the 4 Directions**". The Kryst engaged the 1st of many "**HARMONIC-TECTONIC Kryst-STANDS of Global Healing**", through which **Genuine "Planetary Healing"** is facilitated. As we "**accepted the invitation**" to this "**Global Party-of-Harmonics**", we brought to its hosts the **GIFT** of the **Allur-E'ah Ra-sha-tan**, making this "**GIFT-of-the-Kryst**" an **accessible Free-Will-Choice** to all who "attend the party." (Featuring the "**Psonns of Freedom WAVE-RUN**" Song Sequence -which can also be used privately anytime as a personal "**Spiritual Power Amp Singing "LTR-GRID"**.)

PSI-INTERACTIVE Session- Continued

Technique-2. "I Am THE VOICE" - Phase-Toning (Live)

Technique-3. "Entering the Grail ("GrU'-al) State" (long-run PSI-Technique-3 A-E)

SLIDERS-2 Workshop: "Reclaiming the Vessel"-Preparing the BODY for Slide.

Introductory Telluric Body Training

Workshop Contents- Sunday Sept. 21, 2008- Continued

Sunday Sept. 21, 2008- Continued

Lecture Sessions 3, 4, & 5 Combined- Start

A. Session-3 Lecture - Psonns of the Sacred & the "6 Directions": Sound, Language, Music, the BODY, THE VOICE, LTR-Power-Grids, Gifts of the Grail, the Power of "Song", the "6 Directions" and the *Treaty of Al-ben'-yhan*. **B. Session-4 Lecture- FOOD FOR THOUGHT:** Consumables, the GharE', Inspired Consumption & Exercise, & Personal Hydro-Acoustic Healing
C. Session-5 Lecture- Reclaiming the Vessel: Big Picture Politics, & the War of Attrition (Between the embodied GharE' and Ghar-o'che forces)

PSI-INTERACTIVE Session- Continued

Technique-4. "Opening the Grail Door" (PSI-Technique-4 A-E)

Monday Sept. 22, 2008

DAWN ON THE BEACH: "*Dawn of the New Horizons*"; *Activation of the Median-Ascension-Earth Grail Window*, the 1st of 4 *Primary Planetary Stewardship Celebrations*; the "1st Motion of Freedom".

Lecture Sessions 3, 4, & 5 Combined- Continued

Aqua-Tone™ Practicum Session & The Daily-Grail Program- (Live)

- 1. Setting and Sensitizing the Allurean Color Register**
- 2. Hydro-Acoustic Adjugate-Tone Self-Scan**
- 3. Releasing the Ghar-o'che-Restoring the Mana-Reclaiming the GharE'**
- 4. Aqua-Tone® Axiatonal Line-Chakra Restoration**

The Daily-Grail Program - Live Summary & Post-workshop Internet Detail Pages (included in this package)

Journey to the Keivas; the 1st Penta-gor'ian Projection Slide Bi-location. (Live)

THE MCEO FREEDOM TEACHINGS ® SERIES
Sliders-1 Technique & Sliders-2 Prep Technique-A

Optical-Pineal Induction of the Allur-E'ah Ra-sha-tan Protoplasm Code

Purpose: Activates the organic Krystic organizational program of Elemental Protoplasm (Pre-substance Hydrolase) within the personal Density-1 Aah-JhA Hydro-acoustic Body and Morphogenetic Field, to reset and awaken this organic elemental program within the Endoplasma-Atomic Hydrolase Base of our materialized Atomic Matter. This initiates the lengthy healing process by which the organic ability of *Hydrolase Production* can be progressively restored within the Density-1 Body.

(Note: **Atomic Transfiguration** of the physical body, via release of the **Celestalline Wave**, occurs through the processes of "**Hydrolase Conversion** and **Solar Symbiosis**", which require the body to *organically manufacture Elemental Hydrolase "Living Water"*. The current human genetic mutation prevents organic Hydrolase production, shutting down the body's Eternal Life processes of Hydrolase Conversion, Solar Symbiosis and Atomic Transfiguration. The potentials of Eternal Life Atomic Transfiguration can be restored in the human body through **systematic reverse-mutation**, by which Hydrolase production is restored and the Eternal Life processes are progressively awakened. Systematic Reverse-Mutation begins with activation of the "**Allur-E'ah Ra-sha-tan**" Code, the organic organizational program of Elemental Protoplasm, within the DN-1 Hydro-Acoustic Body, and reset of this program within the Endoplasma Atomic Matter Base.)

Prep: *Activate Your Krystar Vehicle*

1. "Rasha-Eira-Krystar" NOW 3-step INHALE & hold at top of inhale
2. EXHALE forcefully pushing Krystar Vehicle out around you
3. Repeat again 2 times for amp.

Inducing the Allur-E'ah Ra-sha-tan "Feel Good" Code

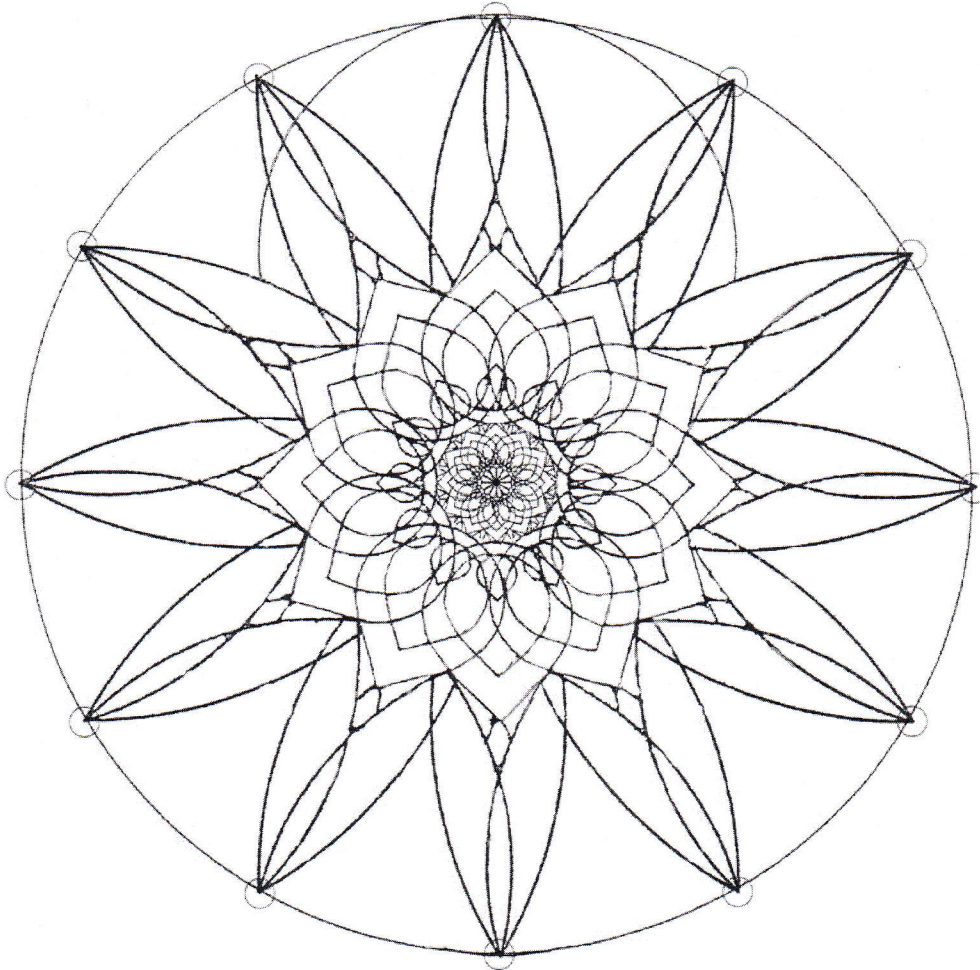
1. Focus your eyes on the center of the **Allur-E'ah Ra-sha-tan**" Code for a few moments, breathing normally and gently.
2. **INHALE** slowly and deeply, using the Inhale breath to first draw toward your forehead, "**2 images of the code**", 1 from each eye; then before the 2-codes reach your forehead, "**cross your eyes**" briefly, to bring the "2-codes" together into **one code-image**, using the remainder of the Inhale breath to draw the *one code-image* through your forehead and **Chakra-6 "3rd Eye"** and into your **Pineal Gland** at the center region of your brain. **Hold** breath at the top of the Inhale and **condense** the *Allur-E'ah Ra-sha-tan* Code into a minute **speck of Aqua Light** in the Pineal center.
3. **EXHALE** gently, using the Exhale breath to push the **speck of Aqua Light downward**, from your Pineal Gland, through your Central Vertical Column and into Median-Earth Core. Return to normal breathing. You have completed Optical-Pineal Induction of the *Allur-E'ah Ra-sha-tan* Code.

The "Allur-E'ah Ra-sha-tan" "Feel Good Code"

Use with Sliders-2 Prep Technique-A- Optical-Pineal Induction of the Allur-E'ah Ra-sha-tan Code.

The "Allur-E'ah Ra-sha-tan" "Feel Good Code"

The "**Calling Code**" for **Protoplasm**, **Pre-Substance Hydrolase**, the Pre-Substance Hydro-Ecoustic Compound-Element that is organic **Living Pre-Water** (pre-substance $D_3H_2O_2He_3$, $D_2-O_2H_2N_3$), which "**Speaks to**" **Hy'dra-LE' Endoplasma**, **Atomic Hydrolase**, that is the **organic ATOMIC LIVING WATER** (physical-atomic $D_3 H_3O_2He_3$, $D_2-O_2H_2N_3$) which is the Atomic Hydro-Acoustic **Compound-Element "Water-Matter-Base"** of which our **144 Organic Living Elements** are composed.



Initiating Tones of the *Allur-E'ah Ra-sha-tan*:

"UM Ma-Ta UM" (3x) then **"TE'...Wha....Na'-hA-Vu-..Sa-ta"** (3x)

THE MCEO FREEDOM TEACHINGS ® SERIES
Sliders-1 Technique & Sliders-2 Prep Technique-B

Creating the TE'a-Wha Materialization Seed.

Consolidated **Format** adapted from techniques "*Elemental Communication-Using Encryption*" & "*The TE'a-Wha Seed-Planting the Seed for Personal Materialization*", which were run live in the Sliders-1 Workshop.

Purpose: Forming the Core of your "**Materialization Seed**", that will become the **Gha-ron Seed Core** in Prep Technique-C-*Opening the Pentagonal TE'a-Wha WINDOW & Conscious Materialization*

1. Choose something you personally desire to materialize; it can be an object, a healing, a personal life condition, or anything Krystic that you personally desire.
2. **Slow your breathing** to half-speed to slow your bio-rhythms, **close your eyes** and create a **mental image** of your intended "**Desire**"; create an **image of yourself already having this desire**. In your mental image, **SEE** yourself "**joyfully WITH the object**, or "**joyfully experiencing the event or condition**", putting as **much feeling and emotion into the image** as you can to make it as "**tangibly real**" as possible.
3. Next imagine that your "**Desire Image**" is now a 2-dimensional "**Still Photograph**" printed on **very thin paper**, and hold the image of the photograph on the "**inside of your forehead**".
4. **INHALE**, then **EXHALE**, using the Exhale breath to push a portion of your energy as a "**Cloud of Consciousness**", **through and behind** the image of the photograph.
5. Breathe normally, and imagine now that you are "**looking at the back side of the photograph**". Observe that on the **back side of the photograph** there is a pattern of "**Light Dots**", which represents the **Hydro-acoustic Dot-Matrix radiation encryption** of the photo image and its inherent "**Desire**".
6. **INHALE**, then **EXHALE**, using the Exhale breath to push your "**Consciousness Cloud**" **back through the "Dot-Matrix back side" of the photograph**; this will allow you to pick up the **Infrasound heat imprint** of your "**Desire Photo**" **encryption**. Return to normal breathing, and return your focus to observing the "**front-side**" of the photograph on the inside of your forehead.
7. From the *Infrasound heat imprint* of your "**Desire Photo**" *encryption*, that you picked up on your return passage through the photograph, you will be able to derive a "**Triad**" or **TRYNE**, which is a set of "**3 points of core feeling**", held within the "**Desire Photo**" encryption. The Tryne holds as an "**Infrasound feeling encryption**" of the "**deeper desires**" hidden beneath and within your chosen desire.

8. The **Tryne** infrasound encryption will appear within your consciousness field inside your head as a **minute "dot of light"** that represents its *heat signature*. **Locate your Tryne** by first moving the **"Desire Photo" image** on the inside of your forehead **over to LEFT**, to clear the *"center view area"* on the inside of your forehead. Next, **mentally scan** the *"center view area"* to find the **"tiny dot of light" Tryne**, which will show up in contrast against the darkness of your *"center view area"*.
9. When you locate the minute Tryne in your "center view" area, mentally move it directly to the **"center point"** of the *"center view area"* and **enlarge it**, to see its **triangular form**, with **2 heat-dots** as the **"bottom feet"** and **1 heat-dot centered at the top**. (If you had been unable to find your minute Tryne, simply place the image of the triangle in the center point of your center view area, and the image will draw in your "missing" Tryne).
10. **INHALE upward** from the *AzurA*, into the **Tryne image**, then **EXHALE slowly and gently**, using the Exhale breath to further enlarge the Tryne to "basket-ball-size", while pushing it forward, through your forehead, until it is positioned on the outside, in front of your forehead.
11. **INHALE**, using the Inhale breath to **draw the enlarged Tryne downward** to the *AzurA* region and **into your body**. **EXHALE**, then return to normal breathing.
12. With the *enlarged Tryne* positioned *in* your body in the *AzurA* region, **"feel its energy reality within you"**, using the Tryne's energy-signature to help you **find 3 simple words** that will **best describe** the **overall qualities** of what **having the experience of fulfillment of the "Desire"** will bring you. (Words such as Joy, Happiness, Healing...etc...).
13. **INHALE** into your *AzurA* to **"contract"** the **"enlarged Tryne"** back into a **small, but visible image**, then **EXHALE**, using the Exhale breath to **push the Tryne image back upward** into its **original position** at the **center point** of the **center view area**, on the **inside of your forehead**.
14. Bring to mind the **"3 words"** you had picked to best describe the overall qualities you will receive upon fulfillment of your Desire. Of the 3 words, choose the **1 word** that has the **most emotional significance** to you, and **mentally place it at the "top" heat-dot** of your triangular **Tryne image**. Place the **2 remaining words** at the "bottom feet" positions of the triangle. You now have an "intention loaded" Tryne PHASE-SET.
15. Next, find a **single word** that would **represent all of the 3 identified qualities combined**: the highest quality of all 3 qualities put together. This "power word" will represent, and include within itself, the "entirety of the outcome" you are aiming for "in fulfillment of the "Desire". The **"power word"** will become the **"Desire Encrypted Spark"** that will form when the **Tryne Phases**.

16. To **Phase the Tryne**, **INHALE** into the **AZurA**, using the Inhale breath to **bring the 2 words in the "bottom-feet positions" of the Tryne "together in the center"**, beneath the "top-position word", and **Hold** breath at the top of the Inhale. As the Tryne Phases, notice that a **big "Starburst Spark"**, carrying the "**power-word**", occurs when the "bottom feet collide".
17. **EXHALE gently downward**, using the Exhale breath to **draw the Starburst Spark and the Tryne together and move them downward into the AzurA**. Breathe normally and observe that the *Spark and Tryne* have become a **singular sphere of multi-colored energy spinning within the AzurA**. This "Desire Sphere" will become the Core of your "**Materialization Seed**", which will become the **Gha-ron Seed Core**. (in Prep Technique-C- *Opening the Pentagonal TE'a-Wha WINDOW & Conscious Materialization*)
18. **Observe the colors of the spinning sphere**, and **remove any colors that do not "feel right to you"**, and **add any colors you feel are missing**. **Observe the inner sound of the sphere**, and **add, subtract or alter it**, to harmonize its frequency to your liking.
19. Once you are content with the characteristics of your "*Desire Sphere*", **INHALE** into the AzurA, using the Inhale breath to **tightly contract the "Desire Sphere" into a tiny "nodule" of compressed energy** within the center of the **AzurA**. **EXHALE gently**, allowing the "**tiny nodule**" to remain in your **AzurA**, where it will become the "**Core Desire**" of your **Gha-ron Materialization Seed** in Prep Technique-C- *Opening the Pentagonal TE'a-Wha WINDOW & Conscious Materialization*.

THE MCEO FREEDOM TEACHINGS ® SERIES
Sliders-1 Technique & Sliders-2 Prep Technique-C

“Opening the Pentagonal TE’a-Wha WINDOW & Conscious Materialization”

Purpose: The Pentagonal TE’a-Wha Window is the **passage** between the **Aah-JhA’ Hydro-Acoustic Body Rasha Seed, the Rasha Body Prana Seed, Central Vertical Column & Pineal of the Matter Body.**

This technique Opens the Ketheric Translation Duct-4-Fontanel, allowing the Mental Body “EGO” & body to receive the **DN-1 TE’a-Wha Flows** from the DN-1 3.5 “I AM God-Self” fields.

AND it is the same procedure for “TE’a-Wha Materialization” once the “TE’a-Wha Window” is open, and can be used to “Seed Your Krystic Desires” whenever you like. It is ALSO the Personal Preparation Step for **Aqua-Tone Hydro-Acoustic™ Level-1 Client Session.**

- 1 “Rasha-Eira-Krystar” NOW 3-step INHALE & hold at top of inhale
- 2 EXHALE forcefully pushing Krystar Vehicle out around you
- 3 Repeat again for amp.
- 4 Repeat a third time, and on Exhale, SHIFT your “same size” Bio-location Body to sit up top of the Azura Shield “as if your “bottom” was “sitting on a plane where your shoulders are”.
(This causes the Rasha Prana Seed to Phase, sending a Spark of Prana into the Thymus-Duct-1.)

To Open the TE’a-Wha WINDOW, and/or initiate Materialization once Window is open.

1. Hold in mind the **TE’a-Wha-Plate** image or intention you desire to manifest; (let your first intention be to “Open the Window” if you have not yet done this once before.)
2. **INHALE slowly and deeply** “from your **Eumbi!**” (fill lungs completely with air and “let your tummy” expand out.), and imagine that a pale-blue-white **Prana Stream** emerges into your **Azura** from your **Rasha Body**, and merges with your “**Golden-Zeion**” and “**Silver-GhaRE**” light-points within the Seed Atom, forming a “**Golden-Silver-ONE Eiron Stream**” of *Eternal “I AM God-Self”* Consciousness, spiraling within your Azura.
3. While **holding** the Inhale, focus your mind on your “**Desired intention**” and mentally “move the intention” into the Azura, filling it with Golden-Silver Light.
4. **Exhale slowly** into the Azura, then **INHALE SWIFTLY**, causing a “**12-Point Eiron Stream**” to “pop” from the Azura into your **12 Allurean Chambers**; imagine 12 prana-carrying Eiron Stream currents expand outward from the Azura, into your *12 Allurean Chamber Lines*, carrying your “**Desire**” with them as they travel outward into the *Aah-JhA Hydro-Acoustic Body* to “**Spark the Orons**” at the Chambers’ ends. .(Brings “Prana IN” to the Aah-Jha Body)
5. **Hold** at the top of the Inhale while sensing your “**Orons Sparking**” as your “**Desire**” becomes surrounded by a **pentagon-shaped TE’a-Wha PLATE** upon intersecting with the *Orons* at the Ends of the *Allurean Chambers*.

6. **EXHALE firmly** from the AzurA, pushing a **"12-Point Pulse" of Golden Mana Light** outward from the *Zeion-Spark* in your AzurA and into the *12 Light Body Fire Chambers* that run between the 12 Allurean Chambers.
7. **Hold** at the bottom of the Exhale a moment as the Fire Chamber Mana currents race outward to interface with the refracted, split Prana Chi & Kei *Back-Flow Currents* that are now returning inward in the Fire Chambers toward your AzurA as the Mana Currents move outward. Sense for a **"sparkling sensation"** to occur all around your body, about 3-inches away from the skin.
8. When you feel the *"sparkling sensation"*, **INHALE FIRMLY**, and imagine that **12 TE'a-Wha Vortices** are now spinning rapidly, one on each *Allurean Chamber* line, in the **TE'a-Wha Fields** in the outer *Aah-JhA Body*, as your *TE'a-Wha PLATE* engages *Pentagonal Transduction* for Atomization.
9. **EXHALE slowly and gently** and feel the sensation of the *TE'a-Wha Vortices* stopping spin, as they each gently release a **"bubble cloud" of Golden-Silver "Desire encrypted" atoms** into the 3 dimensional *"I AM" Accretion Bands* of the Light Body.
10. Breathe a few gentle breaths, and focus upon sensing the **millions of minute "sparkles" of atomic light** building to form a beautiful sparkling **Golden-Silver-Blue Endoplasmic Cloud** within the *"I AM" bands* of your Light Body.
11. Once you can sense a significant quantum build-up of the 3 dimensional layers of "ion clouds", then engage a firm, **"6-point INHALE"**, drawing the **"sparkling atoms"** from the 3 dimensional **"I-AM Layers"** simultaneously into the *Large, Spinning 6-Point KaLA'ah Chamber Set* of the Spirit Body, then into the **AzurA**. (Reference note: The 6-Point KaLA'ah Chamber set includes top & bottom chambers of the *Left/Right -Horizontal- Rod*, and *Vertical-Staff*, **AND Front/Back Horizontal--Bhardoah Chamber**.)
12. **HOLD** at the *top of the Inhale* until you sense that the 6 KaLA'ah Chambers have slowed in spin and completed their "inhale" of the 'Atomic Cloud, and imagine a **"Small, Dense, Sparkling Endoplasmic Atomic Cloud"** accreting around your AzurA.
13. **EXHALE firmly BACKWARD**, pushing the **"Sparkling Atomic Desire Cloud"** horizontally backward out the rear **Bhardoah-Chamber** with the Exhale breath, **seeding** the *Cloud* into the **Gha-Fa** of the Spirit Body.
14. **Release** the *'Desire Cloud'* gently into the *Gha-Fa*, and slowly **INHALE** back to the **AzurA**.
15. Take a few relaxing breaths, "release the thought" of the *"Seeded Desire"* and clear your mind for a moment, then try to sense a **"vibrating ripple"** occurring around the **outermost "skin"** of your Density **Aah-JhA Body**, as your Spirit Body prepares to release a **12-point pulse downward** into the **Allurean Chambers**.

16. When you sense the "**vibrating ripple**", bring a **slow, deep INHALE** breath into the AzurA, and Hold at the top of the Inhale, as you feel the **Soothing 12-point inflow of pale-Aqua-blue Living Water** move into your AzurA.
17. **EXHALE gently**, then notice what **sensations** your **skin** may experience as the *Living Waters* flow into your *Etheric Body*. Breathe in a relaxed manner, then turn your attention toward the "Window Area" upward and behind your physical head and notice a **sparkling Golden-Silver Pentagonal TE'a-Wha Window has opened** within your *TE'a-Wha Field*, about 72"/6-feet upward and behind your head.
18. Continue relaxed breathing and observe a **beautiful wide "beam" of Golden-Silver Light is shining downward** from the **TE'a-Wha Window** to completely cover your head and the back of your shoulders, as your personal "**I AM God-Self**" Band opens, surrounding your *head* with a **Golden-Silver Halo of Light**.
19. Now **INHALE** this **Golden-Silver-Light downward** through your **Duct-4 Fontanel** and down to your **AzurA**, where the Golden-Silver Window Stream interfaces with the *Living Waters* in your AzurA. **Hold** at the top of the Inhale to AMP and "**collect**" the **Golden-Silver-Light and pale-Aqua-blue Waters** into a "**tennis ball sized**" "**Ghar-on-Seed Sphere**" at the AzurA. (Once formed, a "*Spark of Ghar-on*" will permanently remain at the AzurA as your Endoplasma Eternal "**Living Water-Seed**", through which you enter the world of "Conscious Krystic Elemental Co-creation")
20. **EXHALE firmly downward** using the Exhale breath to push the **Ghar-on-Seed** rapidly *downward* into Earth's Rasha Core, then give a "**final Exhale-puff**" to push the Ghar-on Seed into the Core of **Median-Ascension-Earth**. You have just "given birth" to your own conscious **Partiki Seed**.
21. **INHALE gently** back to the AzurA, **hold** to build amp, then release a **spark of "Golden-Silver Light" downward** into your "planted" **Ghar-on Seed**, sending in the encryption that will create *Partiki-2*, to set the "**SEda Cycle**" in motion.
22. Relax with gentle breathing, and "lean-into" the "expanded, peaceful space of your **I-Am-God-Self** band by "drifting" your mental focus a bit up-ward and backward to that space. The Golden-Silver Light Beam will fade from shine once the creation is set, but the **TE'a-Wha Window** will always remain open for future creation

Sliders -2 September 19-21, 2008 Virginia Beach
PSI-Interactive Technique-1 "Activating the Grail Window"- PART-1

Purpose: Opens and Activates the **D-2-Control GrU'-al ("Grail") Window** in the D-3/D-2 Aah-JhA Body to initiate organic **D-2-Telluric Cellular-Atomic Pentagonal Transduction**, the 2nd step in evolving the body toward organic Hydrolase (Living Water) Production, in preparation for "Opening the Grail Door". Opens the **Atmic Translation-Duct-3-Spleen**, allowing the D-2 Physical /Telluric Body "& "I Am Body- consciousness" (Cellular-atomic) to receive the D-3/D-2 GrU'-al Flows from the D-3 3.5 "I Am Ego-Self" (Atmic) Field.

