

COMPLETE ASCENSION PROCESS KIT

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CRYSTAL MAGIC SCHOOL**

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COMPLETE ASCENSION PROCESS KIT

NEW EDUCATION FOR A NEW WORLD

The goals of the old education system were to create children who could be completely controlled by a system based on fear of making a mistake. The mistake is the motivating factor and fear is the controlling vehicle. This old system lacks anything that resembles the Fifth Dimension Frequency of the Divine Plan.

The goal of the New education system is to create children who value the divine plan, the divine principle and the activity of divine love, and use these as the basis of all decisions that they create their lives from. Basing ones life on the Divine Plan results in the ultimate freedom of co-creation with Divine Mind. Those who do not become one with the co-creation team will lack the ultimate freedom that will exist in the new Islands of Light.

Method

Raising Frequencies into a vision of reality based on creativity and freedom
Realization of alignment of Frequencies with the original divine blueprint of the immortal man who can manifest and co-create with our angelic family is the reality truly desired.

Alignment of Breaths with Breaths of Consciousness of Co-Creative Consciousness, Cosmic Consciousness and Star Dust Consciousness.

Learning to Communicate through Breaths of Consciousness

Alignment of Visions of creating from pure crystal dust, star dust, liquid light energy, these are the true principles of creation. The light and sound, the vision, the colors of frequencies are what will be used to transform our world into an island of light of the visions desired.

Sacred geometry is the alignment of thoughts and visions through putting together pieces of the