Preparation:

1. "Rasha-Eira-Krystar NOW" 3-step INHALE & hold at top of inhale.
2. Exhale forcefully from AzurA, pushing Krystar Vehicle out around you.
3. Repeat steps 1 & 2 twice more for amp.

PART-1 "Opening the Grail Window"

Opens the **D-2-Control GrU'-al ("Grail") Window** in the D-3/D-2 Aah-JhA Body

1. **INHALE** a **Spark of Hydrolase Living Water** from the "**Water Seed**" at the AzurA to the **D-3 TE'a-Wha Window** about **72"/6-feet** above and behind your head, to *activate the TE'a-Wha Window* and "*turn on the Flows*" of the D-3 "**Golden-Silver-One Light Beam**" and **Pale Aqua "Hydrolase Living Water Stream"**.
2. **EXHALE** gently, drawing the "**Golden-Silver-One Light Beam**" downward *around your shoulders* and the **Pale Aqua "Living Water Stream"** into **Ketheric-Duct-4-Fontanel**.
3. Breathing normally, reach both hands upward to the **Ketheric-Duct-4-Fontanel**, and gather a "**Ball of Living Water**" *D-3 Hydrolase* into each hand, then bring hands holding the Living Water Balls downward to rest. "**Hang**" the "**Water Ball**" from your **Left Hand** in your field for later use. Take the remaining "**Water Ball**" in your **Right Hand** and place it over the **Spleen (Atmic-Duct-3)**, then place **Left Palm** over the **back of Right Hand**.
4. **INHALE** another **Spark of Hydrolase Living Water** from the "**Water Seed**" at the AzurA to the **D-3 TE'a-Wha Window** above and behind your head, and **Hold Breath at the Top of the Inhale** as a *Metallic Rainbow Pale-Pastel Heliotalic Starburst* emerges within the **center of the TE'a-Wha Window**, surrounding the *Living Water Spark*.
5. When the Heliotalic Starburst emerges, **EXHALE the Starburst forcefully downward** into **Ketheric-Duct-4-Fontanel**, then **Pineal Gland** at brain center, then into the AzurA "**Water Seed**".
6. **INHALE** into the AzurA "**Water Seed**" and **Hold Breath at the Top of the Inhale** to "build charge".
7. **EXHALE forcefully**, using the Exhale breath to **split the Heliotalic Starburst** in the "Water Seed" into **two smaller Starbursts**, sending one small Starburst down each "**Arm Cord**", through the palms and **into the Spleen**. Release hands from "Spleen position".

8. Breathing normally, use the **Right Hand** to retrieve the 2nd "Water Ball" from its position "Hanging in your field"; place the 2nd "Water Ball" in your **Right Hand** over the **Coccyx** (*Telluric Duct-2*), then place **Left Palm** over the **back of Right Hand**.

9. **INHALE** another **Spark of Hydrolase Living Water** from the "**Water Seed**" at the AzurA to the **D-3 TE'a-Wha Window** above and behind your head, and **Hold Breath at the Top of the Inhale** as another **Heliotalic Starburst** emerges within the **center of the TE'a-Wha Window**, surrounding the *Living Water Spark*.

10. When the Heliotalic Starburst emerges, **EXHALE the Starburst forcefully downward** into **Ketheric-Duct-4-Fontanel, Pineal Gland** and AzurA "**Water Seed**", again **splitting the Heliotalic Starburst** into **two smaller Starbursts**, sending one small Starburst down each "**Arm Cord**", through the palms and **into the Coccyx**. Release hands from "Coccyx position".

11. **INHALE**, using the Inhale Breath to draw a **thin Pale-Aqua Cord of "Living Water"** upward from the **Coccyx, to the Spleen, to the Fontanel**.

12. **EXHALE firmly**, using the Exhale Breath to push the **Pale-Aqua Cord of "Living Water"** downward from the **Fontanel to the AzurA/Thymus** (Ethereic-Duct-1), then **all the way down to Earth Core**; use a final "**Exhale puff**" at the bottom of the Exhale to fully empty lungs while pushing the end of the "**Living Water Cord**" from Earth's Core through the **Core Membrane** and into the **Core of Median-Ascension-Earth**.

13. Breathe normally and observe as a **Sheath of Golden-Silver Light** "shoots upward" from Median-Ascension-Earth Core **around the Pale-Aqua "Living Water Cord"**, creating a **permanent "Hydro-Acoustic Umbilical Cord" Ascension-Line** between your body and Median-Ascension-Earth. Sense the "*ripples of Eternal-Life-Force Energy*" emanating from the "Golden-Silver Sheath" as it follows the "Living water Cord" upward through your body to the **Fontanel**.

14. When the "Golden-Silver-Sheath" reaches the Fontanel, **INHALE and Hold Breath at the Top of the Inhale**, using Inhale Breath to temporarily **harness and stop** the upward movement of the "**Golden-Silver-Sheath**" at the **Fontanel**, to "*build thrust momentum*" within the "**Hydro-Acoustic Umbilical Cord" Ascension-Line** (Pale-Aqua "Living Water Cord" within the "Golden-Silver-Sheath").

15. **EXHALE forcefully upward**, using the Exhale Breath to push the "**Hydro-Acoustic Umbilical Cord" Ascension-Line** upward and into the TE'a-Wha Window.

16. Breathe normally and observe that upon interface with the Ascension-Line, the **TE'a-Wha Window** releases a "**Pulse of Electric-Blue Energy**" downward along the Ascension Line. Sense this "**Electric-Blue Pulse**" as it "runs the Ascension Line" downward through your body and out to Median-Ascension-Earth Core.

17. When you sense that the "**Electric-Blue Pulse**" has passed through you and *entered Median-Ascension-Earth Core*, **INHALE firmly**, drawing the "**Electric-Blue Pulse**" **back upward** along the Ascension-Line and into the **AzurA** . Hold Breath at the Top of the Inhale, using the inhale-hold breath to **harness** the "Electric-Blue Pulse" firmly within the AzurA.

18. **EXHALE forcefully**, using the Exhale breath to **push the "Charge" of the "Electric-Blue Pulse" off of the Ascension Line** and **outward** into the **12-Fire Chambers** of the Light Body around you, creating an **Electric-Blue 12-point Starburst**.

19. Breathe normally, as the **Electric-Blue Starburst** around you "**disappears**", and observe that a "**pop-sensation**" occurs in the bio-field around your body. As this "pop" occurs, feel a **large 2-dimensional Pentagonal Window**, the D-2 **GrU'-al Grail-Window**, open around and through your body. The "apex" or "**top point**" of the *Pentagonal Window* will be about **48" (4 feet) above your head**. Observe, feel and hear a "**Golden-Silver-Electrical-Crackle Sound**" cycling around the perimeter of the Pentagonal Grail Window.

20. Take **3 rapid "Inhale/Exhale Breaths"**, using **each Exhale Breath** to **push outward and expand the size** of the 2-dimensional Pentagonal **Grail Window** around your body. Following the 3rd Exhale, return to normal breathing, and **feel an "electrical buzzing sensation"** occurring throughout the Grail Window and *rippling through your body*. Observe as the 2-dimensional Pentagonal **Grail Window** suddenly "**Shifts**" to become a **3-dimensional Crystalline-Ectoplasmic-Pentagon-structure surrounding your body**, on the **Inside of your Krystar Krystal Capsule**.

21. Breathe slowly and deeply as a **Pale-Aqua Living Water Stream** emerges from the D-3 **TE'a-Wha Window** and flows into the top point of the 3-Dimensional Grail Window around you. Continue breathing slowly and deeply as the **3-Dimensional Grail Window around you fills up with silken Pale-Aqua Living Water**; **breathe the Living Waters** and feel a sensation of "**silken calm**", **relaxation and healing** spread through every cell in your body. Feel the Eternal-Life frequencies of the *Living Water* all around you and within you.

22. Return to normal breathing. Your organic "**Hydro-Acoustic Umbilical Cord**" **Ascension-Line** is now permanently set and your D-2-Telluric **GrU'-al Grail-Window is now permanently opened, and ready for activation**. After a few moments, the "Living Waters" within your 3-Dimensional *Grail Window* will dissipate and "**turn to Living Air**" around you, and your **Grail Window will "go dormant and disappear"**, **but will remain permanently opened**.

23. To bring your Grail Window out of dormancy in the future, simply take **3 rapid "Inhale/Exhale Breaths"**, using **each Exhale Breath** to **expand your 3-dimensional Pentagonal Grail Window outward** around your body.

Sliders -2 September 19-21, 2008 Virginia Beach

PSI-Interactive Technique-1 "**Activating the Grail Window**"-PART-2

Preparation:

1. **PART-1 "Opening the Grail Window"** full technique, within **12 hours** of running PART-2.
2. "Rasha-Eira-Krystar NOW" 3-step INHALE & hold at top of inhale.
3. Exhale forcefully from AzurA, pushing Krystar Vehicle out around you.
4. Repeat steps 1 & 2 twice more for amp.
5. Bring your Grail Window out of dormancy: Take **3 rapid "Inhale/Exhale Breaths"**, using **each Exhale Breath** to **expand** your 3-dimensional **Pentagonal Grail Window outward** around your body, positioning its "**top point**" about **48"/4-feet** above the top of your head..

PART-2 A-F: "Activating the Grail Window"

Activates the **D-2-Control GrU'-al ("Grail") Window**, **D-2 Cellular-Atomic Pentagonal Transduction** and **Penta-g'el Circulation**. Opens **Atmic Translation-Duct-3-Spleen**, Activates the **GrU'-al Flows** (D-3-Atmic "I Am Ego-Self" to D-2-Telluric-Cellular-atomic "I Am Body- consciousness").

A. "Setting the Field"

1. **INHALE** a **Spark of Hydrolase Living Water** from the "**Water Seed**" at the AzurA to the **D-3 TE'a-Wha Window** **72"/6-feet** above and behind your head, to *activate the TE'a-Wha Window* and "*turn on the Flows*" of the D-3 "**Golden-Silver-One Light Beam**" and **Pale Aqua "Hydrolase Living Water Stream"**.
2. **EXHALE** gently, drawing the **Pale Aqua "Living Water Stream"** within the "**Golden-Silver-One Light Beam**" downward into the **top point** of your 3-dimensional **Pentagonal Grail Window** (**48"/4-feet**, above your head), then down through the **Ketheric-Duct-4-Fontanel** and into the AzurA "**Living Water Seed**". Observe as a tiny "**Golden-Silver-Aqua**" **Orb** forms in the center of the "**Water Seed**" as the "**Living Water Stream**" within the "**Golden-Silver-One Light Beam**" interfaces with the AzurA.
3. **INHALE** into the AzurA "**Water Seed**" and **Hold** Breath at the Top of the Inhale, using the Inhale-Hold breath to **harness** the tiny "**Golden-Silver-Aqua**" **Orb** within the center of the "**Water Seed**".
4. **EXHALE** firmly, using the Exhale Breath to **enlarge and expand** the tiny **Golden-Silver-Aqua Orb** outward from the AzurA "**Water Seed**" until the Orb surrounds your 3-dimensional **Pentagonal Grail Window**.
5. Breathe normally and observe a "**pop-sensation**" occurring in the bio-field around your body. As this "pop" occurs, observe, feel and hear a "**Golden-Silver-Electrical-Crackle Sound**" cycling around the perimeter of your 3-dimensional Pentagonal Grail Window, and **feel an "electrical buzzing sensation"** occurring throughout the Grail Window and *rippling through your body*.

B. "Activating the D-2 CCW Penta-g'el Circulation (of the Telluric-Cellular-Atomic Pen-taq'-onal Transduction Flows)

6. **INHALE upward** to the **D-3 TE'a-Wha Window**, and **Hold** Breath at the Top of the Inhale within the D-3 TE'a-Wha Window.
7. **EXHALE** a Pale-Aqua **Living Water Stream "downward at a slant"** from the **D-3 TE'a-Wha Window** (72"/6-feet) above and behind your head, **through the top point** of your 3-dimensional **Pentagonal Grail Window** (48"/4-feet) directly above your head, to the **small Chakra** in the **Ball of your RIGHT FOOT**.
8. Next **INHALE** this Pale-Aqua **Living Water Stream "upward at a slant"** from the **Ball of your Right Foot** to the **Palm Chakra** in the center of your **LEFT PALM**.
9. **EXHALE**, using the Exhale Breath to push the **Living Water Stream** from the **Left Palm Chakra**, **horizontally across the chest** to the **Palm Chakra** in the center of **RIGHT PALM**.
10. **INHALE**, while pushing the **Living Water Stream downward at an angle** from the **Right Palm Chakra** to the **small Chakra** in the **Ball of your LEFT FOOT**.
12. **EXHALE**, using the Exhale Breath to draw the **Living Water Stream upward at an angle** from the **Ball of your Left Foot** back up to the **D-3 TE'a-Wha Window** above and behind your head, **completing the circuit** of the **D-2 CCW Penta-g'el Circulation**.

PSI-Interactive Technique-1 "Activating the Grail Window"-PART-2C Spinning the Fields

C. "Activating the D-2 Pen-taq'-onal Transduction Flows-Spinning the Fields

13. **INHALE** into the AzurA "Water Seed", and **Hold** at the top of the Inhale Breath to build charge.
14. **Exhale firmly**, using the Exhale Breath to push a Pale-Aqua **Living Water Spark** from the AzurA "Water Seed" **upward** through the top point of your 3-dimensional *Pentagonal Grail Window* and into your **D-3 TE'a-Wha Window**, to **free the organic CCW SPIN** of the D-2 Telluric/Physical **GrU'-al Radial Body** with its inherent D-2 **Penta-g'el Circulation**.
15. **INHALE**, focusing your attention upon the **top point** of your 3-dimensional **Pentagonal Grail Window** (48"/4-feet above your head), and **Hold** at the top of the Inhale Breath to build charge.
16. **Raise the LEFT Arm** fully extended over your head, then **EXHALE forcefully** while using **LEFT Hand** on extended arm to **push over the head toward the RIGHT**, in *synchronization with release of the Exhale*, to manually set the **D-2 Telluric/Physical GrU'-al Radial Body & Penta-g'el Circulation** into **organic CCW SPIN**, while keeping the D-2-GrU'-al 3-dimensional **Pentagonal Grail Window stationary**. Observe as the D-2 **GrU'-al Radial Body & Penta-g'el Circulation** begin a **slow CCW SPIN**, the **top point** of the D-2 "**Penta-g'el Star**" slowly beginning **rotation toward the RIGHT**.

17. When the **top point** of the slowly CCW rotating D-2 "**Penta-g'el Star**" reaches the position of the **RIGHT FOOT**, **INHALE quickly upward from below the feet**, using the Inhale Breath to draw the **top point** of the "**bottom-facing**" D-2 "**Penta-g'el Star**" rapidly **upward**, from the **feet toward the LEFT Arm and upward**, drawing the **top point** of the "**bottom-facing**" D-2 **Penta-g'el Star** to the **LEFT**, completing its **1st full CCW rotation** by bringing the **CCW D-2 Penta-g'el Star** back up to its "**top-up start position**" (its top point above your head 48"/ 4-feet).

18. Repeat 3 more "**D-2 CCW SPIN Breaths**", "**EXHALE-DOWN-RIGHT, then INHALE-UP-LEFT**", to **manually set** the **D-2 GrU'-al Radial Body & Penta-g'el Circulation** into its organic, Krystic **D-2-CCW-BASE-SPIN**. ("**EXHALE-downward** to the **RIGHT** until **top point** of D-2 "**Penta-g'el Star**" is "**bottom facing**" by **RIGHT FOOT**, then **INHALE-upward** to the **LEFT**, until **top point** of D-2 "**Penta-g'el Star**" is "**top facing**" back at its **start-spin position**, with its top point above your head 48"/ 4-feet.)

PSI-Interactive Technique-1 "Activating the Grail Window"-PART-2D Accelerating to "Auto-pilot Spin-Speed"

D. "Accelerating the D-2 GrU'-al Radial Body & Penta-g'el Circulation to its organic AUTO-PILOT Automatic-Self-Sustained Spin-Speed"

19. Bring your attention to the AzurA "**Water Seed**", **INHALE** into the "**Water Seed**", and **Hold** at the top of the Inhale.

20. **EXHALE gently**, using the Exhale Breath to push a "**12-Point Starburst of Living Water Hydrolase**" from the AzurA "**Water Seed**" **outward** into the **12 Allurean Chambers** of your *Aah-JhA Hydro-Acoustic Body*. As you Exhale the "**12-Point Starburst of Living Water**" outward through your 12 Allurean Chambers feel the **SPIN-SPEED** of your D-2 GrU'-al Radial Body & *Penta-g'el Circulation* naturally and automatically **increase** (while your 3-dimensional *Pentagonal Grail Window* remains *stationary*). .

PSI-Interactive Technique-1 "Activating the Grail Window"-PART-2E Amplifying to Critical Mass Spin-Speed

E. Amplifying the SPIN-SPEED of the D-2 GrU'-al Radial Body & Penta-g'el Circulation to "Critical-Mass-Quantum-Spin".

21. Next engage a "**Cycle of 12, Spin-Speed-Escalation Breaths**", using the same process of the **D-2 CCW SPIN Breaths**", ("**EXHALE-DOWN-RIGHT, then INHALE-UP-LEFT**"), as featured in "**Step-18**", but implement "**THE POWER OF**" *Spin-Speed Escalation Progression* by *mentally* using the **Verbal Affirmation-Command** of "**THE POWER OF 1, THE POWER OF 2, etc., up to THE POWER OF 12**", employing this **Affirmation-Command** in the **following manner**:

"**EXHALE-1-DOWN-RIGHT** and **mentally intone** the words "**THE POWER OF..**", as you send the "**top point**" of your D-2 "**Penta-g'el Star**" "**CCW-downward-right**", from its "**top-up position**" over your head, rotating it **CCW downward** toward the **right** until the "**top point**" of the D-2 "**Penta-g'el Star**" approaches the "**bottom-up position**" as it nears your **right foot**.

Next, **INHALE-1-UP-LEFT** and **mentally intone** the "**Number-count word**" "**ONE**", as you draw the "**top point**" of your D-2 "**Penta-g'el Star**" from your feet "**CCW-upward-left**", rotating it **CCW upward** toward the **left** from its "**bottom-up position**" ("**top point**" beneath your feet) to its "**top-up start position**" (top point 48"/ 4-feet above your head).

PSI-Interactive Technique-1 "Activating the Grail Window"-PART-2E
Amplifying to Critical Mass Spin-Speed-continued

Utilize the *Spin-Speed-Escalation* "**THE POWER OF...#**" *Verbal Affirmation-Command* for each of the 12 "Exhale-Inhale" **Spin-Speed-Escalation-Breaths**. ("Exhale-down-right- and "**THE POWER OF**" .., then **INHALE-up-left-** and the "**#**").

PSI-Interactive Technique-1 "Activating the Grail Window"-PART-2F Overcoming Environmental Drag

F. "Anchoring Organic Spin; Overcoming Environmental Drag".

22. After completion of the "Cycle of 12, *Spin-Speed-Escalation Breaths*" return to normal breathing and observe the sensation of your **D-2 GrU'-al Radial Body & Penta-g'el Circulation Spinning CCW steadily and rapidly around your body**, within your stationary 3-dimensional *Pentagonal Grail Window*. The **inorganic "D-2-Reversed-CW spin"** that currently exists within a portion of Earth's "**Split D-2 Radial Body Field**", will create an "**environmental drag**" on, and will attempt to reverse the spin of, the manually-set *D-2-CCW-organic spin* of your *D-2 GrU'-al Radial Body & Penta-g'el Circulation*.

23. Continue observing the CCW-Spin of your *D-2 GrU'-al Radial Body & Penta-g'el Circulation*, and **when you sense that its CCW-spin-speed is slowing** due to the "**environmental drag**", (OR if you sense that your *D-2 GrU'-al Radial Body & Penta-g'el Circulation* has "**already reversed to inorganic D-2-CW-spin**"), **INHALE** into the AzurA "**Water Seed**" and **Hold** at the top of the Inhale to build charge and thrust.

24. **EXHALE forcefully**, using the Exhale breath to send a *Pale-Aqua Living Water Spark* from the AzurA "**Water Seed**" **vertically upward** through your *Central-Vertical-Column* and directly into the "**top-point**" of your stationary 3-dimensional *Pentagonal Grail Window* (48"/4-feet directly above your head).

25. Once the "*Water Spark*" interfaces with the *Grail Window "top-point"*, **INHALE** into the "**Water Spark**", and **Hold** at the top of the Inhale Breath to build charge.

26. **EXHALE forcefully**, using the Exhale Breath to **MENTALLY PUSH the "Water Spark"**, and your *D-2 GrU'-al Radial Body & Penta-g'el Circulation*, from the *Grail Window "top-point"* **in an arch toward the RIGHT**.

27. When the "**Water Spark**", in its rotation to the Right, approaches a position **beneath your feet**, **INHALE** the "**Water Spark**" from below your feet **upward** through your *Central-Vertical-Column*, **through** the *AzurA "Water Seed"* and *Ketheric-Duct-4-Fontanel* and out to your *D-3 TE'a-Wha Window* (72"/6-feet) above and behind your head.

28. When the "*Water Spark*" interfaces with your *D-3 TE'a-Wha Window*, **EXHALE gently**, releasing the "**Water Spark**" to the *TE'a-Wha Window*, and return to normal breathing. Your *D-2 GrU'-al Radial Body & Penta-g'el Circulation* is now "**Anchored on Organic Spin**", and will remain so **until your 3-dimensional Pentagonal Grail Window enters dormancy**.

CLOSING NOTE: Your *D-2-Control Grail (GrU'-al) Window*, *D-2 Cellular-Atomic Pentagonal Transduction Flows*, and *GrU'-al Flows* (D-3-Atmic "I Am Ego-Self" to D-2-Telluric-Cellular-atomic "I Am Body-consciousness") are now **ALL ACTIVATED**, and your D-2 GrU'-al Radial Body & Penta-g'el Circulation is **Activated and Anchored** at "*Critical-Mass-Quantum-Spin*" within your **stationary** 3-dimensional *Pentagonal Grail Window*. The *D-2 GrU'-al Radial Body & Penta-g'el Circulation activation and Opening and Activation* of your 3-dimensional *Pentagonal Grail Window* are **PERMANENT**. After about **15-30-minutes** of completing this technique your 3-dimensional **Grail Window** will "disappear" and enter **dormancy, suspending** the "*D-2 Spins and Flows*".

RAPID ANIMATION of the Grail Window: In the future, to bring your 3-dimensional *Pentagonal Grail Window* out of dormancy and your "*D-2 Spins and Flows*" out of suspension, (once the "*D-2 Spins & Flows*" have been activated through this technique), is a simple **2-Step Process**:

1. Take **1 Forceful INHALE Breath** into the AzurA "**Water Seed**", **Hold** breath at the top of the Inhale to build charge, while bringing **Palms up in front of your chest** in an "**Open Clap**" position.
2. **EXHALE** forcefully while quickly "**Clapping the Palms Together**" in front of the **AzurA** and giving the **Mental Command "THE POWER OF 12"**, then **rapidly INHALE** again while **extending Palms** to an "**Exaggerated Open Clap**" position, with finger-tips pointing outward to the sides at approx. 45-degrees.

Your D-2-GrU'al *Pentagonal Grail Window* and "*D-2 Spins and Flows*" will **automatically "pop" into "Anchored Critical-Spin-Speed" Activation**. The more often this "*Rapid Animation of the Grail Window*" "Movement" is practiced, the longer the fields will stay animated after activation. In time, *with practice* of this "Movement", the same result can be achieved "**Stealth**" by "**using only the Etheric Hands**" to "pop" the fields into activation.

Sliders -2 September 19-21, 2008 Virginia Beach
PSI-Interactive Technique-2 "I Am THE VOICE"-Phase-Toning

THE VOICE is the Inner-Sound Vibration of the **Conscious Eternal-Life Spirit "GharE"** that is "**alive within**" the "Endoplasma Water-Matter" of 15-dimensional materialized Atoms, including the atoms that compose the *personal* (planetary, galactic, universal, cosmic) D-2 Telluric Cellular-Atomic structure of the **Physical Body**.

Purpose: Re-learning to "**Hear THE VOICE of the Eternal Spirit (GhaRE)**" within the **Physical Body**, to reestablish the "**Ancient Rapport**" of organic *Direct-Cognition Communication* between the **D-3-Atomic-Mental "I Am Ego" Conscious Mind** (D-3 linear "**Logical-Rational Facility**" of consciousness) and the **D-2-Telluric-Physical-Emotional "I Am BODY-Cellular-Atomic" Sub-Conscious Mind** (D-2 associative "**Intuitive-Instinctual Facility**" of consciousness.).

The **Immediate Tonal-Rhythm Language** of Dynamic "**Phase-Toning**" awakens and releases "**THE VOICE**" of the *personal* D-2 **GharE** (Spirit quantum embedded in atoms). Listening to your Body "*in its own language*" establishes a "**meeting point of common language**" to occur between the presently polarized D-3 Mental and D-2 Emotional-Physical personal consciousness fields. **Phase-Toning** employs **sequenced sound, rhythm and movement** that is **organic to the personal Body and GharE**, to progressively bring the "EGO Mind" and the "Body Mind" into a state of Co-resonant Harmonic Vibration (Unconditional Love). Through Phase-Toning, the personal Conscious-EGO Mind unites with the Body-Mind-GharE, enabling the **Gharoche**' (distorted quantum of the atomic GharE) to be "**shaken free**" and **released** from both the Physical-Emotional and Mental Bodies, to facilitate Self-healing within the Body-Mind-Spirit system. In Phase-Toning, we begin to "**HEAR THE VOICE**" of our Spirit-GhaRE'. Phase-Toning "**clears the fields and sets the platform**" for entering the deeper "**GrU'al State**" of full *Conscious Atomic Symbiosis*, through which we "Shift" from "**I HEAR THE VOICE**" to "**I AM THE VOICE**".

Preparation:

1. PSI-Interactive Technique-1 "Activating the Grail Window"- PARTS-1 & 2

2. "RAPID ANIMATION of the Grail Window:

2A. Take 1 Forceful **INHALE** Breath into the AzurA "**Water Seed**", Hold breath at the top of the Inhale to build charge, while bringing **Palms up in front of your chest** in an "**Open Clap**" position.

2B. **EXHALE** forcefully while quickly "**Clapping the Palms Together**" in front of the AzurA and giving the **Mental Command "THE POWER OF 12"**, then rapidly **INHALE** again while **extending Palms** to an "**Exaggerated Open Clap**" position, with finger-tips pointing outward to the sides at approx. 45-degrees.

Phase-Toning- The Immediate Tonal-Rhythm Language

Learning to "*let go,*" to allow your D-2 "I AM Body-consciousness" to directly express, finding "a common *Immediate Tonal-Rhythm* language" with the D-3 EGO-conscious-awareness. Spend several minutes verbalizing and enacting each "Phase" of "Free-form Personal-Immediate Body-Speak"

The Phase-Toning Sequence:

A. The Sounds and Movements

PHASE-1 Moaning & Rocking

PHASE-2 Self-language"- Emo-Gibber-speak & Signing

PHASE-3 Directed-Scream & Flailing

PHASE-4 Laughter & Bouncing

PHASE-5 2 Syllable Comfort Tones Repetitions & Rocking-Swaying-Bouncing

PHASE-6 3 & 4 Syllable Communicative Tones Repetitions & Rocking-Swaying-Bouncing

B. The Rhythms

PHASE-7 Aahs & Shakes

PHASE-8 Low Hums & Leg Drums

PHASE-9 Higher Hums & Body Drums

PHASE-10 Hyper-Breath & Bootie-Shaken' (fast shallow breaths-rapid kinetic movement)

PHASE-11 Hypo-Breath & Mime-Stretch (slow deep breaths-slow-motion stretch movement)

PHASE-12 The Stillness & the *GharE' Tone...*"**THE ONE CLEAR TONE...I HEAR THE VOICE**"

Finding the PEACE- the entry point Co-resonant Harmonic Vibration- the *GharE' Tone*.

Sliders -2 September 19-21, 2008 Virginia Beach
PSI-Interactive Technique-3A-E "Entering the Grail (GrU'al) State"

Purpose: To reclaim the "Dis-owned Self", the portion of your personal GharE" consciousness that has become "inorganically bound by atomic matter", and to rediscover and reunite with the "Conscious YOU" that knows itself as "I Am Cells-Atoms". Entering the "Ancient Rapport" of the "GrU'-al State", the state of *Conscious Atomic Symbiosis*, allows you to expand "Who you know yourself to be" by rediscovering "WHO your Body IS", by reclaiming the organic state of Unconditional Love (co-resonant harmonic vibration) between the D-3 EGO-Mind, and the D-2 Body-Mind.

In the GrU'-al State, the "D-3-Atmic-Mental" and "D-2-Telluric-Cellular-Atomic" MINDS, BODIES and GharE' "meet and merge in **Direct-Cognition conscious awareness**", enabling the "United Mind-Body-Spirit" to co-creatively "**re-direct the reversed-Cellular-Atomic-energies**" of the **Gharoche'/ManE'**, moving these "distorted portions of personal Spirit Body/ Light Body/Atomic Body quanta" back in to the Eternal-life-order of the organic **GharE'/Mana Flows**. The GrU'al State of *Conscious Atomic Symbiosis* is also the state through which **Conscious Elemental-Atomic Command** occurs; the *personal GrU'al State* is the "platform of consciousness" from which the Planetary, Solar, Galactic and Cosmic GrU'al States can be accessed for direct "**Elemental Command**".

Preparation:

1. PSI-Interactive Technique-1 "Activating the Grail Window"- PARTS-1 & 2

2. "RAPID ANIMATION of the Grail Window:

2A. Take 1 Forceful INHALE Breath into the AzurA "Water Seed", Hold breath at the top of the Inhale to build charge, while bringing Palms up in front of your chest in an "Open Clap" position.

2B. EXHALE forcefully while quickly "Clapping the Palms Together" in front of the AzurA and giving the Mental Command "THE POWER OF 12", then rapidly INHALE again while extending Palms to an "Exaggerated Open Clap" position, with finger-tips pointing outward to the sides at approx. 45-degrees.

3. PSI-Interactive Technique-2 "I AM THE VOICE"-Phase-Toning

Note: PRACTICE the "**BIO-SHIFT MOVEMENT**" in Section- B-STEP 15, BEFORE running Technique-3.

A. Activating the Tonal Seed-Tryne & Diatone to Link with the GharE'-Bringing the Peace

1. Slow breathing and focus your attention on the "top-point" apex of the activated **Pentagonal Grail Window** 48"/4-feet directly above your head. **INHALE upward** to the "Apex Point", and **Hold** breath at the top of the Inhale to build charge.

2. EXHALE firmly downward, using the Exhale breath to **draw a thick, large, cylindrical cord of Pale-Aqua Living Water** downward from your **Grail Window** apex, **completely through your body and down into Median-Earth Core**. Return to normal breathing, and **feel your body completely enshrouded** within the large cylindrical cord of **Pale-Aqua Living Water**, as if you are "inside of a TUBE of Living Water flows". Breathe these Healing Waters into every cell and atom of your body.

3. Breathing gently, call to mind your **singular GharE Tone'** (from Technique #2); **audibly tone it 3 times**, while **mentally projecting an Etheric Bubble outward and around the audible sound waves** you are emitting, to create a "**sound wave harness field**" around the sound waves of your **GharE Tone'**; this is your "**GharE' Tone Sound-Bubble**"

4. INHALE, using the Inhale breath to "**harness and draw back inside of you**" your "**GharE' -Tone Sound-Bubble**", then **Hold** breath at the top of the Inhale while drawing your "**GharE' Tone Sound-Bubble**" into a **tiny, contracted point** within your AzurA "**Water Seed**".

5. EXHALE firmly downward, using the Exhale breath to push your contracted "**GharE'- Tone Sound-Bubble**" from the AzurA "**Water Seed**", down your *Central-Vertical-Column* and into **Median-Earth-Core**.

6. Return to normal breathing for a few moments, then **observe** that **2 thin Rays of light**, one **pale-Gold** and one **pale Silver**, emerge vertically upward from **Median-earth Core**, traveling into your AzurA "**Water Seed**". The Rays are called the "**Bi-Tonal Rays**". Each of the 2 Rays carries one encrypted tone corresponding to your *GharE'Tone*. Your *GharE' Tone*, together with the "**Bi-Tone**" carried on the *Bi-Tonal Rays*, form a set of **3 Tones** called the **SEED TRYNE**, which represents the *Core Tonal Encryption* and "*Control Tone*" of your DN-1 *Aah-JhA Body*.

7. When you observe the Bi-Tonal Rays entering your AzurA "**Water Seed**", **INHALE** into the AzurA "**Water Seed**", and **Hold** breath at the top of the Inhale to build charge.

8. EXHALE forcefully upward, using the Exhale breath to **push the Bi-Tonal Rays upward**, and to **anchor them** into the "top-point" **apex** of your activated **Pentagonal Grail Window 48"**/4-feet directly above your head..

9. Return to normal breathing and **observe** a "**feeling of tiny vibration rippling through**" your AzurA "**Water Seed**". **LISTEN** with "**Inner Hearing**", to **hear the two sounds** of the *Inner Bi-Tone*. Do not be concerned if you cannot yet *hear* the Bi-Tone, as the "body will speak it for you" in the next step. **If you do not hear the "Inner Bi-Tone"**, simply **engage the next step** with the "**first 2 tones that come to mind**".

10. When you **hear the "Inner Bi-Tone"**, **audibly tone the 2 sounds**, first one, then the other (it doesn't matter which one is toned first), then "**string them together**" and "**link the tones**", into "**1 modulating tone with 2 syllables**"; this is called a "**DIATONE**" (the 2 tones of a Bi-Tone merged into 1 modulating tone) . Once you have linked the 2 tones, audibly tone **12 repetitions** of the **DIATONE**.

11. After completing the 12 audible repetitions of the Diatone, **lower the Diatone** into a **lower, "rumbling" 2-syllable Diatone**, and **slow the rhythm** of its delivery. (Notice as you lower the Diatone, the Bi-Tonal Rays anchored in your Grail Window apex suddenly disappear.) **Practice** toning the **Lower Diatone** for a moment, then **stop toning** and *breathe slowly and deeply* before continuing on to the next step of "*linking with the GharE'*, **THE VOICE of YOUR Conscious Eternal-Life Spirit alive within your cells and atoms**.

12. To link with your D-2 Physical Body GharE' "I AM Body" consciousness: Audibly and slowly **tone 24 repetitions** of the *Lowered Diatone*, feeling its vibration "**rumble**" in your throat and upper chest. Sense the vibration of the *Lowered Diatone* spreading downward throughout your body and upward throughout your head. "**Lean into**" the *Lowered Diatone* to "**BECOME ONE WITH the vibration**". As you lean into the rumbling Lowered Diatone, you begin to **enter the realm of the GharE'** as you "**Bring Your Peace**", the **initial state of co-resonant harmonic vibration** of the *Lowered Diatone*, to "**THE VOICE**", to engage it in "*conversation*" through which its "*Wounds Will Heal*".

B. Entering the GharE' Domain-Finding the Kara-nA'dis: (*Crystal Stair - Golden-Silver Fog*).

13. After completing the 24 repetitions of the Lowered Diatone, breathe normally for a few moments and "FEEL the PEACE", the *initial state of co-resonant harmonic vibration*, through which you have "linked to the THE VOICE, (D-2 GharE)", by engaging its language of *Immediate Tonal-Rhythm* through the Diatone.

14. From this place of "initial GharE' engagement", we will next "Down-Shift", into the **slower, deeper, more expansive BPRs** (Base-Pulse-Rhythms) of the "**I Am Body-consciousness**" and the **embodied GharE' Spirit**, as we "**Journey to Meet the GharE'**" in its own **domain-plane of consciousness**. Begin this "Down-Shift" by **focusing your attention** on a **point inside your forehead**, "behind" the "**3rd Eye/Chakra-6**". Breathe slowly and gently for a moment as you focus mental concentration upon this point. And ready yourself for the previously practiced * "**BIO-SHIFT MOVEMENT**" to come in Step-15.

15. **INHALE** slowly and deeply **upward**, from the AzurA "Water Seed", **into this point** on the inside of your forehead "behind the 3rd-Eye/Chakra-6", then **Hold** breath at the top of the Inhale **WHILE** consciously "**slowing the BPR and vibration**" of the *energy/attention* you have focused on this *inner-forehead-point*, * **BY** "**physically dropping the shoulders down and back** into **relaxation**, and **re-adjusting, straightening** and "**releasing the tension**" of the **spinal cord**", **AS you hold the Inhale**.

16. **EXHALE** forcefully downward, from the "forehead point behind the 3rd-Eye/Chakra-6" to the AzurA "Water Seed", then **breathe normally and relax the body**, with attention focused upon a "**spot**" located "**just above the bottom of the breast bone, just below Chakra-4 and above Chakra-3**"; this "**Spot**" is referred to as the "**Kara-nA'dis Seal**". It is the point at which the **Density-1 Aah-JhA Hydro-acoustic Body** interfaces directly with the **D-2 Telluric-Physical-Emotional Body**, and it is the point from which **direct access to the D-2 GharE'** is gained.

17. **INHALE** into the AzurA "**Water Seed**", using the Inhale to **draw your attention upward** from the "**Kara-nA'dis Seal spot**", and back into the AzurA "Water Seed". **Hold** breath at the top of the Inhale, within the AzurA "**Water Seed**", to "**anchor focus of attention**" within the AzurA "**Water Seed**", **while "keeping in mind"** the "**destination**" of the Kara-nA'dis Seal "**spot**".

18. **Exhale** gently into the AzurA "Water Seed", putting the *focus of your attention* into the "Water Seed", to begin the "**Journey to Meet the GharE'**". Return to normal breathing.

19. "**Journey to Meet the GharE'**": Breathing normally, and with your *attention focused* within the AzurA "Water Seed", **imagine/intend** that you can see the *image of a beautiful*, "**Descending Crystal Spiral-Staircase**", that *begins* within your AzurA "**Water Seed**" and **extends downward** to the "**spot**" of the Kara-nA'dis Seal, "**just above the bottom of the breast bone, just below Chakra-4 and above Chakra-3**".

20. Continue breathing normally and in a relaxed manner, and **imagine a tiny "Mini-Me"**, a "tiny version of yourself as you are right now", **stationed at the top of the Crystal Stairway** within the AzurA "Water Seed". With your "Mini-Me", you are going to **enter the space of the "Micro-planes"**, which are the "home-focus reality planes" for the "Body Consciousness" and D-2 GHarE', that would appear as "**Microscopic**" to our usual focus of "D-3 Ego linear mind". Your Mini-Me will "turn on its **Micro-vision**", (an organic attribute of Krystic human intuitive PSI-facility), serving as a "Vessel of consciousness" through which we can experientially "**enter into the realms of the Cellular-Atomic Body-IAM and D-2 GharE' Spirit**".

21. Breathing gently, with your "Mini-Me" stationed **at the top of the Crystal Spiral-Stairway** within the AzurA "**Water Seed**", **focus your conscious attention fully into the minute "Pineal Gland of your Mini-Me"**, then **INHALE** from and into this "**Mini-Me-Pineal**" position, and **Hold** breath at the top of the Inhale.

22. **EXHALE firmly**, into the "**Mini-Me-Pineal point**", using the Exhale breath to "**push open the EYES of the Mini-Me self**". Return to normal breathing, and **focus attention** upon the "**Vision that your Mini-Me Eyes see**", **a huge, "life-size Descending Crystal Spiral-Stairway"**, at the top of which your "Mini-Me's feet" are perched, prepared to descend.

23. With your consciousness focused within "**brain**" and "**I AM**" awareness of your "**Mini-Me**", **INHALE slowly and deeply**, drawing the Inhale breath simultaneously into the AzurA "**Water Seed**" of your "**Mini-Me**" **AND your Physical Body**. **Hold** breath at the top of the Inhale, to **orient your perceptions** to this "**simultaneous DUAL FOCUS of perception**".

24. **EXHALE slowly and gently**, and as you Exhale, **AS your "Mini-Me" body, take your first step down** upon the Crystal-Spiral-Staircase before you.

25. Return to normal, but **slowed breathing**, and continue your **Mini-Me descent** down the *Crystal Spiral-Staircase*, using **each Exhale** breath, to "**take the action of the next step down**" upon the *Crystal Staircase*, and **each Inhale** breath to "**stand stationary on the step upon which you just arrived**". Continue this "**Stair-Descent Breathing**" for **several moments**, each step/breath taking you "**one step closer**" to the "**destination**" of the **Kara-nA'dis Seal** spot, just above the bottom of the breast bone, just *below* Chakra-4 and above Chakra-3. As you progress in your "*Stair Descent Breathing*", **focus your mental attention** on the "**Visual Imagery**" of the "**Descending Crystal Spiral-Stairway**" before you. Make the **experiential quality** of this "**Staircase Descent**" as "**Tangibly REAL as possible**", *mentally, emotionally and sensually (tactilely)*.

26. As you, "**AS your Mini-Me**", continue your "several moments of *Stair-Descent Breathing*", there will **come a point** at which the "**Eyes of YOU AS your Mini-Me**" will **perceive a Pale-Golden-Silver sparkling FOG** appearing in front of you, **shrouding the view** of the "**next stairs to come**".

27. When "YOU AS Mini-Me" sense or see the Golden-Silver sparkling "**FOG UPON THE STAIRS**", prepare to "**come to the end of the Crystal Spiral-Stairway**", with only **3 Steps** and **3 "Stair- Descent Breaths" remaining** before you **engage entry** into the **Kara-nA'dis Seal** at the "bottom of the Crystal Spiral-Staircase", the point at which the *Density-1 Aah-JhA Hydro-acoustic Body* interfaces directly with the *D-2 Telluric-Physical-Emotional Body*; which **IS THE POINT of direct access to the D-2 Physical Body GharE'**. As you encounter the "FOG UPON THE STAIRS", breathe gently and "**close the Eyes of YOU AS Mini-Me**", then **descend the last 3 stairs "BLIND OF EYE but Rich With Touch, Sound, Scent & Knowing"**, as you prepare to enter the "**Weightless Room**", within the *Kara-nA'dis Seal*, at the bottom of the *Crystal Spiral-Stairway*.

PSI-Interactive Technique- 3C "Entering the Grail State"- Opening the Kara-nA'dian Door

C. Opening the Kara-nA'dian Door

28. When you reach the bottom of the *Golden-Silver-FOG enshrouded "Crystal Spiral-Staircase"*, as you take the last "Inhale breath to stand stationary" on the "*Kara-nA'dis platform*" at the bottom of the *Crystal Spiral-Stairway*, **Hold** at the top of the Inhale breath for a moment, to re-orient and **Re-open the Eyes of "Your-Self AS Mini-Me"**.

29. **EXHALE gently**, into the *sparkling Golden-Silver Fog* around you, and notice that, in the distance in front of your Mini-Me, you can observe a "**vertical oval-shaped**" area of **Bright White Light** shining through the *Golden-Silver-Fog* in front of you.

30. When you observe or sense the "*oval White Light area*" in front of you, **INHALE, Hold** breath at the top of the Inhale to build *thrust-momentum*, then **EXHALE forcefully toward the "oval White Light area"**, using the Exhale breath to **propel your Mini-Me rapidly forward into the "Oval White Light area"**.

31. Return to normal breathing, and **observe** that "*YOU AS Mini-Me*" are now *standing within the "White Light area"*, directly in front of a **Large Pink Rectangular Door** with a **large vertical-oval, glass-like "Crystal Lens panel"** mounted in its center. This is the **Kara-nA'dian Passage**, perceived as "*life size*" to the *micro-vision* of your "*Mini-Me*", which exists within your *Physical Body* as a minute "**Spot**" of **Keriatric** (Ketheric-Telluric) **radiation**, located "*just above the bottom of the breast bone, just below Chakra-4 and above Chakra-3*". This is the **Doorway to your Personal Kara-nA'dis Seal, THE POINT** of direct access to your personal *D-2 Physical Body GharE'*.

"**Behind the Kara-nA'dian Passage Door**" is the "**Spherical Domain**" of the *Kara-nA'dis Seal*, the "**CHANGING ROOM**", in which you "**Change out of your costume of the Physical Body**", and into the "**Pure State of Your Eternal Being**", the "*State of Consciousness and Being*" through which you can meet and engage with your personal *D-2 GharE' Cellular-Atomic Spirit-Self*.

32. Standing "As your Mini-Me" before the "Pink Kara-nA'dian Passage Door", reach out the **RIGHT HAND of your "Mini-Me"**, and place it upon the **glass-like "Crystal Lens panel"** mounted within the center of the Kara-nA'dian Door, as if you were "putting your hand against the glass panel" in a physical door. Sense that the "crystal-glass" is **smooth and cool to the touch** beneath your fingers.

While holding the **primary focus** of your attention with your "**Mini-Me**" in front of the Kara-nA'dian Door, bring a **small portion of attention** back to your **Physical Body**, and **physically "MIRROR the Gesture"** of your "**Mini-Me**" with your **Physical Body**, bringing your **physical Right Hand upward** as if you are touching a **physically life-sized "invisible door"** positioned *in front of your physical body*. **Sense** the "**tangible firmness**" of the "*invisible door*" beneath your physical hand; **feel** the **smooth cool texture** of the "**invisible crystal-glass**" beneath your physical fingertips.

33. Once you have achieved a sense of the "*reality of the invisible door*" with your *physical hand*, **return your attention to the primary "Micro-focus"** within your *Mini-Me*, as it stands "touching the crystal-glass" of the "*Inner Pink Kara-nA'dian Door*". Now, **INHALE slowly and deeply, simultaneously** into the AzurA "**Water Seed**" of your *Mini-Me* **AND your Physical Body**, and **Hold** breath at the top of the Inhale.

PSI-Interactive Technique- 3C "Entering the Grail State"- Opening the Kara-nA'dian Door—continued

34. Now **EXHALE firmly and simultaneously** from the "**Water Seed**" of both your "**Mini-Me**" **AND Physical Body**, using the Exhale breath to **push a Pale-Aqua "Water-Spark"** from the "Water Seed", down the "**Right Arm Cord**", out the **RIGHT PALM**, and into the "**crystal-glass lens**" of the *Inner Kara-nA'dian Door* **AND the physical "Invisible Door"**.

35. Return to normal breathing, and **observe**, still feeling with your **Right Hand**, that the "**crystal-glass lens**" of the *Inner Kara-nA'dian Door* **AND the physical "Invisible Door"** has suddenly become "**less firm and solid**", and has "**changed state**", now feeling like a "**fuzzy force-field of energy**", that "**tingles and gives a sense of gentle resistance**" when you "**push on it**" with your *Right Hand*. **Become aware** of this "**tingle and gentle resistance**" sensation with both your "**Mini-Me**" **AND physical Right Hand**. Now Push your *Right Hand* **into and through** the "*tingle and gentle resistance*" sensation of the "**crystal-glass lens**", until you reach a point where the "**gentle resistance stops**", but you can still feel the "**tingle sensation**" now around your **RIGHT WRIST**. The vertical-oval "**crystal-glass membrane**" of the **Inner AND Outer Kara-nA'dian Door** has now **activated**, and the **Kara-nA'dian Door has opened for passage** into the "Spherical Domain" of the *Kara-nA'dis Seal* "CHANGING ROOM". Continue gentle, normal breathing, bring the Right Hand of your Mini-Me and physical body to a resting position, and prepare to pass through the Kara-nA'dian Door.

D. Connecting with the GharE'- I HEAR THE VOICE- Engaging the CHANGING ROOM-

36. INHALE slowly and deeply, simultaneously into the AzurA "Water Seed" of your Mini-Me AND your Physical Body, and Hold breath at the top of the Inhale. EXHALE slowly, using the Exhale breath to move your "Mini-Me" forward, into and through the vertical-oval "crystal-glass membrane" of the Inner Pink Kara-nA'dian Door, while keeping the physical body stationary in front of the physical "Invisible Outer Kara-nA'dian Door.

37. Return to gentle, normal breathing, and observe that as your Mini-Me body passes through the "crystal-glass membrane", your entire Mini-Me body feels the "fuzzy force-field" of the activated membrane, with its "tingling and gentle resistance" sensation that gives way to the "point of no resistance" once pass-through is completed. Now standing on "the other side" of the Inner Kara-nA'dian Door, inside of the "Spherical Domain" of the Kara-nA'dis Seal "Changing Room", AS your Mini-Me stand quietly for a moment, close your eyes, and prepare to "bring the physical body through the Outer Kara-nA'dian Door".

38. AS your Mini-Me, INHALE into your AzurA "Water Seed", Hold breath at the top of the Inhale to build charge, then EXHALE firmly upward, from your Mini-Me "Water Seed" to the AzurA "Water Seed" of your physical body, using the Mini-Me's upward Exhale breath to deliver a "Water Spark" into the physical body AzurA "Water Seed".

Return to normal breathing, and while keeping primary attention focused within your Mini-me, bring a small portion of attention back to your Physical Body and observe as the "Invisible Outer Kara-nA'dian Door" in front of your physical body suddenly begins moving slowly toward, then through and behind, your physical body, as if "the door passed through YOU". Your physical body has now "joined your Mini-Me body on the inside of the Kara-nA'dis Seal Spherical Domain CHANGING ROOM."

39. Once your physical body has joined your Mini-Me body on the inside of the Kara-nA'dis Seal Spherical Domain CHANGING ROOM", return your attention to the primary "Micro-focus" within your Mini-Me, as it stands just inside of the Kara-nA'dis Door in the "Changing Room", with its eyes closed. Now open your Mini-Me eyes, and look around, seeing for the first time the "interior space" of the Kara-nA'dis Seal Spherical Domain.

40. Breathe normally and first observe that the "interior space" of the Kara-nA'dis Seal "Changing Room" appears as the interior of a massive White-Light-Sphere or White-Light-Bubble, with your Mini-Me proportionately seeming as a "minute speck" compared to the size of the "White-Light-Bubble.

Next observe that the interior of the massive White-Light-Bubble "Changing Room" appears to be completely filled with Light-filled CLOUDS, as if your Mini-Me had "entered a Cloud-Kingdom in the sky", with "Thick, White Fluffy Light-filled Cloud-Stacks slowly drifting about everywhere", the kind you sometimes see when "looking out of an airplane window on a clear day".

Also, notice that the air around and between the Clouds seems to "sparkle" with minute "twinkles" of pale-silver and pearl-white, and sense that both the air and the Clouds feel as if they are "alive and peacefully conscious".

41. Continue gentle normal breathing, and As your *Mini-Me* direct your vision downward to "Look at your FEET". As you look at your feet, notice that You AS *Mini-Me* are actually "standing suspended in the air", with "no solid platform beneath your feet", as if you had suddenly become "weightless" and are "floating stationary in the air as if you are a 3-dimensional image made of Light".

Emotionally "Lean Into" this "sensation of weightlessness and floating" that your *Mini-Me* is experiencing, sense this "feeling of atomic lightness" spreading outward from your *Mini-Me* and into your physical body atoms, cells and structures, as your *Mini-Me* breathes the "sparkling air" within the *Kara-nA'dis Seal "Changing Room"*.

42. Continue gentle normal breathing, and return your focus to "You AS *Mini-Me*", standing and floating just inside of the *Kara-nA'dis Door* in the "Changing Room". Now prepare to move your *Mini-Me* forward toward the center of the "Changing Room Sphere". Still standing-floating stationary, INHALE, and Hold at the top of the Inhale Breath.

43. EXHALE forcefully, while "bouncing" your *Mini-Me* body vertically upward, as if "jumping up into the air from a stationary position". Return to gentle normal breathing, and observe that as You AS *Mini-Me* "jumped upward", you became instantly "airborne and uplifted", and you now find yourself "Cloud-Surfing Like Superman", sailing forward through the *Thick, White Fluffy Light-filled Cloud-Stacks* within the "Changing Room Sphere".

FEEL the "joyful weightlessness and freedom" as you "cruise" through the Cloud-stacks, the "wind whipping gently through your hair". HAVE FUN with the Freedom, while developing "mobility-skill in the medium", by trying out "Air Gymnastics", joyfully moving You AS *Mini-Me* through airborne leaps, rolls, jumps and spirals, with the strength and agility of a gamine child athlete.

Next, try "Air Dance-Skating", as you move through the beautiful, graceful, swirling, rhythmic motions, and dynamic air-leaps and spins, as seen in "Ice-Dance Exhibitions". FEEL the "on-command" grace, agility, fluidity and flow of the body as your *Mini-Me* "Dance-skates through the Clouds" without need of "ice-skates"; sense the embodied health, power and eternal childlike joy radiate through bones and muscles.

As You AS *Mini-me* "frolics through the Clouds" of the "Changing Room", consciously radiate these "feelings, emotions and sensations of biological freedom and joy" outward from your *Mini-Me* Body and into your physical body, to transmit the new "encryption" of this "empowered biological state" into the atoms and cells of your physical body. Experience the sensations of this state within your physical body as tangibly and realistically as possible.

44. Returning your full attention to your Mini-Me Body, bring the exuberant action of the "**Air-Olympics Try-Outs**" that you just engaged into a **gentle slow-down**. Bring your airborne *Mini-Me* body into a "**lying face-down within the clouds position**", and begin **slowly "soaring"** "Superman-style" "around in a **circle**". Begin your **descent to the center of the "Changing Room Sphere"** by **holding in mind** the image of a "**bird circling in the air**", then **slowly continue "circling"** in a **downward spiraling motion**, until you reach the **center area** of the "**Changing ...Room Sphere**". Once in the center of the sphere, **stop circling** and bring your *Mini-Me* Body to a **stationary position**, and "**flip over onto your back**", as if you are "**coming to rest on your back upon a mattress of Cloud**".

45. As your *Mini-Me*, **relax your body** into the "**mattress**" of beautiful *Thick, White Fluffy Light-filled CLOUD*; lay still and relaxed, and **FEEL** the "**Living Consciousness**" of these "**Clouds**" as they *surround you* with the *innocent intention* of **Krystic Peace, Healing and Unconditional LOVE**, the "**sentiments of Eternal Spirit**", that these "**Clouds of Conscious Identity**" offer to you. **Recognize** that the "**Living Consciousness**" of these "**Conscious Clouds**" represents **a portion of YOUR OWN Conscious Identity**; a "**living Eternal part of yourself**" that you, in your "3-D Mental-EGO focus", have *forgotten*. These are "**Eternal-Life Living Clouds of YOUR own forgotten conscious Atomic-Cellular Identity**, the "part of YOU" that *IS* your "Atomic-Cellular Body Consciousness".

46. **Consciously CHOOSE to relax** every *atom and cell* within your "*Mini-Me*" AND *physical* bodies, as your *Mini-Me* Body **rests peacefully and weightlessly** upon the "**mattress**" of **Healing CLOUD**, within the center of the "**Changing Room**" of your *Kara-nA'dis Seal Spherical Domain*. From this place within the center of the "**Changing Room**", which is the Point of direct access to your personal *D-2 Physical Body GharE'*, you will next "**Change out of your costume of the Physical Body**", and enter into the "**Pure State of Your Eternal Being**", the "**State of Consciousness and Being**" through which you can meet and engage with your personal *D-2 GharE' Cellular-Atomic Spirit-Self*.

To begin this "**Change into the Eternal State**", first **focus your attention** as fully as possible within your **Mini-Me body** as it rests upon the "**mattress of Cloud**", and **slow your breathing rhythm to about half-speed**, within both your *Mini-Me* and **physical bodies**. As *You AS Mini-Me* relax upon the "*Cloud mattress*", **bring the awareness of your physical body as fully as possible into to your Mini-Me body**, and **experience the action of the next several steps** with "**both bodies simultaneously**", as if your **physical body** is also "**laying upon a Cloud mattress, surrounded by a sphere of living Cloud-stacks**".

47. **FEEL** the **nurturing, comforting, healing "mattress of Cloud"** beneath both your "**Mini-Me AND physical bodies**". Observe the beautiful "**light-filled Clouds**" drifting around in the "pale-silver/ pearl-white **twinkling**" air around you. Breathing gently, and using "simultaneous action", relax your "**bodies**", starting with your **toes**.

Imagine a "**slowly rolling puff of self-illuminant light-filled cloud**" gently collecting around your toes. While still breathing gently in normal rhythm, as you take your next **Inhale**, observe the "**Cloud Puff**" moving with the Inhale, **slowly up to your ankles**, leaving your **toes and feet feeling completely relaxed** and as **weightless as air**, in the regions where the "*Cloud Puff*" has passed over. As you **Exhale**, notice that the "**Cloud Puff**" **stops moving** as it "**hovers**" around your **ankles**.... .

...Continue this "**Cloud-Moving Breathing**" at a slow, natural rhythm; on every *Inhale*, the "*Cloud-Puff*" moves a bit upward around your body, on each *Exhale*, the "*Cloud Puff*" stops and "**hovers**", leaving the regions where it has passed over **completely relaxed** and **weightless**.

Next, *Inhale* "*Cloud Puff*" up from your *ankles to your knees*, and *Exhale* at the *knees*. From your *knees*, *Inhale* the "*Cloud-Puff*" up to your **stomach region**, and *Exhale*.... *Inhale* the "*Cloud Puff*" up from your *stomach* to around your *neck*, *Exhale* at the *neck*. And finally *Inhale* the "*Cloud Puff*" upward until it stops movement and **hovers just above your head**.

48. Continue breathing gently and **FEEL the sensation of total relaxation and weightlessness** through your entire bodies, as if you are "**a pattern of air**" lying upon the "**mattress of Cloud**". Begin to sense the "**aliveness**" and "**awareness**" that exists within each cell and atom in your body. Begin to connect with the "**sense of oscillating electrical presence**" that is your **Mana-Zeion**, the portion of your **Light Body consciousness** bonded into each embodied atom. Next, move "**deeper**", through the awareness of your electrical Zeion, and into the **more subtle, gently vibrating presence** of your **EirA-GharE'**, the portion of your **Eternal Spirit** bonded into each atom. **FEEL a gentle "drawing in sensation"** upon your conscious awareness, as the **magnetic presence** of your *GharE'* begins "**drawing you closer to itself**", inviting you to become "**reacquainted**".

49. Continue slow, gentle breathing as your awareness "**drifts**" ever closer into the **unconditionally loving, welcoming and KNOWING presence and consciousness** of your living **GharE'** atomic Spirit. Move your consciousness **closer into union with your GharE'** by creating a "**private cocoon**" within which you and your *GharE'* can become better acquainted.

50. Using "simultaneous action" of the physical and Mini-Me Bodies, **INHALE** deeply and slowly, using the *Inhale* breath to "**draw downward and around you**" a **layer of soft fluffy Cloud**, from the *light-filled Clouds* adrift within the "*pale-silver/ pearl-white twinkling*" air around you. **EXHALE**, using the *Exhale* breath to **release the "Cloud Layer"** you have drawn in, allowing it to "**gently settle**" over and around your bodies. Repeat this "INHALE/EXHALE" sequence **2 more times**, using each *Inhale* to draw down a "Cloud Layer" and each *Exhale* to "release and settle" the "Cloud Layer" over your bodies. At the end of the last *Exhale*, return to normal breathing.

51. Breathing slowly and deeply, observe that as the "**Cloud Layers**" you brought down from above you continue to "**settle**" over and around your bodies, the *Clouds* from the "**Cloud Mattress**" beneath you begin to gently "**stretch upward**" to **meet the Cloud Layers from above**. Together the "*Clouds from above and below*" your bodies "**commune**" with each other, forming a beautiful spacious, fluffy, comfy "**Cocoon of light-filled Cloud**" around your bodies; **completely enshrouding** your bodies within a **private Healing Womb of Cloud**.

From inside the womb of your "**Cloud Cocoon**", use "**direct cognition intention**", to **adjust the "size of the interior space"** of the cocoon to your liking, making it larger and more spacious, or small and more intimate, as you prefer. Using "Intention", **adjust the interior temperature** of your cocoon to your perfect comfort level. If you choose, "**Intend the Aroma**" of a **preferred scent** you recall to *softly permeate* the gently twinkling air within your cocoon; making your "**Cloud Cocoon**" a *perfect, peaceful and protected private space for healing, contemplation, exploration and communion*.

...When using your "Cloud Cocoon" for "connecting with your GharE'", allow the organic **pale silver-gold-white light** of the **self-illuminant clouds** to provide the **only color and light**, and allow the "**Sound of SILENCE**" to prevail, to enable you to "**Hear THE VOICE**" of the **GharE' Spirit** when it "*speaks in its native tongue*" of "**Atomic Harmonics**".

52. Tucked comfortably within your "Cloud Cocoon", it is time to move your consciousness into **closer union** with your GharE' consciousness; this can be accomplished by you "**going to meet your GharE' in its home STATE**", through which you and your GharE' "**I AM Body-consciousness**" can **enter communication** through **Harmonic Atomic Co-resonance**. To "**enter the state of your GharE'**", you will "**shed the costume of your physical body image**", and "**return to your Eternal State of Pure Conscious Awareness**".

NOTE: Until your physically body becomes **fully capable of atomic-transfiguration**, the **following steps** will be taken by your "**Mini-Me Body**" combined with the **conscious awareness of your "physical body self"**. In the following steps this combination will simply be referred to as the "**body**".

53. Breathing slowly and gently, place you attention upon your body, remembering and "tuning into" the embodied sensation of "**complete relaxation**" and **WEIGHTLESSNESS**. Focus your attention upon your **toes**, and **EXHALE downward** from the AzurA "**Water Seed**", using the Exhale breath to send a **pale-Aqua WAVE of Living Water downward** through your lower bodies and out your toes. Hold at the bottom of the Exhale a moment, and observe that from the AzurA down, the **atoms and cells of your bodies** have **now transfigured** to become **pale-silver-gold "twinkling AIR"**, which represents your body-cells in their pure organic state.

54. INHALE upward from your "**toes area**", using the Inhale breath to "draw up" the **pale-silver-gold "twinkling AIR"** of your lower body, into the AzurA **Water-Seed**. **EXHALE gently** into the AzurA, then **return to normal breathing**. Notice that your "**Lower Body Has completely disappeared**", and all that remains of your "*physical image*" is the "*top part*", from the AzurA up to your head.

55. INHALE into the AzurA Water Seed, then **EXHALE**, using the Exhale breath to send a **pale-Aqua WAVE of Living Water upward** through your upper body and out the top of your head. **Hold** at the bottom of the Exhale a moment, and become aware of a **gentle "twinkling sensation"** of *atomic oscillation* spreading through your **upper body, face and head**, as the body-cells of your upper body enter their pure organic state of **pale-silver-gold "twinkling AIR"**, with your **conscious awareness** still "*couched inside*" of the "**head area**".

56. INHALE upward from the AzurA to the **top of your head**, and **Hold** breath at the top of the Inhale, and prepare your **conscious awareness** to "**ride the transfiguration wave**" with your "*twinkling AIR-body-cell*". **EXHALE downward** from your "**head area**", using the Exhale breath to push the **pale-silver-gold "twinkling AIR"** of your upper body downward into the AzurA **Water-Seed**.

57. Return to **normal breathing**, and **observe** that **NOW** your "**normal breathing**" doesn't involve "**lungs or a physical-body image**" any longer. Instead, as you breathe, the condensed, spherical "**twinkling pale-silver-gold Cloud of Self-Illuminant Conscious AIR**" that **you now ARE**, simply **contracts** within each **Inhale** and **Expands** with each **Exhale**. You have become a "**Krystic CHANGELING**", existing temporarily as a "**Conscious ORB of Light-radiation**".

You have entered the state of **Harmonic Atomic Co-resonance**, through which you can now **meet and merge with your "GharE'-I AM Body-consciousness"** in its home state, to **enter communication** through Direct Cognition, the state from which you can begin to "**Hear the Harmonic-Atomic VOICE**" of the *Eternal GharE'* and *Cellular-Atomic Body Consciousness*.

Once you have entered this state of being a **Conscious ORB of Light-radiation through the Passageway of the Kara-nA'dis Seal**, **ONE TIME**, to **return to this state** you need only to "become still and quiet", Activate Your Krystar Krystal Capsule, "**Intend Yourself There**" and use an **Inhale** breath to **contract** your **conscious awareness** into your "**Changing Room Cloud Cocoon**", and an **Exhale** breath to "**Expand out your ORB**" within the Cloud Cocoon. (One run through the "Long Version" of this technique **permanently opens** the corresponding **Epi-genetic Overlay** and **Neuro-networks**, which should have been opened during Fetal Integration but were not due to the Environmentally Induced Genetic Mutation.)

58. From this state of **BEING Conscious ORB of Light**, you can **now meet and merge with your GharE' Atomic Spirit**. **Notice** that your **AzurA "Water Seed"** remains at the center of your ORB of Consciousness. **INHALE** deeply, using the Inhale to **contract You-AS-ORB inward, into the Water Seed** at your center, and **Hold** the Inhale breath/contraction to **absorb a quantum of Living Water** from your Water Seed.

59. EXHALE gently, using the Exhale breath to **expand You-AS-ORB outward** again. Breathe normally and observe that **You-AS-ORB** are **NOW Pale-Aqua in color** AND the "Light-radiation Thermoplasm Substance" of which you are made has blended with the Hydrolase Living Water from your Water Seed, transforming your "Thermoplasm" into "**Endoplasm**", the pre-substance base of Outer-domain matter. You have now become a "**Pale-Aqua ORB of MIST**", capable of **merging with your GharE' Atomic Spirit**.

60. AS your **Aqua-Mist-ORB**, begin breathing at a normal rhythm, and call to awareness the "**Large physical-atomic body**", within which You-AS-Aqua-Mist-ORB are presently located. Your GharE' resides within and is presently bonded to each atom and cell of the Physical Body structure. You will now engage with your GharE'. **INHALE** and **contract** *You-AS-Aqua-Mist-ORB* into your center **Water Seed**, and **Hold** breath/contraction at the top of the Inhale.

61. EXHALE firmly, using the Exhale breath to expand yourself outward AS a **WAVE-CLOUD of Pale-Aqua-Mist** consciousness, changing yourself into the more versatile flexible form of Wave-Cloud for "**Travel**".

62. Return to normal breathing, and on each **Exhale** breath, **expand** yourself as "**Aqua-Mist**" outward from the **Kara-nA'dis Seal** where you are *presently stationed*, "**moving as mist**" outward into the atomic and cellular structure of the **Large physical-atomic body** around you. Move yourself **easily and effortlessly**, **expanding** yourself into every **bone, organ, nerve, fluid, cell, and atom**, and into "**every nook and cranny**" of the physical-atomic-cellular structure.

63. Once fully expanded into the atoms and cells of the physical-atomic body, **slow your breathing rate by half**, and just "**settle into stillness**", **sensing** "every bit of your Aqua-Mist Self" coming to rest and "**settling into stillness**" throughout the atomic body. From this position of *Silent Stillness*, **focus your attention**, in a **relaxed, loosely focused manner**, on coming to "**Hear the Sounds of Silence**", within which you will begin to hear, **faintly at first**, the *symphony* of **Atomic Harmonics**. First "tune in" to hear the "Cellular-Atomic Chatter", which includes "**buzzes, gurgles, beeps, digital noise, wind sounds, water sounds, hisses, hums, pops, rhythms, rapid hushed whispering, whining, screeching, chugging, and many other "truly bizarre" sounds of atomic communication**". Beneath the **exuberant chatter** of the atoms and cells, you will find "**Celestial Harmonics**" of **THE VOICE**, the living harmonic inner sound of your **GharE'** atomic *Eternal Spirit*.

Mentally affirm to yourself, "**I AM THE MIST!...I Hear THE VOICE!**", then by intention, "**turn down the volume of the Atomic Chatter**" within your awareness, and **BE STILL** and **listen...you will find "THE VOICE... that has always been calling you"**.... . Listen quietly to hear **THE VOICE** of your **GHarE'**. **FEEL** for the *Direct Cognition* sensation of the **unconditionally loving, welcoming and Knowing PRESENCE and consciousness**, of your living **GharE'** atomic Spirit, as *You-AS-Aqua-Mist* drift into **merger and reunion**, with the **pale-baby-blue-silver** conscious-Endoplasm-pre-substance, of your **GharE'**.

Prepare to next **commune with the GharE'** in its "home state of perception"...as you **enter the GrU'-al state Density-1 core programming center to "Become ONE WITH THE VOICE"**.

E. Communion with the GharE'- I AM THE VOICE-Engaging the Grail State

64. When you begin to **Hear THE VOICE** of the *GharE'* Atomic Spirit (if you can't yet hear it, just "**lean into**" the **FEELING** of its **Loving Spirit Presence** and continue) **You-AS-Aqua-Mist** can begin **merger and reunion** with the conscious **pale-baby-blue-silver** energies of the **GharE'**. As Aqua-Mist, **drift toward the Sound of THE VOICE** (or toward the **FEELING** of its *Presence*) and "lean into" the sounds or vibration of the **GharE's** language, the "**Celestial Harmonics**" of **Spirit**.

The **GharE'** has been **wounded** through the **absence** of your conscious company, just as **your conscious awareness** has been **wounded** in the **absence** of **GharE'**. This is a **great moment** of "**Celestial Celebration**", in which the "**Lost family of Eternal SELF**" can **finally reunite in victory**, as you and your **GharE'** **reclaim your organic Divine Relationship** in the **Kryst**.

65. As conscious, **sensual Aqua-Mist**, FEEL for the **subtle rippling vibration** of the *GharE'* spirit within every atom and cell of the body; sense this vibration as a slight "quivering or rippling sensation" WITHIN your OWN Aqua-Mist "body" that is now merged with the cells and atoms of the body. INHALE, using the Inhale breath to "Draw the GharE'" into yourself, gentling **lifting** a portion of the **pale-baby-blue-silver GharE' Mist** into your **Pale-Aqua-Mist**, **blending the "Mists"** into a sparkling **Pale-Aqua-Blue-Silver Mist** that carries *your conscious awareness AND the conscious spirit awareness of the freed GharE'*.

Upon the **Reunion** of your D-3 and D-2 Conscious "**I AMs**", feel a "**shift in consciousness**", in which suddenly a "**great unspoken KNOWING**" and a sense of "**Timeless Ancient-ness**" seems to "**open up within you**", as a feeling of being able to "**touch the texture of the Cosmos**" begins expanding through your consciousness. **You and your GharE' have become unified.**

Before you travel together into the **GrU'-al Grail State**, as a united consciousness, together affirm the following Elemental Command, speaking it audibly with the physical-atomic body:
"This BODY I AM belongs to ME and to Eternal God Source ONLY. I declare and decree NOW that No One shall put asunder this Divine Relationship of consciousness and matter. Together We move forth AS ONE, in Love, Freedom and Krystic Victory! And SO IT IS...ETERNALLY!"

66. Breathe gently and slowly as a "**unified whole**", and now begin your **journey** to the **GrU'-al State**, the region of consciousness in which the **Hydro-Acoustic Control Programs** for your **Density-1 Body** reside.

AS the **Pale-Aqua-Blue-Silver Mist**, **INHALE** and **contract** back into **spherical form**, becoming a **Pale-Aqua-Blue-Silver ORB**, with a tiny **Pale-Aqua Water Seed** at its center. Temporarily draw all of your "**Mist**" **out of the atoms and cells** of the physical body and into the **Water-Seed**, leaving only a small portion of GharE' behind to retain the life-force of the cells. **EXHALE** into the **Water Seed**.

67. **INHALE** again, using the Inhale breath to draw the entire quantum of your **Pale-Aqua-Blue-Silver ORB** into the Water Seed, momentarily "**Becoming the Water Seed**", and **hold** at the top of the Inhale.

68. Now **EXHALE forcefully**, using the Exhale breath to push yourself, again as **Pale-Aqua-Blue-Silver Mist**, outward from the Water Seed, **entirely through and beyond the physical-atomic body** around you, and into the **Opened 3-dimensional Pentagonal GRAIL DOOR**, surrounding the physical body. You have entered the GrU'-al State region of consciousness in which the **Hydro-Acoustic Control Programs** for your **Density-1 Body** reside, the "**Seat of Density-1 Elemental Command**".

69. Return to normal breathing, and observe that the **Pale-Aqua-Blue-Silver Mist** you ARE, quickly "**hydrates**" within the **Living Water Field** of the **GrU'al Grail Door**, and your "**Mist**" gently "**dissolves and merges**" with the portion of your consciousness that IS the GrU'-al **Grail Waters**"; you are now **fully awake and aware AS Conscious LIVING WATER** (Hydrolase).

....From this **Grail State** of perception, (which is perched between the EtorA and AdorA aspects of materialization), you can clearly "**Look Back On**" the Physical Body, and perceive and interact with the **living energy programs of the Hydro-acoustic body Morphogenetic Field**. The "**Look- Back-On View Field**" within the **Grail Door** "Lights up" when you focus your **Grail attention** "*Back On*" the **EtorA Physical Body**. The **EtorA physical body form** appears as if it is made of "**Bright White Light**", with many layers of intricate, living symbols, colors, shapes and geomancies "*dancing*" throughout its form.

The forms, symbols, colors and geomancies **manifest** as the "**AdorA-Side** "**Dot-Matrix Scalar-wave Light Points**" of the **Hydro-Acoustic Template**, which **materialize** as the "**EtorA-side**" Infra-Sound Imprint, which "holds the atoms of EtorA matter together". From the "**Look- Back-On View Field**" within the **Grail Door** the **Core Hydro-Acoustic Template** can be viewed and interacted with for purposes of **healing** and **Direct Materialization**. It is the "**Control Room**" for the **Density-1 Body and Elemental Systems**.

You may return to this **Grail State** as often as you choose to engage **active elemental co-creation** with your **GharE'** consciousness. In completing this very long Technique-3 *activations journey*, you have **freed your GharE' atomic spirit** and **returned it to its rightful station of consciousness**, which it has **been denied since Fetal Integration** due to the mutation **closing the Grail Door**.

Before leaving the Grail State to return to usual embodied waking consciousness, verbally affirm the following Elemental Command, speaking it audibly with the physical-atomic body:

"I AM THE WATERS, I AM THE VOICE!

70. To return to usual conscious focus, place the Right hand of your physical body in the "Lotus Fingers" position, INHALE and Hold, then "Tap the physical body AzurA 3 Times" with the "Right hand Lotus Fingers". Exhale your awareness fully back into the physical body.

Your Grail State will remain open permanently for future exploration. To return to the Grail State, simply "Tap your AzurA 3 times with the Right Hand Lotus Fingers", while Inhaling, then Exhale yourself as "Conscious Water" into the "Grail Door".

Sliders -2 September 19-21, 2008 Virginia Beach
PSI-Interactive Technique-4A-E "Opening the Grail Door"

Purpose: Opens the D-3/D-2 GrU'-al Grail Door, Opens the DN-1/D-4 Ketheric/Astral "Aquamarine" Jha-Dha Door, Activates the **D-3-CW Penta-g'e'l Circulation**, Opens and Activates the DN-1/D-3-Atmic **TE'a-Wha Door** and **D-3-CW Pentagonal Transduction**, Opens and Activates the D-1-Control **Jhan-das Window** and **Door** in the D-2/D-1 Aah-JhA Body to initiate organic **D-1-Etheric Sub-atomic Pentagonal Transduction**-the 3rd step in evolving the body toward organic Hydrolase (Living Water) Production. Activates the "**Veil of Jhan'-Tu**" and initiates activation of the **Penta-gor'-ian Circulatory System**.

Preparation:

1. **PSI-Interactive Technique-1 "Activating the Grail Window"- PARTS-1 & 2, Technique-2 "I AM THE VOICE", Technique-3 "Entering the Grail (GrU'-al) State.**

2. "RAPID ANIMATION of the Grail Window:

2A. Take 1 Forceful **INHALE Breath** into the AzurA "**Water Seed**", **Hold** breath at the top of the Inhale to build charge, while bringing **Palms up in front of your chest** in an "**Open Clap**" position.

2B. **EXHALE** forcefully while quickly "**Clapping the Palms Together**" in front of the **AzurA** and giving the **Mental Command "THE POWER OF 12"**, then rapidly **INHALE** again while **extending Palms** to an "**Exaggerated Open Clap**" position, with finger-tips pointing outward to the sides at approx. 45-degrees.

PSI-Interactive Technique -4 A "Opening the Grail Door-Merging the Windows"

A. Opening the Grail Door- Merging the Windows

Opens the D-3/D-2 GrU'-al Grail Door

1. **INHALE** upward to the **D-3 TE'a-Wha Window** (72"/6-feet) above and behind your head, and **Hold** at the top of the Inhale Breath to build charge.

2. **EXHALE** forcefully, using the Exhale Breath to "**drag**" the **D-3 TE'a-Wha Window** ("top-point"- apex 72"/6-feet above and behind your head) **downward**, and **into alignment with** the 3-dimensional **D-2 Grail (GrU'-al) Window** (apex 48"/4-feet directly above your head).

3. **INHALE** into the AzurA "**Water Seed**," and **Hold** at the top of the Inhale Breath to build charge.

4. **EXHALE** slowly, using the Exhale Breath to push a "**12-Point Starburst of Living Water**" outward from the AzurA "**Water Seed**", **into and through** the **12 Allurean Chambers** of your "**Aah-jhA Body**".

5. **INHALE** into the AzurA "**Water Seed**", then "**top-up inhale breath**" with an **additional "inhale -puff"**, to move the "**force of the inhale**" into the **Zeion-Mana Seed** "**behind and within**" the AzurA "**Water Seed**"; **Hold** at the top of the Inhale Breath, with attention focused upon the "**Zeion-Mana Seed**".

6. **EXHALE** forcefully, expanding the Exhale Breath outward from the AzurA "**Zeion-Mana Seed**," as a **12-Point Starburst of Golden Mana**", into the **12 FIRE-Chambers** of your "**Light Body**".

7. As the "12-Point Starburst of Golden Mana" expands through the 12 FIRE-Chambers, return to **normal breathing** to "feel and observe" a "pop-sensation" occurring within the *Bio-fields* around your body, and a "Rush of Golden-Silver-Light Flooding Through Your Body from Within", as the **D-3 TE'a-Wha Window** (apex 72"/6-feet above & behind your head) and the **D-2 Grail (GrU'-al) Window** (apex 48"/4-feet directly above your head) "merge into ONE and Expand" to form a 3-dimensional "Double-size Trans-dimensional Pentagonal Window" around your body, with its apex **144"/12-feet directly above your head**, and its "bottom-point" interfacing with **Median-Ascension-Earth-Core**.

8. Continue **breathing normally** and **observe** as the "**Co-joined D-3 & D-2 Aah-JhA'-Body Windows**" again "**pop**" to become a "singular Huge 3-Dimensional Crystalline-Ectoplasmic Trans-dimensional Pentagonal DOORWAY" surrounding your physical body, with its "top-point apex" **144"/12-feet** directly above your head. This is the Density-1, 3-dimensional "**GRAIL (GrU'-al) DOOR**". Next observe/notice that this "Trans-dimensional Grail Door" rapidly **fills with Pale-Aqua "Living Water"- Hydrolase**. Observe that as the "Grail Door fills with Living Water", your **Krystar Krystal Capsule expands** in size to **fully surround** the "**Grail Door**".

9. **Slow your breathing** to "half-speed" and "Inhale and Exhale" the **Pale-Aqua "Living Water"- Hydrolase** from the "**Grail Door**" Field around you. On **each Inhale**, focus upon **bringing the "Living Water" into every cell and atom of your body**. On **each Exhale**, *sense or observe* that a "**Toxic Wave**" containing **millions of minute miasmatic toxins "rides the Exhale Breath out of your body"**.

10. Continue **Slow Breathing**. As each "**Exhaled Toxic Wave**" engages the portion of the **Living Water"- Hydrolase Field** that is in front of you, **observe** that the **Toxic Wave "transmutes into minute sparkles of Golden-Silver Dust"** upon contact with the "**Living Water**" Field. Continue **slow breathing** for about **30-60 seconds**, until you observe or sense that your "**Exhale Breath is now running clear**" and **no toxins appear within the Exhaled Breath**. Return to normal breathing.

PSI-Interactive Technique- 4 B "Activating the Grail Door-Opening the DN-1 Jha-Dha Door".

B. Activating the Grail Door, Opening the DN-1 Jha-Dha Door

Opens the DN-1/D-4 Ketheric/Astral "Aquamarine" Jha-Dha Door

11. While relaxing within your "Living Water" filled *Trans-dimensional Grail Door*, **INHALE** into the AzurA "**Water Seed**", and **Hold** at the top of the Inhale to build charge.

12. **EXHALE forcefully upward**, using the Exhale breath to push a "**Living Water Spark**" from your AzurA "**Water Seed**" **vertically upward** and into the "**top-point**" apex of your **Grail Door, 144"/12-feet** directly above your head.

13. Return to normal breathing. As the "**Water Spark**" interfaces with the *Grail Door apex*, observe a "**pop-sensation**" occurring within the **Grail Door apex**, and notice a **Heliotalic Spark** of Pale-Pastel-Rainbow-Metallic Light emerging from the *Grail Door apex*.

14. **INHALE upward** from the AzurA "**Water Seed**" and into the **Grail Door apex**, using the Inhale Breath to "grab onto" and **harness the Heliotalic Spark**.

15. **EXHALE** firmly downward, using the Exhale breath to carry the **Heliotalic Spark** from the **Grail Door** apex into the AzurA "**Water Seed**".

16. Return to normal breathing and "**observe upward**", noticing that as the *Heliotalic Spark* interfaces with the AzurA "**Water Seed**", a **small, shimmering-Aqua-Silver "Diamond-shaped Doorway"** suddenly opens within the **Grail Door Apex** 144"/12-feet directly above your head. This is the **DN-2 D-4/DN-1 "Astral" Jha-Dha Door** that will next be used to "**Activate the D-3 Penta-g'el Circulation**".

PSI-Interactive Technique- 4 C- "**Activating the D-3 CW Penta-g'el Circulation**"

C. "Activating the D-3 CW Penta-g'el Circulation (of the Atmic-Mental Pen-tag'-onal Transduction Flows)

Activates the **D-3-CW Penta-g'el Circulation**

17. **INHALE** upward to the "**Astral**" **Jha-Dha Door** in your **Grail Door Apex** (144"/12-feet directly over your head) and **Hold** Breath at the Top of the Inhale within the "**Astral**" **Jha-Dha Door**.

18. **EXHALE** a Pale-Aqua **Living Water Stream "downward at a slant"** from the "**Astral**" **Jha-Dha Door** (144"/12-feet) above your head, to the **small Chakra** in the **Ball of your LEFT FOOT**.

19. Next **INHALE** this Pale-Aqua **Living Water Stream "upward at a slant"** from the **Ball of your Left Foot** to the **Palm Chakra** in the center of your **RIGHT PALM**.

20. **EXHALE**, using the Exhale Breath to push the **Living Water Stream** from the **Right Palm Chakra**, **horizontally across the chest** to the **Palm Chakra** in the center of **LEFT PALM**.

21. **INHALE**, while pushing the **Living Water Stream downward at an angle** from the **Left Palm Chakra** to the **small Chakra** in the **Ball of your RIGHT FOOT**.

22. **EXHALE**, using the Exhale Breath to draw the **Living Water Stream upward at an angle** from the **Ball of your Right Foot** back up to the "**Astral**" **Jha-Dha Door** in your **Grail Door Apex** (144"/12-feet directly over your head), **completing the circuit** of the **D-3 CW Penta-g'el Circulation**.

PSI-Interactive Technique- 4 D- "**Activating the D-3 Pentagonal Transduction Flows-Spinning the Fields**"

D. "Activating the D-3 Pen-tag'-onal Transduction Flows-Spinning the Fields

Opens and Activates the DN-1/D-3-Atmic **TE'a-Wha Door** and **D-3-CW Pen-tag'-onal Transduction**

23. **INHALE** into the AzurA "**Water Seed**", and **Hold** at the top of the Inhale Breath to build charge.

24. **Exhale** firmly, using the Exhale Breath to push a Pale-Aqua **Living Water Spark** from the AzurA "**Water Seed**" **upward** into the "top point" of your **Pentagonal Grail Door** (144"/12-feet above your head) and into your **DN-1 "Astral" Jha-Dha Door** in your **Grail Door Apex**, **to free the organic CW SPIN** of the D-3 Atmic/Mental **TE'a-Wha Radial Body** & D-3 **Penta-g'el Circulation**.

25. **INHALE**, focusing your attention upon the "**Astral**" **Jha-Dha Door** in your **Grail Door Apex** (144"/12-feet above your head), and **Hold** at the top of the Inhale Breath to build charge.

26. Raise the **RIGHT Arm** fully extended over your head, then **EXHALE forcefully** while using **RIGHT Hand** on extended arm to **push over the head toward the LEFT**, in *synchronization with release of the Exhale*, to manually set the **D-3 Atmic/Mental TE'a-Wha Radial Body & Penta-g'el Circulation** into **organic D-3-CW SPIN**, while keeping your 3-dimensional **Pen-tag'-onal Grail Door and DN-1 "Astral" Jha-Dha Door stationary**. The "**top point**" of the **D-3 "Penta-gel' Star"** (of the D-3 *Penta-g'el Circulation*) is about **72"/6-feet directly above your head** (the height that your D-3 *Pentagonal TE'a-Wha Window* had been before its expansion into the D-3/D-2 *GrU'al Grail Door*). Observe as the **D-3 TE'a-Wha Radial Body & Penta-g'el Circulation 72"/6-feet above your head**, begins a **slow CW SPIN**, the **top point** of the D-3 "**Penta-gel' Star**" slowly beginning **rotation toward the LEFT**.

27. When the **top point** of the slowly CW rotating **D-3 "Penta-g'el Star"** reaches the position of the **LEFT FOOT**, **INHALE quickly upward from below the feet**, using the Inhale Breath to draw the **top point** of the "**bottom-facing**" **D-3 "Penta-g'el Star"** rapidly **upward**, from the **feet toward the RIGHT Arm and upward**, drawing the **top point** of the "**bottom-facing**" D-3 *Penta-g'el Star* to the **RIGHT**, completing its **1st full CW rotation** by bringing the **CW D-3 Penta-g'el Star** back up to its "**top-up start position**" (its top point 72"/6-feet above your head).

28. Repeat **3 more "D-3 CW SPIN Breaths"**, "**EXHALE-DOWN-LEFT, then INHALE-UP-RIGHT**", to **manually set the D-3 TE'a-Wha Radial Body & Penta-g'el Circulation** into its organic, Krystic **D-3-CW-BASE-SPIN**. ("**EXHALE-downward** to the **LEFT** until **top point** of D-3 "**Penta-gel' Star**" is "**bottom facing**" by **LEFT FOOT**, then **INHALE-upward** to the **RIGHT**, until **top point** of D-3 "**Penta-g'el Star**" is "**top facing**" back at its **start-spin position**, with its top point above your head 72"/6-feet.) On the Exhale following the final "Inhale-Up-Right", give Mental Command "**THE POWER OF 12**" and the **D-3 TE'a-Wha Radial Body & Penta-g'el Circulation** will **automatically accelerate speed** to maximum momentum.

PSI-Interactive Technique- 4 E- "Opening and Activating the D-1 Jhan-das Door"

E. "Opening and Activating the D-1 Jhan-das Door"

Opens and Activates the D-1-Control **Jhan-das Window and Door** in the D-2/D-1 Aah-JhA Body to initiate organic **D-1-Etheric Sub-atomic Pen-tag'-onal Transduction**.

29. Visualize a **small Pale-Aqua Sphere with a tiny Pen-tag'-onal Window within it**, *surrounding* your AzurA "**Water Seed**". **INHALE** into the center of your AzurA "**Water Seed**", and **Hold** at the top of the **INHALE** to build charge.

30. **EXHALE firmly**, using the Exhale breath to push a "**12-Point Starburst**" of **Pale-Aqua "Living Water"** outward from your AzurA "**Water Seed**" and into the **12-Allurean Chambers** of your Aah-JhA Body.

31. Return to normal breathing and **observe** that the **tiny Pen-tag'-onal Window** within the *small Pale-Aqua Sphere* in the AzurA "**Water Seed**" suddenly "**pops open**" and **expands outward** around the *small Pale-Aqua Sphere*; the "**top-point**" **apex** of the **Pen-tag'-onal Window** extends **upward to your Sinus region** (top of nose, between the eyes) and its "**bottom-plane**" extends downward resting at your **Navel**. As the *tiny Pen-tag'-onal Window* "**pops open**" to become the **D-1 Etheric Elemental/Sub-atomic Jhan-das Door**, **observe** that next the **Pale-Aqua Sphere** in the...

... "Water Seed" also **"pops and expands"** to form a **"basket-ball sized" Pale Golden-Silver-Aqua Sphere centered at the AzurA "Water Seed"** and **extending through your body** from *just above your stomach to your chin*. This is your **D-1 Etheric Elemental-Sub-atomic Jhan-das Radial Body**.

32. The organic spin direction of original Earth/Median-Ascension Earth **D-1 Etheric Field** is **CW**, just like the organic *D-3 Atmic Field*. To **automatically activate** the D-1 Etheric Elemental/Sub-atomic **Jhan-das Fields and Door**, we will **connect** the D-1 Etheric Fields to the already activated *D-3 Atmic Fields* through the **DN-1 "Astral" Jha-Dha Door** in the *Grail Door Apex*. **INHALE** into the AzurA **"Water Seed"**, and **Hold** at the top of the Inhale to build charge.

33. **EXHALE** firmly upward from the AzurA **"Water Seed"**, using the Exhale Breath to push a Pale-Aqua **Living Water Stream** upward from the "Water Seed" and into the **DN-1 "Astral" Jha-Dha Door** in your *Grail Door Apex*.

34. Return to normal breathing and observe that as the **Living Water Stream** interfaces with the **"Astral" Jha-Dha Door**, a **Bright-Aqua-Silver Starburst** 'pops' within the *Jha-Dha Door*, and a beautiful Pale-Pastel-Rainbow-Metallic **Heliotalic Beam of Light** descends downward from the *Jha-Dha Door* to the **Median-Ascension-Earth Core**, completely filling your 4-dimensional **Grail Door** and **surrounding your body** in a **"twinkling cone-shaped veil of Heliotalic Light"**. This **"Veil of Light"** is called the **Jhan'-Tu Veil**, and represents the **"Beam of Unification"** through which the 4 dimensional levels of your *DN-1 Radial and Aah-JhA Bodies* unite. Through the **"Veil of Jhan'-Tu"** your D-1 Etheric **Jhan-das Radial Body** and **Penta-g'el Circulation** will **automatically activate** on organic **D-1 CW spin**, and the 4-dimensional **Pen-tag'-onal Transduction Flows** of your DN-1 Body will **unite to initiate activation** of the 4-dimensional **Penta-gor'-ian Circulatory System**, to prepare your DN-1 Body for full *Penta-gor'-ian Circulatory System* Activation through which **Biological Slide-Ascension-1** (Cellular-atomic Bi-location) can occur (once the GharE' is reclaimed in *Aqua-Tone™ Practicum Session-B Technique-3- "Releasing the Gharoche'-Restoring the Mana-Reclaiming the GharE'"*).

PSI-Interactive Technique- 4 A-E- ""Opening the Grail Door"- Closing Note.

CLOSING NOTE: Your D-1 Etheric/Elemental/Sub-atomic **Jhan-das**, D-2 Telluric/Cellular-atomic/Emotional/Physical **GrU'al**, D-3 Atmic/Mental **TE'a-Wha**, DN-1 **Jha-dha** and DN-2 D-4 **Jhan'-Tu** "Fields", "Doors", "Radial Bodies", "Penta-g'el Circulations" and "Pentagonal Transductions" are now **ALL ACTIVATED**, and the 4-dimensional **Pen-tag'-onal Transduction Flows** of your DN-1 Body are **united** through the 4-dimensional **"Veil of Jhan'-Tu"**, initiating activation of the 4-dimensional **Penta-gor'-ian Circulatory System**.

The united **DN-1 Pen-tag'-onal Transduction Flows** "open the organic **Krystic direct-communication lines**" between the D-1 Etheric **"I AM Element-Sub-Atomic"**, D-2 Telluric **"I AM Body-Cellular-atomic"**, D-3 Atmic **"I AM EGO"** and DN-1 Ketheric **"I AM God-Self"** **conscious-awareness bands** of the DN-1 Body. The organic **Penta-gor'-ian Circulatory System**, through which **Biological Slide-Ascension-1** (Cellular-atomic Bi-location) can occur (once the GharE' is reclaimed in *Aqua-Tone™ Practicum Session-B Technique-3- "Releasing the Gharoche'-Restoring the Mana-Reclaiming the GharE'"*), has **initiated** activation.

The **Radial Body**, **Penta-g'el Circulation**, **Pen-tag'-onal Transduction**, and united **Penta-gor'-ian Circulatory System activations**, AND the **"opening and activation"** of your 4-dimensional **Pen-tag'-onal Doors**, and the **"Veil of Jhan'-Tu"**, are **PERMANENT**. About **3-days** after completing this technique your **"Penta-g'el Circulations"**, **"Pen-tag'-onal Transduction Flows"** and **"Penta-gor'-ian Circulatory System"** will enter **dormancy**, **suspending the "DN-1 Spins and Flows"**. However, your stationary DN-1 "Doors" and your **"Veil Jhan'-Tu"** coned-shaped **"Unification Beam"** will remain **permanently open** on **"Sub-harmonic Stand-by Activation"** within your body and bio-fields **from this point forward**.

RAPID RE-ACTIVATION of the DN-1 Spins and Flows (and "Penta-g'el Circulations, Pen-tag'-onal Transduction Flows, and Penta-gor'-ian Circulatory System"):

In the future, to bring your "DN-1 Spins and Flows" out of suspension (and your "Penta-g'el Circulations, Pen-tag'-onal Transduction Flows, and Penta-gor'-ian Circulatory System" out of dormancy) is a simple **3-Step Process**:

1. Take **1 Forceful INHALE Breath** into the AzurA "**Water Seed**", **Hold** breath at the top of the Inhale to build charge, while bringing **Palms up in front of your chest** in an "**Open Clap**" position.
2. **EXHALE** forcefully while quickly "**Clapping the Palms Together**" in front of the **AzurA** and giving the **Mental POWER-Command "Jhan-TU' Et-eur' Deu- A"**, then rapidly **INHALE** again while **extending Palms** to an "**Exaggerated Open Clap**" position, with finger-tips pointing outward to the sides at approx. 45-degrees.
3. Breathing normally, bring the fingers of both hands into the "**Lotus Touch Position**" (re: Kathara 2-3), and using *both hands simultaneously* with "**Lotus Touch**" finger tips, **tap the AzurA/Base of Thymus Gland 3-times**.

Your "DN-1 Spins and Flows" will **automatically "pop" into Activation**. The more often this "**Rapid Re-activation of the DN-1 Spins and Flows**" "Movement" is practiced, the longer the fields will stay activated. In time, *with practice* of this "Movement", the same result can be achieved "**Stealth**" by "**using only the Etheric Hands**" to "pop" the "DN-1 Spins and Flows" into activation.

Sliders-2-Workshop Aqua-Tone™ Practicum Session

Intermediate "**LEVEL-1 AQUA-TONE Hydro-Acoustic™ Techniques** (Advanced Kathara), focused upon reestablishing a *healing co-communicative and co-creative relationship* between the "Conscious I AM Self" and the "*Body Consciousness*". Set the necessary "**platform for practical action**" through which the highest level of personal "*Biological, Psychological and Spiritual Potentialities*" of "*Slide-Span OR Bhardoah ASCENSION*" can be achieved.

4 Techniques that comprise an "**Aqua-Tone Hydro-Acoustic Systems™ Self-Healing Session**."

Personal Prep: Grail State Quick Entry

- A. Become "still and quiet", Activate Your Krystar Krystal Capsule, "**Intend Yourself into the Grail State**", use an **Inhale** breath to **contract your conscious awareness** into your "**Changing Room Cloud Cocoon**" at Kara-nA'dis Seal, an **Exhale** breath to "**Expand out your ORB of Aqua-Water**" within the Cloud Cocoon.
- B. Once inside Kara-nA'dis *Cloud Cocoon AS your Aqua-Water-ORB*, **Inhale** and **Tap your AzurA 3 times with Right Hand Lotus Fingers**, then **Exhale** yourself as "**Conscious Water**" into the "**Grail Door**" around your physical body.
Mentally affirm Elemental Command: "**I AM THE WATERS, I AM THE VOICE!**"

(For Client, Run Kathara-1 Session, and add *Hydro-Acoustic Adjugate-Tone Scan, Releasing the Gharoche'-Restoring the Mana-Reclaiming the GharE' & Aqua-Tone™ Axiatonal Line-Chakra Restoration*, then close as Kathara-1 Session. Note: May facilitate Client in Technique-2 *Phase-Toning* as Client Prep., for deeper, longer- lasting effect of the Aqua-Tone™ Client Session.)

1. Setting and Sensitizing the Allurean Color Register

A. Optical Pineal Induction of Allurean Color Register

B. Color scan of Hand to identify appropriate color filter (after induction of Color Register, which appears in the pineal as a micro-chip of the entire set of colors, the exhale leads to one of these colors in the pineal chip-set being transferred into one's hand, then obtained on a see-feel basis) – use Adjugate of color identified for filter; the *Adjugate Color Filter*

2. Hydro-Acoustic Adjugate-Tone Self-Scan

“Look Back View” Scan

When you “Look Back On” the Physical Body from the Grail State perspective, you can perceive and interact with the living energy programs of the Hydro-acoustic body Morphogenetic Field. The “Look-Back-On View Field” within the Grail Door “Lights up” when you focus your Grail attention on EtorA Physical Body. The EtorA physical body form appears as if it is made of “Bright White Light”, with many layers of intricate, living symbols, colors, shapes and geomancies “dancing” throughout its form.

A. Project Adjugate Color Filter into “Look Back View Field”.

B. Scan for “Disharmonics” (inorganic symbols, colors, shapes and geomancies); they will show up in the color of their dominant frequency.

3. Releasing the Gharoche'-Restoring the Mana-Reclaiming the GharE'

A. Project a “Ball” or “Wave Field” of the Adjugate Color to the Disharmonics' primary color

around each Disharmonic, or into the full body View Field for larger coverage. Exhale and Inhale “Water-Breaths” into the View Field until the Disharmonic and its Adjugate Harness transmute and disappear

B. For “Daily Maintenance”, scan View Field body image without any filter, notice “dark screen netting areas”, flood the “nets” with Living Water via “Water Breath”, then “pull screens out” in a “Water Harness” and release them into the Water Field of the Grail Door for transmutation.

4. Aqua-Tone™ Axiatonal Line-Chakra Restoration

A. Pick-up Allurean Finger and Palm Plates from Allurean Aqua-Tone™ Plate Chart (Inhale to AzurA, Exhale down Arm Cords into Plates, Inhale up to AzurA to pick up plates on hands, Exhale down to “Pop Activate Plates”

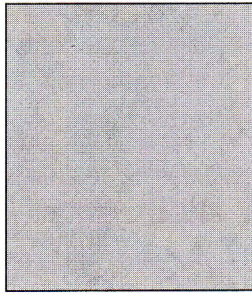
B. Use “Water Breaths” to Transmit Finger Plates into appropriate “Toe Chakras”, then Transmit Palm Plates (Left Hand over Back of Right Hand) into Embodied Chakras, Starting with Chakra 1 working upward to Chakra-7 Crown. (For Client- First Transmit Palm Plates into Chakras at Balls of Feet, Right Hand to Left Foot, Left Hand to Right Foot, to create sub-harmonic activation of their Grail Door, then proceed as above, and close as a Kathara-1 Session)

C. **Daily Food, Water & Consumables Clearing & Charging:** Transmit Palm & Finger Plates from both hands into item on inhale, then on Exhale, pull plates back out with Gharoche & GharE (thereby instantly pulling out and transmuted the GharE/ Gharoche vertically upward into the air between 'self' and the food 'item'). Then Inhale and Exhale from Water Seed into item to recharge with your “Waters” (thereby transmitting the “Living Waters” back into the 'food item', along with the Allur-E'ah Rashatan-Feel Good Code). “Stealth”- Exhale 12-pt “Water Burst” from Water Seed into 12 Allurean Chambers, Inhale Back-Flow-Return Flows from 12-Fire Chambers, then Run same “Clear & Charge” procedure as above, but without hands, transmitting Allur-E'ah Rashatan Code directly from your **Kara-nA'dis Seal**; in clearing phase, “mentally push” freed Gharoche/GharE vertically “up & out of the code” before Inhaling code back to your Kara-nA'dis Seal to recharge for Charge Phase Exhale. **Note:** Currently, when we pick up the finger codes, they can/ will remain for a short time. It is therefore recommended that the finger codes are 'picked up' and inhaled into the AzurA once every 3 days. With this 3-day reinforcement, the finger codes can simply be exhaled from AzurA to the fingertips whenever needed.

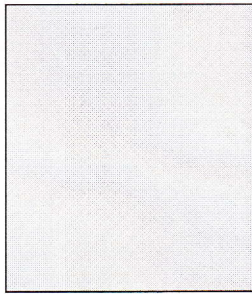
The Allurean Color Register

Use with Sliders-2 - Workshop
"Aqua-Tone™ Practicum" Session Technique 1-A
Setting & Sensitizing the Allurean Color Register

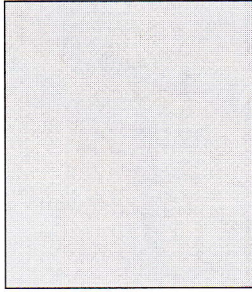
For Setting the Aqua-Tone Hydro-Acoustic Systems™ Self-Scan Color Register



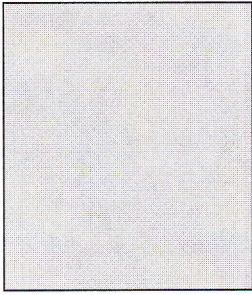
D-1 RED



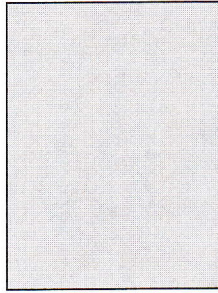
D-4 GREEN



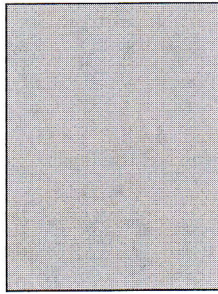
D-7 VIOLET



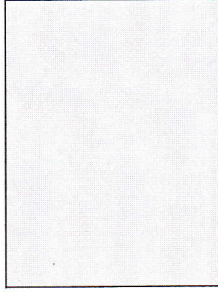
D-10 BLUE-BLACK



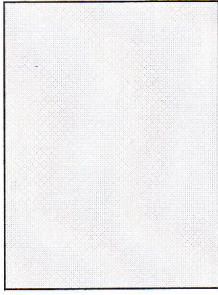
D-2 ORANGE



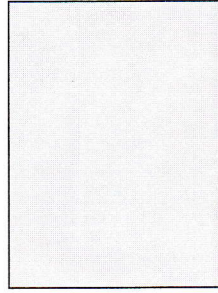
D-5 BLUE



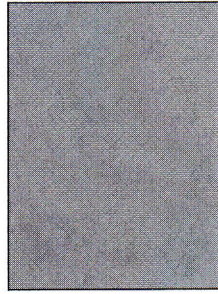
D-8 GOLD



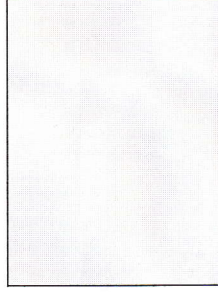
D-11 SILVER-BLACK



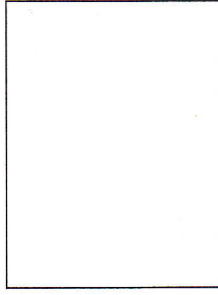
D-3 YELLOW



D-6 INDIGO



D-9 SILVER



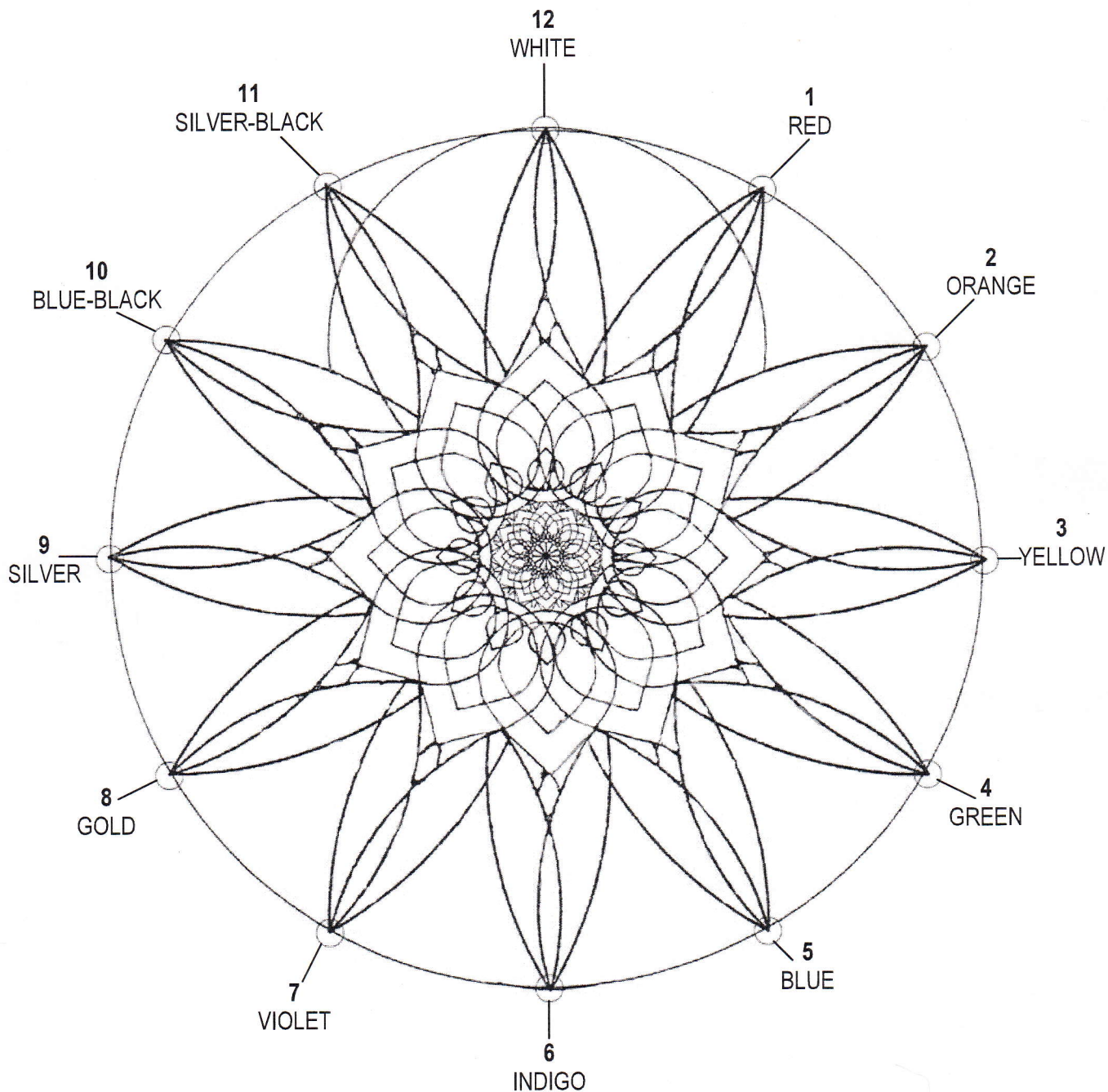
D-12 WHITE

B & W provided here for reference.
Color Chart available as supporting
product on Azurite Press product list.

The Allurean Adjugate Color Chart

Use with Sliders-2 – Workshop “Aqua-Tone™ Practicum” Session

Technique-1B Setting & Sensitizing the Allurean Color Register



B & W provided here for reference.
Color Chart available as supporting
product on Azurite Press product list.

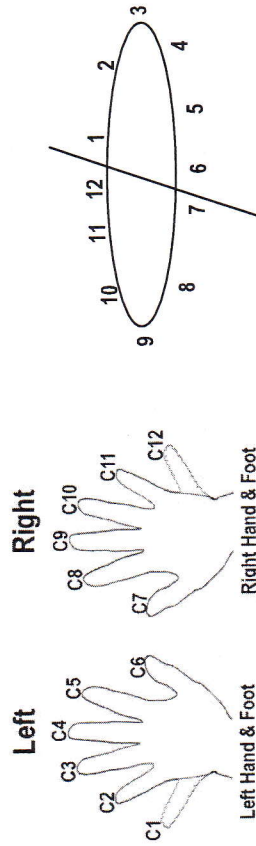
The "Allur-E'ah Ra-sha-tan" "Feel Good Code"

The "Calling Code" for **Protoplasm**, **Pre-Substance Hydrolase**, the **Pre-Substance Hydro-Ecoustic Compound-Element** that is **organic Living Pre-Water** (pre-substance $D_3H_2O_2He_3$, $D_2-O_2H_2N_3$), which "**Speaks to**" **Hy'dra-LE' Endoplasma**, **Atomic Hydrolase**, that is the **organic ATOMIC LIVING WATER** (physical-atomic $D_3 H_3O_2He_3$, $D_2-O_2H_2N_3$) which is the **Atomic Hydro-Acoustic Compound-Element "Water-Matter-Base"** of which our **144 Organic Living Elements** are composed.

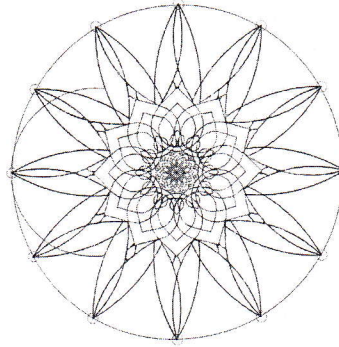
The **Aqua-Tone™** Axiatonal and Chakra Healing Finger Chart

Use With **Sliders-2 – Workshop Aqua-Tone™ Session Technique-4 Axiatonal Line-Chakra Restoration**

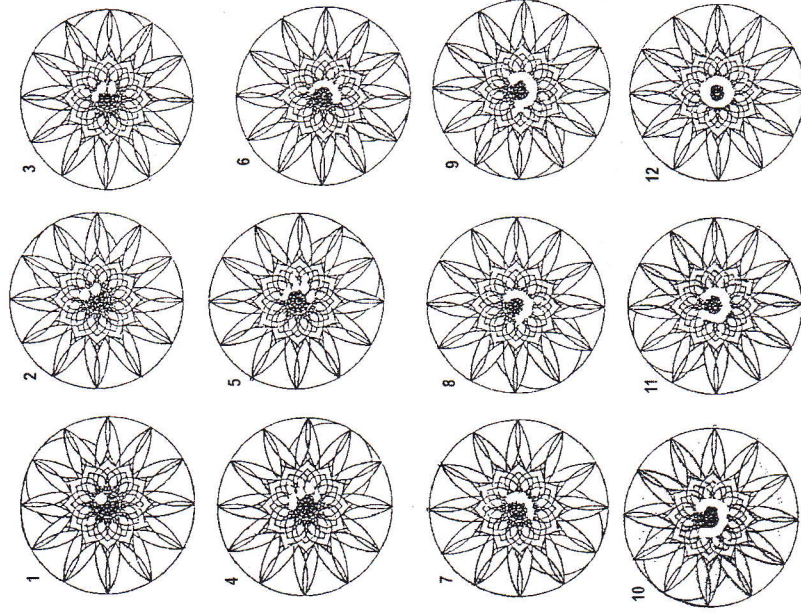
Allur-E'ah Ra-sha-tan Aquatone™ Axiatonal & Chakra Healing Chart



1-6 on Left Hand & Foot / 7-12 on Right Hand & Foot



Palm Plate



Finger Plates

Sliders-2-Workshop The Aqua-Tone™ “Daily-Grail Program”

Aqua-Tone™ “Daily-Grail Program”, the “& Bi-Weekly Home-Program” that represents the “next level” of **Practical and Time-efficient Technique Applications**, which can be used to rapidly engage “Sliders-2” Technique activations, **AND** “instantaneously invoke the power and activation-levels of ALL other past MCEO Techniques you have used, and to which future “Sliders” Technique Advancements can be added.

Daily

Aqua-Tone™ Practicum” Session” Prep Technique, Technique3B & Technique 4C

Prep: Grail State Quick Entry

3. Releasing the Gharoche’-Restoring the Mana-Reclaiming the GharE’

B. “Daily Maintenance”.

4C. Daily Food, Water & Consumables Clearing & Charging:

PSI-Interactive Session Technique-4 END

4 end: RAPID RE-ACTIVATION of the DN-1 Spins and Flows 3-Step Quickie

Additional: Salt-Baking Soda & Charged Water Bath or Foot Soak

Bi-Weekly (every two weeks)

Aqua-Tone™ Practicum” Session” Prep Technique and Techniques 1, 2 and 3A

Prep: Grail State Quick Entry

1. Setting and Sensitizing the Allurean Color Register

2. Hydro-Acoustic Adjugate-Tone Self-Scan

3. Releasing the Gharoche’-Restoring the Mana-Reclaiming the GharE’

A. Transmuting Disharmonics

PSI-Interactive Session Technique-3D Steps 36-51

D. Connecting with the GharE’- I HEAR THE VOICE- Engaging the CHANGING ROOM

Monthly

Aqua-Tone™ Practicum” Session” Prep Technique and Techniques 1, 2 and 3A & 4

Prep: Grail State Quick Entry

1. Setting and Sensitizing the Allurean Color Register

2. Hydro-Acoustic Adjugate-Tone Self-Scan

3. Releasing the Gharoche’-Restoring the Mana-Reclaiming the GharE’

A. Transmuting Disharmonics

4. Aqua-Tone™ Axiatonal Line-Chakra Restoration

PSI-Interactive Session Technique- 2 & Technique 1 Part 2 END

1. Rapid Animation of the Grail Window (to increase strength & longevity of Pen-tag’-orian Circulation Flows)

2. “I Am THE VOICE”-Phase-Toning

Bi-Monthly (every two months)

PSI-Interactive Session Technique- 1 Part2 F Steps 22-28

F. Anchoring Organic Spin; Overcoming Environmental Drag.

As Desired: (any part of any Technique can be used as desired to strength or deepen corresponding action or states)

PSI-Interactive Session Technique-3D Steps 36-51

D. Connecting with the GharE’- I HEAR THE VOICE- Engaging the CHANGING ROOM

Songs from the “International Day of Peace-Calling of the 6 Directions” Event.

Sliders-2-Workshop The Aqua-Tone™ “Daily-Grail Program”

DAILY REMINDER Post-It Sheet

"Recommended use" notations are suggestions, which can be adapted to suit personal schedule needs.

Aqua-Tone™ Practicum™ Session Prep Technique, Technique3B & Technique 4C

Personal Prep: Grail State Quick Entry

A. Become "still and quiet", Activate Your Krystar Krystal Capsule, "Intend Yourself into the Grail State", use an **Inhale** breath to **contract** your **conscious awareness** into your "Changing Room Cloud Cocoon" at Kara-nA'dis Seal, an **Exhale** breath to "Expand out your ORB of Aqua-Water" within the Cloud Cocoon.

B. Once inside Kara-nA'dis *Cloud Cocoon* AS your *Aqua-Water-ORB*, **Inhale** and **Tap your AzurA 3 times** with **Right Hand Lotus Fingers**, then **Exhale** yourself as "Conscious Water" into the "Grail Door" around your physical body.

Mentally affirm Elemental Command: "I AM THE WATERS, I AM THE VOICE!"

Recommended use: AM-once upon waking, PM-once before bed, as immediate prep for following techniques, once mid-day if desired and just prior to starting an "exercise session" on exercise days.

3. Releasing the Gharoche'-Restoring the Mana-Reclaiming the GharE'

B. For "Daily Maintenance", scan View Field body image without any filter, notice "dark screen netting areas", flood the "nets" with Living Water via "Water Breath", then "pull screens out" in a "Water Harness" and release them into the Water Field of the Grail Door for transmutation.

Recommended use: PM-in bed just prior to sleep, AM-in bed just after waking, or whenever desired.

4. Aqua-Tone™ Axiatonal Line-Chakra Restoration

c. **Daily Food, Water & Consumables Clearing & Charging:** Transmit Palm & Finger Plates from both hands into item on inhale, then on Exhale, pull plates back out with Gharoche & GharE (thereby instantly pulling out and transmuting the GharE/ Gharoche vertically upward into the air between 'self' and the food 'item'). Then Inhale and Exhale from Water Seed into item to recharge with your "Waters" (thereby transmitting the "Living Waters" back into the 'food item', along with the Allur-E'ah Rashatan-Feel Good Code). "Stealth"- Exhale 12-pt "Water Burst" from Water Seed into 12 Allurean Chambers, Inhale Back-Flow-Return Flows from 12-Fire Chambers, then Run same "Clear & Charge" procedure as above, but without hands, transmitting Allur-E'ah Rashatan Code directly from your **Kara-nA'dis Seal**; in clearing phase, "mentally push" freed Gharoche/GharE vertically "up & out of the code" before Inhaling code back to your Kara-nA'dis Seal to recharge for Charge Phase Exhale. **Note:** Currently, when we pick up the finger codes, they can/ will remain for a short time. It is therefore recommended that the finger codes are 'picked up' and inhaled into the AzurA once every 3 days. With this 3-day reinforcement, the finger codes can simply be exhaled from AzurA to the fingertips whenever needed.

Recommended use: Just prior to preparing and eating foods. Foods can be cleared and charged up to 3 days in advance, but "charge" will diminish after 72 hours and should be re-set.

PSI-Interactive Session Technique-4 END 3-Step Quickie

RAPID RE-ACTIVATION of the DN-1 Spins and Flows (and "Penta-g'el Circulations, Pen-tag'-onal Transduction Flows, and Penta-gor'-ian Circulatory System"):

In the future, to bring your "DN-1 Spins and Flows" out of suspension (and your "Penta-g'el Circulations, Pentag'-onal Transduction Flows, and Penta-gor'-ian Circulatory System" out of dormancy) is a simple **3-Step Process**:

1. Take **1 Forceful INHALE Breath** into the AzurA "**Water Seed**", **Hold** breath at the top of the Inhale to build charge, while bringing **Palms up in front of your chest** in an "**Open Clap**" position.

2. **EXHALE** forcefully while quickly "**Clapping the Palms Together**" in front of the **AzurA** and giving the **Mental POWER-Command "Jhan-TU' Et-ur' Deu-A"**, then rapidly **INHALE** again while **extending Palms** to an "**Exaggerated Open Clap**" position, with finger-tips pointing outward to the sides at approx. 45-degrees.

3. Breathing normally, bring the fingers of both hands into the "**Lotus Touch Position**" (re: Kathara 2-3), and using **both hands simultaneously** with "**Lotus Touch**" **finger tips, tap the AzurA/Base of Thymus Gland 3-times**.

Your "DN-1 Spins and Flows" will **automatically "pop" into Activation**. The more often this "Rapid Re-activation of the DN-1 Spins and Flows" "Movement" is practiced, the longer the fields will stay activated. In time, *with practice* of this "Movement", the same result can be achieved "**Stealth**" by "**using only the Etheric Hands**" to "pop" the "DN-1 Spins and Flows" into activation.

Additional: 1/3Salt-2/3Baking Soda & Charged Water Bath or Foot Soak

Recommended use: PM-before dinner or in evening at end of the day before bed; anytime ok.

The Aqua-Tone Hydro-Acoustic Systems™ “Daily-Grail Integrated Life-Fitness Program”

DIETARY SUGGESTIONS to Support the GharE’

***It is wise to always check with your doctor before starting a new diet or exercise program, especially if you are being treated for an existing health condition.**

Our Dietary Suggestions are intended as a “**Living Diet**”, small recommended **life-style changes** that move us toward more selective “**Healthy Conscious Consumption**” habits that support both the physical health of the body, and the organic *Bio-spiritual Processes* inherent to the **Mind-Body-Spirit** system. When used in conjunction with moderate exercise (as in our “Exercise Suggestions chart”), over time these “healthy eating choices” will most likely also produce the benefit of *greater balance of body weight*, and improve general levels of health, energy and fitness. These Dietary Suggestions are not intended to replace the recommendations of your doctor, especially if you are under dietary restrictions due to a medical condition.

DIETARY SUGGESTIONS

*** Consume 6 smaller, lighter meals throughout the day** (breakfast, lunch, dinner plus 3 healthy snacks) **rather than 3 larger heavy meals.**

*** Always eat or drink something nutritious for breakfast; make breakfast a light to moderate sized meal, lunch your largest meal of the day** (to give your body energy when it is most busy), **and keep dinners and evening snacks lighter** (digestion slows when you go to sleep).

*** Before breakfast**, start the day with a glass of cleared/charged spring water; add a squeeze of fresh lemon juice.

*** Every “3rd Day”** consume a “**Liquid Diet**”, (not abstinence “fast”), using nutritious healthy foods prepared into “shakes”, juices, soups and purees, to help *de-stress the digestive tract* from “heavy food processing”. On the “3rd Day” also include cleared/charged spring-type water and herbal teas, and omit heavily sugared, caffeinated, carbonated, and spicy items and alcohol to assist the body in gentle detoxification.

*** Choose moderate to low “GI” foods** (“Glycemic Index”) to help keep blood-sugar/insulin-response stable.

*** Avoid Deep-fried and Microwaved Foods** whenever possible, use frozen/canned items in moderation, use a minimum of processed foods & Bake, Grill, Steam, “Light Pan-Fry” (very little oils) & Light-Boil for healthier food preparation.

*** Eat or drink healthy, “Live” and “Organic” Foods whenever possible** (such as fresh or lightly steamed vegetables, Whole-grain or Multi-grain breads & pastas, brown rice, beans, organic or “free range” poultry, eggs and meats etc), **avoid heavily processed, high-sugar/salt and high-fat foods** (such as white breads, pastas & rice, sugared cereals and deserts, fast-foods, deep-fried foods) **and replace with healthy food alternatives. Avoid “GM” Foods** (genetically modified) whenever possible. **Switch to Low-fat Dairy** products (such as skim or 1% milk), avoid “growth-hormone” treated milk when possible and explore organic Rice Milk and Almond Milk as milk alternatives. (Use “Soy” products sparingly).

*** Focus on Nutritional Balance:** Include 4-6 servings of fresh or freshly prepared fruits and vegetables daily, such as a small serving at each of 6 meals, with daily servings of protein, whole-grains, low-fat dairy (such as cheeses) and small amounts of unsaturated fats.

*** Expand Protein Horizons:** If not vegetarian, use organic red meats & poultry only 2-4 times per week, and bring in alternative protein foods such as quality fish (not deep-fried), lentils, beans, eggs and nuts (if no allergies); use “Soy” products sparingly. Avoid pork, processed scrap-meats (“Hot Dogs” etc) and “organ meats” (liver, “sweetbreads”, “tripe” etc...) whenever possible.

*** Drink 6-7 glasses of cleared/charged spring-type water daily.** Avoid heavily sugared and caffeinated drinks. Use alcohol and artificial sweeteners in moderation or omit completely. Avoid heavily processed “energy drinks”.

***Become “Calorie AWARE” but not “obsessed”-** investigate appropriate estimated calories needed for your body type, and “use your daily intake well” for nutrition. If you desire to gain weight, increase intake. If you desire to lose weight, decrease intake & consume smaller portions. Avoid “Crash/Fad Diets” & focus on healthy eating & exercise.

EXERCISE SUGGESTIONS to Support the GharE'

***It is wise to always check with your doctor before starting a new diet or exercise program, especially if you are being treated for an existing health condition.**

Our Exercise Suggestions are intended as a "Living Fitness" program, small recommended **life-style changes** that move us toward more selective "Healthy Fitness" habits that support both the physical health of the body, and the organic *Bio-spiritual Processes* inherent to the **Mind-Body-Spirit** system. When used in conjunction with healthy consumption habits (as in our "Dietary Suggestions chart"), over time these "healthy fitness choices" will most likely also produce the benefit of *greater balance of body weight*, and improve general levels of health, energy and fitness. These Fitness Suggestions are not intended to replace the recommendations of your doctor, especially if you are under exercise restrictions due to a medical condition or injury.

PERSPECTIVES ON EXERCISE

If you are not accustomed to performing a regular exercise/fitness regime, (or if you have lapsed for more than 3 months in a previous fitness program), it is important that you **begin slowly and gently**, giving your body time to adjust to a **progressive but gentle increase in activity**, through which your muscles can gain strength and flexibility, and your body can gain stamina.

Unless you are preparing for an "Olympic Competition" etc., (in which you need professional coaching & extended training etc), it is important to allow the body to have a "**day between**" strenuous workouts in *strength training and weights*, to enable the **muscles to have time to recover and heal**. Once strength, flexibility and stamina levels have increased, including an **additional optional cardio session** on the "day-between" will help strengthen the body's abilities, and can be adopted if desired, to increase abilities associated with "the breath" (such as Technique Breathing and Psonn Singing, etc...). Regardless of what level of fitness (or not) that you begin with, it is important to "**pace yourself**", and increase your body's abilities *gently*, to avoid over-taxing your entire system and **sabotaging your motivation** to keep going.

The old fashioned idea of "**no pain, no gain**" **does NOT apply to our approach to fitness**; rather, we encourage "**gentle but progressive development**" (every little bit counts!), with the objective of creating a **healthy relationship between diet, exercise and BEING**. Our objectives are not to "force the body into competitive perfect-model form", but rather to engage the Body-Consciousness-GharE' in a **loving, co-creative partnership**, focused upon creating a **balance of health, wise choices and Body-Mind-Spirit Harmony**, through which the "**best of the embodied experience**" can be achieved.

Our perspectives on "Diet & Exercise" are "**Holistic**" in nature, intended to *serve the best potential harmony* within the "**Body-Mind-Spirit**" system, **without** resorting to **drastic and overly dramatic life-style changes** that can be difficult, and terribly inconvenient, to achieve within the "*demanding and fast paced world*" many of us reside within today. These perspectives are based upon a deeper understanding of the **GharE**, (the "portion of one's Eternal Spirit alive within their atoms"), and awareness of the structures of 15-Dimensional Anatomy, and strive to bring the Mental Body, Physical-Emotional Body and Spiritual Body into a harmonious rapport of co-creative health.

The "**Exercise Suggestions**" on the following pages are structured into a "**General Maintenance**" program, the **Aqua-Tone Hydro-Acoustic Systems™ "Daily-Grail Integrated Life-Fitness Program"** that includes **Cardio-vascular Exercise**, plus "**Zone-Targeted**" **strength training, weights & stretching**, that together provide a **well-rounded and flexible fitness regime** that will **build strength, stamina and flexibility** within the physical body, while providing support to the multi-dimensional *Mind-Body-Spirit system*. The program is flexible and can be adapted to individual needs and preferences, as well as personal fitness levels and health limitations. We encourage "physical exercise" to be viewed as a form of "**Action Meditation**", a time when the Mind, Body and Spirit can *come together, connect and harmonize* to enter a more expanded, peaceful **state of active heightened consciousness**- the "**Grail Zone**". With patience, practice and an attitude of gentle nurturing toward the body, the "Grail Zone" state can be achieved, while progressively improving the fitness and health of the Mind-Body-Spirit system.

The Aqua-Tone Hydro-Acoustic Systems™ "Daily-Grail Integrated Life-Fitness Program"-continued

* Check with your doctor before starting a new diet or exercise program

EXERCISE and the Mind-Body-Spirit System

As well as the well-known "physical benefits" attributed to Cardio-vascular fitness, this form of exercise also maintains "**Base-Minimum Field Spin**" within the *DN-1 Radial Body Pentagonal Circulatory System*, to keep the "**Grail Door**" **active and open**. As well as the "physical benefits" attributed to strength training, weights & stretching fitness programs, these forms of exercise also assist the **Axiatonal and Meridian Lines** of the *Spirit/Light/Physical Body* systems to **strengthen, repair and reset their organic flows more quickly**, and will help to ease the temporary "aches, pains and stiffness" (especially in the limbs, joints and spinal column) often associated with *Axiatonal/Meridian Line Healing* and "*Kundalini Activations*".

Cardio Exercise

Cardio exercise can include **walking, jogging** (we recommend a "Rebounder" small trampoline to protect from joint injury and to stimulate the lymphatic system for improved detox), "**elliptical trainers**" (we recommend the "Gazelle" for target versatility and simultaneous strength training), **swimming, biking, hiking, stair-climbing, rope-skipping, dancing**, etc.: anything that **temporarily elevates your heart rate for a sustained period**. You don't need a "gym" to engage a cardio-vascular workout; the "great outdoors" offers many options. We prefer the above mentioned, inexpensive and space-economical "home gym" additions, so the "base-equipment" is available whenever you need it.

"Target-Zone" Strength Training, Weights & Stretching

Strength training, weights & stretching exercise can include a wide array of different exercises and activities; there are many commercial programs available, to the point where it can be confusing to choose between them. To simplify the process, and to cater program dynamics to the *Holistic Mind-Body-Spirit* focus, we recommend addressing the "**4 Basic TARGET-ZONES-Body-Regions-in-need-of-Support**"- 1. **The UPPER BODY:** ARMS/ SHOULDERS/ UPPER BACK/ NECK/ HEAD, 2. **The MIDDLE BODY:** ABDOMINALS/ MID-LOWER BACK / "SIDES", 3. **The LOWER BODY:** HIPS/THIGHS/ LEGS, and 4. **OVERALL JOINT-MUSCLE FLEXIBILITY**. "Commercial Gyms" offer all sorts of "new hi-tech equipment" to "target" the various "areas" of the body, and also offer many different types of physical-fitness programs; if this is YOUR "comfort zone", by all means "do the gym thing".

The "*Aqua-Tone Hydro-Acoustic Systems™ "Daily-Grail Integrated Life-Fitness Program"* encourages a more "**independent-do it yourself privately**" approach, in which the "*Target-Zones*" can receive the support they need "**right at home**" with a minimum of "gym equipment". For **Zone-1 UPPER BODY**, a series of diverse, muscle-group targeted exercise reps using small weights (from 2lb to 12 lb recommended for females, to avoid excessive "muscle bulking"; heavier weights for average strength male anatomy) will build strength and tone throughout the Zone-1 region. For **Zone-2 MIDDLE BODY**, a series of diverse, muscle-group targeted "matted floor-exercise" reps will build strength and tone throughout the Zone-2 region. And for **Zone-3-LOWER BODY**, a series of diverse, muscle-group targeted exercise reps using small ankle-weights (from 2.5 to 5 lbs) will build strength and tone throughout the Zone-3 region. For **Zone-4 OVERALL FLEXIBILITY**, a series of "stretches" and "yoga" postures will build overall strength and muscle/joint flexibility. You can research the myriad of "spot exercise" programs offered commercially to find series of exercises through which you can assemble your own "4-Zone Target-Zone program", or you can check out the diversified exercise series featured in the "**12:12 Sequence**" of our *Aqua-Tone Hydro-Acoustic Systems™ "Daily-Grail Integrated Life-Fitness Program"*, which will be introduced in **November 2008 in St. Kitts**.

The *Aqua-Tone Hydro-Acoustic Systems™ "Daily-Grail Integrated Life-Fitness Program"* provides a "**Weekly Start-Up Schedule**" and a "**Weekly Ideal Maintenance Schedule**" (on following pages), both featuring **Cardio Sessions** and "**Target-Zone-12:12 Sequence**" **Sessions**. The schedules are designed to allow for a slow, gentle progression in building physical stamina, strength and flexibility, within a practical time-format, and the "*Target-Zone-12:12 Sequence*" **Sessions** are organized to best assist corresponding functions within the "greater anatomy" of the Integrated Mind-Body-Spirit system. Each "**Exercise Day**" featured in a *Weekly Schedule* includes a **Cardio Session** and 2 "**Target-Zone Sessions**", which can be "**done all together**" **OR** as **3-4 separate sessions** throughout the day/evening, allowing for the greatest flexibility of personal scheduling. Whether you choose to "create your own" *Target-Zone* exercise series, or use the "**12:12 Sequence**" of the *Aqua-Tone Hydro-Acoustic Systems™ Daily-Grail Program*, the *Weekly Schedules* can be used to create a meaningful and manageable personal fitness program that will assist and support you in creating and maintaining Holistic Mind-Body-Spirit Health and Well-being.

The Aqua-Tone Hydro-Acoustic Systems™ "Daily-Grail Integrated Life-Fitness Program"-continued

*** Check with your doctor before starting a new diet or exercise program**

**The Aqua-Tone Hydro-Acoustic Systems™ "Daily-Grail Integrated Life-Fitness Program
"Weekly Start-Up Schedule"**

If you are not accustomed to performing a regular exercise/fitness regime, or have lapsed from your fitness program for over 3 months, we recommend beginning with this "Weekly Start-Up Schedule", then progressing to the "Weekly Ideal Maintenance Schedule". Also, we recommend drinking a small amount of spring-water (infused with a tiny bit of lemon juice if desired) before engaging an exercise session, keeping "hydrated as needed" during the session, and allowing the body 1 hour of "digestion time" after eating before engaging an exercise session, and 5-10 minutes of post-session "cool down" before eating.

2-3 Days per week (for 1st 3 weeks; build to 3 days per week by 3rd week):

1/2 hour Cardio Session- Select your preferred form of Cardio exercise for each session. The ½-hour Cardio exercise session can be done "all at once" in 1 session, or in 2 short 15 min. sessions at different times. Start gently and don't "push yourself too hard" at first; build strength & stamina slowly. Take "slow-down breaks" within your session time if needed, and **STAY HYDRATED**-keep drinking water within easy reach. When **first beginning**, we **recommend** breaking the ½-hour session into **2 15 min. sessions** done at different times during the day or evening, to avoid over exhaustion and injury.

Prep: If you are using the "Daily Grail 12:12 Sequence", select the 2 "**Target Zone**" **exercise sequences** you will be working with in this session (4 Zones are: Upper, Middle, Lower, Overall). If you are creating your own "4-Zone Target-Zone Program", Pre-select your chosen exercise sequence for each of the 4 "Target Zones", then choose the 2 you will work with in this session.

1 hour "Target-Zone" Session: Two ½-hour sessions featuring stretching + strength training or weights.

The two 1/2-hour "Target-Zone" sessions can be done "back to back" for a 1 hour workout, **OR** done at different times. When **first beginning**, we **recommend taking each ½-hour session separately, and separate from the Cardio Session**, so you can build strength and stamina slowly, to avoid over exhaustion and injury. Again, start gently. **Begin and End each "Target-Zone" Session with flexibility stretches** corresponding to the "Zone". In Target-Zone Sessions using **arm or leg weights** (Upper Zone & Lower Zone), start with lower weight and fewer reps, increasing reps, then weight as you build strength. High weight builds "muscle bulk"; if you want strength and tone without too much bulk, use lower weight and more reps. Rest between reps when needed and again, don't "push yourself too hard"; build strength & stamina slowly. It is important to **KEEP HYDRATED**, both during and after "Target-Zone" sessions, to assist the muscles in **releasing lactic acid buildup**, which increases "post work-out" muscle aches and discomfort. When first starting out, you will probably experience **mild to moderate post-work-out muscle aches and pains**, often over the next day or three, as your muscles and Axiatonal/Meridian Lines begin to stretch, expand and strengthen. (If mild to moderate muscle pain lasts longer than 3 days, or if pain is intense and persistent, see your doctor ASAP to check for possible injury). A warm "**Salt-Soda-Charged Water Bath**" in the evening after a work-out day can help reduce muscle discomfort.

Weekly Start-Up Schedule:

DAY-1: ½ -hour Cardio + ½ -hour UPPER + ½ -hour MIDDLE

DAY-2: ½ -hour Cardio + ½ -hour LOWER + ½ -hour OVERALL

DAY-3: ½ -hour Cardio + ½ -hour UPPER + ½ -hour MIDDLE

The Aqua-Tone Hydro-Acoustic Systems™ “Daily-Grail Integrated Life-Fitness Program”-continued

* Check with your doctor before starting a new diet or exercise program

The Aqua-Tone Hydro-Acoustic Systems™ “Daily-Grail Integrated Life-Fitness Program” “Weekly Ideal Maintenance Schedule”

Over the 3-week “Start-Up Schedule” period, you will become familiar with your chosen “Target-Zone Session” exercises, and “Active-Meditation Regime”, and should have progressed in stamina, strength and flexibility sufficiently to move into the “Ideal Maintenance Program” of **4 days per week** or “**Every 2nd Day**”, in which one more “Exercise Day” is added to the weekly schedule, and the 1/2-hour **Cardio Session** on each of the 4 days is **extended to 1-hour**(2 1/2-hour sessions).

You may also feel ready to take fewer breaks within a session, and to increase the number of reps and weight you are using. The idea is to “**gently challenge but not strain**” the muscles and joints, and as the muscles grow stronger, and the joints more flexible, they will need more “*burden applied*” to remain gently challenged. Throughout the program it is important to “**keep your motivation up**”, by setting realistic goals and “**listening to your body**”; some days your body “*just won’t WANT TO*”, and exercise seems as a dreaded chore. Other times your schedule will become too hectic to “*fit it all in*”. At times like these, just remember that “**every little bit counts**”, so “**do a little if you can’t do it all**”, and if you “can’t do any”, “**don’t get down on yourself**” for a few “missed sessions”. Just “**pick up where you left off**” and move your progression toward “*Mind-Body-Spirit Attunement*” forward from there.

As in the “Weekly Start-UP Schedule”, we still recommend drinking a small amount of spring-water (infused with a tiny bit of lemon juice if desired) before engaging an exercise session, keeping “hydrated as needed” during the session, and allowing the body 1 hour of “digestion time” after eating before engaging an exercise session, and 5-10 minutes of post-session “cool down” before eating.

4 Days per week or “Every 2nd Day: (for “General Maintenance”; to continue building stamina, strength and flexibility, and to maintain existing “Bio-field Auto-escalation Levels”):

1 hour Cardio Session- Select your preferred form of Cardio exercise for each session. The 1-hour Cardio exercise session can be done “*all at once*” in 1 session to “**Power Amp**”, or in two 1/2 -hour sessions at different times. Again, start gently and don’t “*push yourself too hard*” at first, build strength & stamina slowly. Try to take fewer “*slow-down breaks*” within your session time, but still take them when needed. **STAY HYDRATED**-keep drinking water within easy reach. To avoid over exhaustion and injury when **first advancing to “Weekly Maintenance Schedule”**, we recommend breaking the 1-hour session into **two 1/2 -hour sessions** done at different times during the day or evening, (such as **1 AM session** before breakfast, and **1 PM session** before or at least 1 hour after Dinner.).

1 hour “Target-Zone” Session: Two 1/2-hour sessions featuring **stretching + strength training or weights**.

The two 1/2-hour “Target-Zone” sessions can be done “back to back” for a 1 hour workout to “**Power Amp**”, OR can still be done at different times. To *avoid over exhaustion and injury* when **first advancing to “Weekly Maintenance Schedule”**, we recommend breaking the 1-hour “Target-Zone” session into **two 1/2 -hour sessions** done separately at different times, and **separate from the Cardio Session. Still Begin and End each “Target-Zone” Session with flexibility stretches** corresponding to the “Zone”. In Target-Zone Sessions using **arm or leg weights** (Upper Zone & Lower Zone), **when you feel ready, increase the reps, then the weight**, as you progressively build strength and your muscles need a gentle increased “**burden for challenge**”. It is ALWAYS important to **KEEP HYDRATED**, both during and after “Target-Zone” sessions, to assist the muscles in **releasing lactic acid buildup**.

Once comfortable within the “*Weekly Ideal Maintenance Schedule*”, the degree of **mild to moderate post-work-out muscle aches and pains will likely diminish or stop**; when your **previous routine can be done “easily”**, this signals a good time to “**increase the burden for challenge**”, to continue advancing stamina, strength and flexibility.

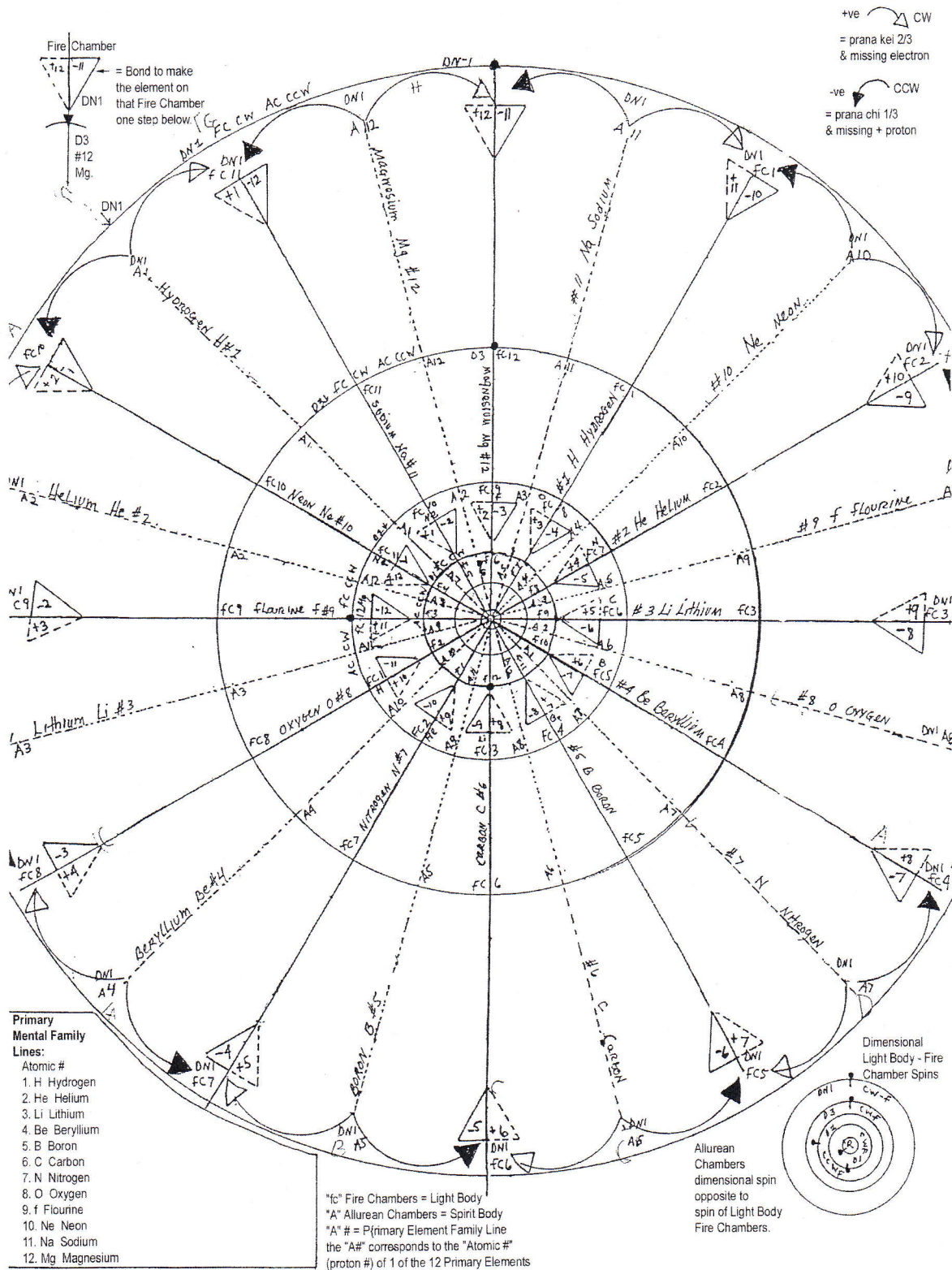
After 3-6 months on the Weekly Ideal Maintenance Schedule, progress to “**Power Amp**”, eventually combining the two 1/2 -hour “*Target Zone*” Sessions AND the two 1/2 -hour Cardio Sessions, into **ONE 2-Hour “Power AMP Session”**, done whatever time of day your schedule allows, **4 days per week**.

Weekly Ideal Maintenance Schedule:

DAY-1: 1-hour Cardio + 1/2 -hour UPPER + 1/2 -hour MIDDLE
DAY-2: 1 -hour Cardio + 1/2 -hour LOWER + 1/2-hour OVERALL
DAY-3: 1 -hour Cardio + 1/2 -hour UPPER + 1/2 -hour MIDDLE
DAY-4: 1 -hour Cardio + 1/2 -hour LOWER + 1/2 -hour OVERALL

The "Mix-Master" Elemental Step-Down Alignments

General Reference Sliders-2 - Workshop



Reactivation of the Monadic Flows (Universal Life Force Currents) of the Light Body
General Reference Sliders-2 – Workshop

KATHARA CENTERS

#12 – The Capstone
 In 10th Chakra
 6" above the head

#11 – Crown Jewel
 In Pineal Gland
 at center of brain

#9 & #10 – The Star
 In brain
 behind ears

#8 – Spark of Orion
 In Thyroid Gland
 at 8th Chakra

#6 & #7 – The Wings
 In shoulder indents
 through to back

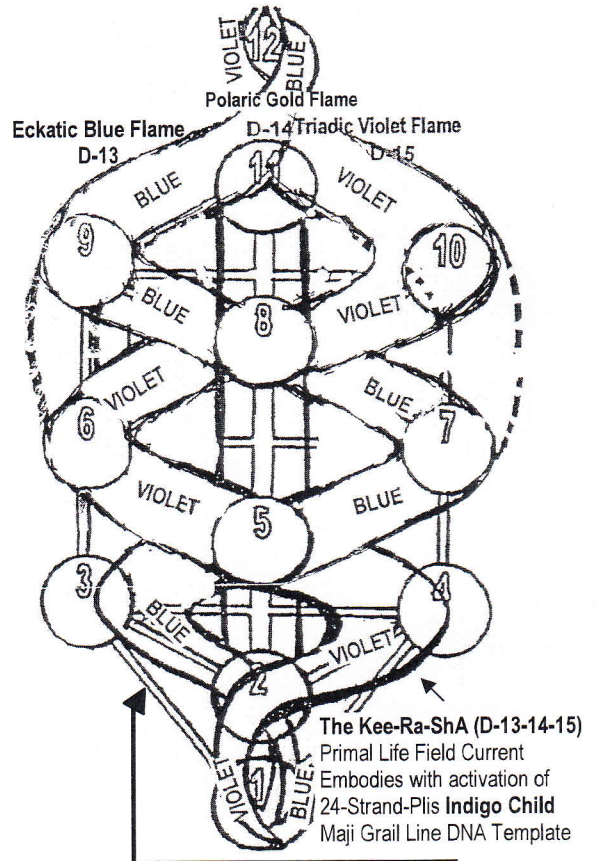
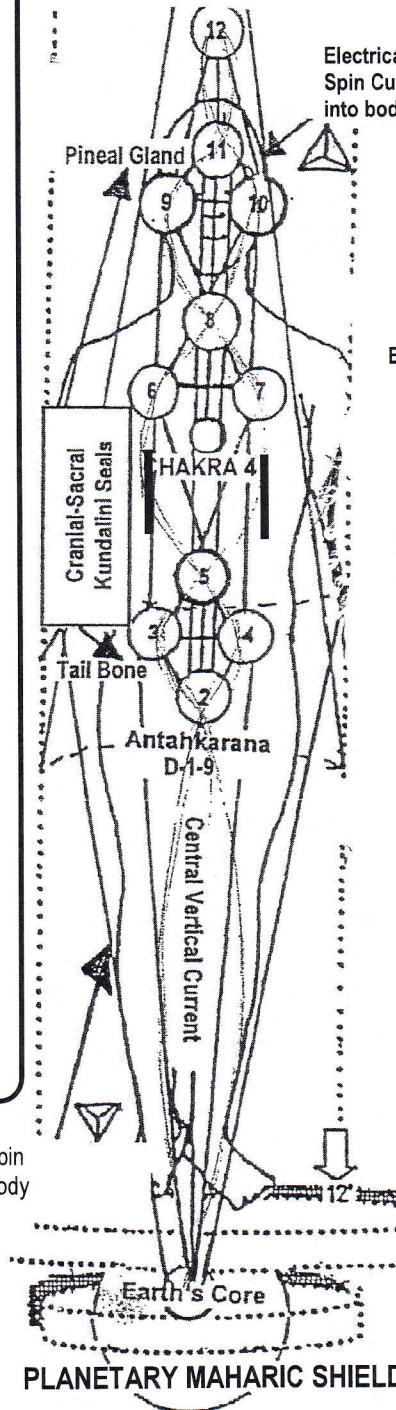
#5 – Seat of Amenti
 At Navel In
 Central Body Current

#3 & #4 – The Dal
 male: Ureters
 female: Ovaries

#2 – Naum-Yun
 male: Prostate Gland
 female: Vagina

#1 – Earth Core
 at center of Earth
 in 13th Chakra

Electrical ("Male") Merkaba Spirals
 Spin Currents CW down from Unified Field
 into body and out into Earth body.



The Kee-Ra-Sha (D-13-14-15)
 Primal Life Field Current
 Embodies with activation of
 24-Strand-Plus Indigo Child
 Maji Grail Line DNA Template

Magnetic ("Female") Merkaba Spirals Spin
 Currents CCW up from Earth body, into body
 and out into Unified Field.

The Maharata (D-10-11-12)
 Pre-matter Liquid Light
 "Christos Platinum Ray"
 Bodies with activation of
 12-Strand DNA Template.

Universal Life Force Currents enter the
 body via Merkaba Fields, Kathara Grid
 Core Template, DNA Template and
 Central Vertical Current, through
 Progressive activation of the 12-Strand
 DNA Template. Embodied Life Force
 Currents are regulated by the Cranial-
 Sacral Seals, located in the Pineal
 Gland at brain Center and in the First 8
 Cells in the Tail Bone, at the base of the spine.

September 19-22, 2008: Following Slide-1 & 2 Activations and release of the "Caduceus & Gharoche" PLF current reversals, the Light Body Monadic Flows will (for the 1st time in "Seeding-3") be restored to Krystic integrity and activated, via the Median-Ascension-Earth Core Host. This restores the potentialities for literal Physical-Atomic Star-Gate passage, beginning with "Slide" Bi-location/Trans-location & later "Span" Transmigration via Atomic Transfiguration – REAL Tangible ASCENSION.

Activations of the Planetary Grail

General Reference

Preliminary Activations

Shalon-7 & Phoenix, Arizona Hethalon '08 -Aug. 8-10, 2008

Median-Earth D-3 TE'a-Wha Window Activated

Alon-7 Colorado- Aug 25, 2008

Net-Earth D-3 TE'a-Wha Window Activated

The 4 Motions of Freedom- Primary Planetary Stewardship Celebrations

Virginia Beach, Virginia-Sept 19-22, 2008

Median-Earth Grail Window Activation- Kaylon-7- "*Dawn of the New Horizons*"

St Kitts (Saint Christopher's), British Virgin Islands- Nov. 12-22, 2008

Median-Earth Grail Door Opens- Shala-13 "*Night of the Shimmering Moon*"

Phoenix, Arizona FOL 09 – Jan. 2009

Net-Earth Grail Window Activates-Shalon-7 "*Night of the Wind-Song*"

Sarasota, Florida Easter 09- April 2009 PSG-2 GrU'-al Sarasota FL

Net-Earth Grail Door Opens- "*Day of the Dragon & the Drums of Aquafereion*"

(Workshop Title: "*Doorways Through Time & the Drums of Aquafereion*")

THE MCEO FREEDOM TEACHINGS® SERIES
SLIDERS-2 Workshop: "Reclaiming the Vessel"-Preparing the BODY for Slide. Introductory Telluric Body Training
September 19-21, 2008 Virginia Beach, VA
Psonns of Freedom "WAVE-RUN"

Global Healing Event-1- International Day of Peace-Fall Equinox

Sunday Sept 21, 2008 *The Hour of Requiem-Calling of the 6 Directions & the Host of Al-ben'-yhan*
Joined "any and all" in "Global Healing" toning event that was advertised on internet.

12:00PM Minute of Silence

12:01 The **"Psonns of Freedom WAVE-RUN" Song Sequence**

1. The VOICE- by **Brendan Graham** © 1996 Eurovision Winner for Ireland sung by **Eimear Quinn**

(Not recorded in respect to copyright- song can be found for purchase through commercial internet distributors)

"Water's Edge" CD Suchi (Suzee) Waters Benjamin set:

(Recorded with © permission from Suzee Waters Benjamin;

CD can be purchased through Azurite Press or at www.soulorecords.com or www.suchiw.com)

2. Water's Edge (Great Spirit) Track-9

3. Please Don't Miss Me I'm Not Gone Track-8

4. Freedom Track-1

5. This Must Be Paradise Track-5

6. Be at Peace Track-6

7. When I Was A Child Track-3

"Krystal River Harmonies" CD Sydney House of La', Australia set:

(Recorded with © permission from Sydney House of La' and A&A Deane

CD can be purchased through Azurite Press-note lyrics not included in this package, can be found in Azurite Press publication "Sacred Psonns 3rd Edition Jan. 2008)

8. Psonn of Aurora ("Be-TU", inc. Hub Tones) Track-6

9. Kantarian Passage Procyone Requiem ("This One's for You") Track-10

10. Psonn of Jha-yah; Gaian Passage Lullaby ("In Life & Death we all are One"-Anuhazi) Track-9

11. Psonn for Safe Passage to Heaven (w/Kantarian Passage Melody) Track-3

12. Krystal River Mantra, including Elemental Tones Track-7

13. Be Still-From KrystalA Core Command (inc. I Am Affirmations) Track-2

"I Hear the Sacred Call" CD Kaiwa & Taylor set:

(Recorded with © permission from Kaiwa & Taylor and A&A Deane)

CD can be purchased through Azurite Press-note: Lyrics to #14 not included in this package, #14 can be found in Azurite Press publication "Sacred Psonns 3rd Edition Jan. 2008. #15 lyrics included in this package)

14. Command Tones of the Jesheua Code Track-5

15. Um Ma TA Pa DA On (Shine on) Track-1

Selected Songs from “The Waters Edge” CD

By Artist/Singer/Songwriter, Suzee Waters Benjamin (Suchi)

Website: www.soulrecords.com or www.suchiwb.com

Music & Lyrics © *Suchi Waters* (Suzee Waters Benjamin), used with permission of Suchi Waters, by MCEO
Freedom Teachings © September 2008

A Note from MCEO Speakers: Thank You Suchi Waters !... for Blessing us all with these most beautiful songs, which contain healing and powerful “Affirmative Comprehensions of Spirit”, set to wonderful and inspiring melodies that “Sing to the Spirit Within!” Thank you SO much for allowing MCEO to share this gift with others.

MCEO Suggested LTR-Songs Sequence

“The Water’s Edge” (Great Spirit) Track-9

Music & Lyrics by S. W. Benjamin

“Please Don’t Miss Me I’m Not Gone” (Forever) Track-8 (Re: J-12)

Music & Lyrics by S. W. Benjamin & Jac A. Austin

“Freedom” Track-1

Music & Lyrics by S. W. Benjamin & Tom Benjamin

“This Must Be Paradise” (Back in the Garden) Track-5

Music & Lyrics by S. W. Benjamin

“Be at Peace” Track-6

Music & Lyrics by S. W. Benjamin & Tom Benjamin

“When I Was A CHILD (I Had IT All)” Track-3

Music & Lyrics by S. W. Benjamin

"The Waters Edge" (Great Spirit) Track-9

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Website: www.soulorecords.com or www.suchiwb.com

Great Spirit ...above.....and below us...
Your...power is everything we see...

Great Spirit...around...and within us....
Your Love ...is everything that breathes.....

May our hearts be as light....as the Winged Ones...
Our trust ...as strong as the Stones.....
Our vision as vast....as the ocean....
Our truth ...as bright as the Sun.

For all these blessings we Give Thanks.....
Teach us the Sacred and the True....
Help us to find our way back HOME....
into our hearts ...with YOU.... ooh
into our hearts ...with YOU.....

Come to the water's edge...where the land meets the sea...
Come to the water's edge....and Dream.....with me....
Come to the water's edge.....

“Please Don’t Miss Me I’m Not Gone” (Forever) Track-8 (Re: J-12)

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Website: www.soulorecords.com or www.suchiwb.com

Sure the doctors called it death,..... but I was only out of breath,
Breathing now comes easy, Dear, up here in the stratosphere.....
They let my ashes blow ... high-high in the sky... to go,
Everywhere at once to be,set pure and shameless ... free)

Forever.....and Forever.....and Forever.....
Oh ..Please don’t miss me I’m not gone ...I’m not gone..... Oh I’m not gone.

I Love you so very muchwe’ll forever be in touch.
You’re just as close to me as the beach is to the sea
I saw the slippers Angels wear... so I... special ordered you a pair;
Mine don’t work so good right now ... but I know you’ll show me how.

Forever.....and Forever.....and Forever.....
Oh ..Please don’t miss me I’m not gone ...I’m not gone..... Oh I’m not gone.

In this air so rarified everything seems clarified,
There is no... time... just space... in this divinely heaven place,
Everything up here’s alive... being patient.... ‘til you arrive,
Up here in the firmament we’ll make a home that’s permanent....

Forever.....and Forever.....and Forever.....

OH ... Please don’t miss me.. I’m just....

Soaring high in the sky each day, ...on the wind that took my breath away....

I’m not gone, ...I’m not gone..... I’m not gone.... I’m not gone, ...I’m not gone.....

Suchi Comments: “The Lyrics to this song were written by my Father, Jac A. Austin, as a Love Poem to my Mother, Sue. He requested that I put the Lyrics to music and sing it to my Mother after he had Crossed Over, which I did.....at her memorial service. The Lyrics are a Tribute to their undying Love for one another, and their belief in the eternity of the Spirit”

"Freedom" Track-1

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Website: www.soulrecords.com or www.suchiwb.com

We build walls....when we ought to be building bridges.....
and We lose touch...when we ought to be holding on.....
and We hold back....when we really should be giving....
and We hold on.....when we're holding on to nothing at all....

Freedom..... from fear of certain failure.....
Freedom.....from the bar we place across every door....
Freedom.... from things we just imagine...
Freedom.... from All that came before.

We Speak Out,...when we could learn so much... from silence.....
and We think twice, ...when we shouldn't think at all....
and We give in,.....when we should stand and speak our truth.....
and We give up,.....then it's "goin' goin' gone"

Freedom.....from fear of certain failure.....
Freedom.....from the bar we place across every door....
Freedom.... from things we just imagine...
Freedom.....from All that came before.
....hummmm x 4

Freedom..... from fear of certain failure.....
Freedom.....from the bar we place across every door....
Freedom.... from things we just imagine...
Freedom.....from All that came before.

Freedom Freedom...
Freedom.... Freedom...
Freedom.... Freedom.....

Freedomfrom fear and failure,...hunger and greed.....
Freedom ..from jealousy, pride, ..anger.. and hypocrisy....
Freedom ..from everything you want, but really you don't need....
Freedom ..from... glamour, illusion and insurance companies.....

Freedom ... from atomic bombs, and wars, and penitentiaries
Freedom ..from pain and sorrow..... And poor pitiful me.....
Freedom ... from sickness and suffering, ... ignorance and poverty,....
Freedom from all bondageFreedom ... just to BE.....

“This Must Be Paradise” (Back in the Garden) Track-5

© Music & Lyrics by S. W. Benjamin

Website: www.soulrecords.com or www.suchiwib.com

Back in the Garden...the Spring is ever flowing....
Back in the Garden...the Leaves are gently blowing....
And the Birds.... they sing so...sweetly...
And my heart feels so complete.....

This Must be Paradise..... this Must be Paradise....

You led us here.. with your heart and hands all knowing....
We built a place to keep our dreams...growing...
Where the Angels.... whisper in the breeze...
The Songs ...that Heal ...and bring Us Peace.....

This Must be Paradise ... this Must be Paradise....

but Listen to the distant cry...
As the world goes rushing by....
with too much greed and too much pride...
for this simple way of life....

And how long must we suffer?
Before we can rediscover....
The Earth she is our Mother ...
And ... we must live as...brothers...

If we hope to return ... to Paradise....
If we hope ... to return... to Paradise....

Look at how the Sunshine ... dances with the trees...
Look at how the Moonlightreflects upon the stream....
and every creature...large and small...
lives together...'cause Nature Loves them All...

Here in Paradise....

Listen to the distant cry ... as the world goes rushing by....
With too much greed and too much pride...
for this simple way of life...
for this simple way of life....

Back in the Garden...the Spring is ever flowing....
Back in the Garden...the Leaves are gently blowing...
This Must be Paradise....., this Must be Paradise....
This Must be.... Par...a....dise.....

"Be at Peace" Track-6

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Website: www.soulorecords.com or www.suchiwb.com

Be at Peace.....with your.....silent memories....
Be at Peace with your own heart
Yesterday blinds you, 'cause He's not beside you.....
But you don't need to play that part.....

Set your Dreams onnew.....horizons....
Set your mind on bluer... skies.....

You can't Blame LOVE....
for youcan't Tame LOVE.....
and you don't need those ... alibis

Be at Peace.....with the Hurt ...inside you.....
Don't let it guide you.....don't wear its chains.....
Be as ONE with.....the Truth you must live....
Be as ONE with your love....Inside.....

Be at Peace with your ... restless longing....
Be at Home with your new life.....
You let your weakness.....have its moment.....
Now let your Wisdom... shine its Light..... x 2

Be at Peace.....with the Hurt ...inside you.....
Don't let it guide you.....don't wear its chains.....
Be as ONE with.....the Truth you must live....
Be as ONE with your love....Inside.....

Be at Peace with your own heart....
.....be at Peace.....

"When I Was A CHILD (I Had IT All)" Track-3

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When I was a child.....I just wanted... to be free...
to run and playand live outside.....just happy to... be me...
The Earth She was my friend.....the Stars.... my inspiration...
Little did I know..... I had it ALL.... OhhhI had it ALL.....

So I left my true companions ... the trees, the birds,.....the canyons,...
and went out on my own,.....to see what I could find...
Went to school,learned all the rules...Became bewildered... and..... confused.....
While the child.....within.....sat quietly waiting....

Locked in a cage.... of my own making....

Ooh Why...couldn'tI realize.....
That all I needed ...was right.... there inside?.....

Call it Hope,....Call it Faith,....Call it Love,.....Call it Grace.....
All I needed was... right.... there inside.....

A time of change has come at last, the world...has learned....from the past.....
that fear..... and separation.... bring.....more sorrow and pain...
and the answers lie within our hearts; .within each life there is a Spark....
..a Flame of Truth.....to light the way.....

Ooh...Why..can't we... realize,. that all we need.... is right.... there... inside?.....
Ooh ... WHY.....can'tWE realize..... that all we need is right...there...inside?....

Call it Hope,....Call it Faith,....Call it Love,.....Call it Grace.....
All we need is...right.... there inside.....

Now are you willing to change?.....are you..... willing to TRY?.....
'cause there's... nothing to gainfrom living a lie.....
Ooh.....Justopen your heart.....and open your mind...
and let thechild inside guide youone ...step... at a.. time....

Call it Hope,....Call it Faith,.... Call it Love,....., Call it Grace.....
All we need... is right.... there inside.....

Ooh.....just let Spirit... be your guide..... just let Spirit... be your guide
'cause...all we need is... right... there ..inside.....

"I Hear the Sacred Call" CD Kaiwa & Taylor set, Song # 15:

"Um Ma-TA Pa-DA On (Shine On)" Track-1

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Refrain:

Um Ma-TA Pa-DA On.....DEE.....A...O.....
Um Ma-TA Pa-DA On.....DEE.....A...O.....
Um Ma-TA Pa-DA On.....DEE.....A...O.....
Um Ma-TA Pa-DA On.....E Tu ..en Sha ... Ajha.....NE-Ta DA-O

Um Ma-TA Pa-DA On.....DEE.....A...O.....
Um Ma-TA Pa-DA On.....DEE.....A...O.....
Um Ma-TA Pa-DA On.....DEE.....A...O.....
Um Ma-TA Pa-DA On.....E Tu ..en Sha ... Ajha.....NE-Ta DA-O

Verse-1

I AM a Child of the Original ONE.....
I AM a Ray of the Original Sun....
I AM Wholeness....Now...
Eternal Living Light

I AM a Vessel for THY Good Works....
I AM a Vessel for THY True Joy....
Light of the Highest Heavens....
Shines all through the Night.....

Shine On.....through the Night....
Shine On.....through the Night
Shine On.....through the Night
Shine On.....through the Night
(repeat entire Verse-1 2x's)

Shine On.....through the Night....In the Universe,...everywhere you ARE
Shine On.....through the Night....In the Ocean Blue,...you're a Shining Star
Shine On.....through the Night....Living Everywhere,....breathing in the Light....
Shine On.....through the Night....Shining through the Night...

Refrain:

Um Ma-TA Pa-DA On.....DEE.....A...O.....
Um Ma-TA Pa-DA On.....DEE.....A...O.....
Um Ma-TA Pa-DA On.....DEE.....A...O.....
Um Ma-TA Pa-DA On.....E Tu ..en Sha ... Ajha.....NE-Ta DA-O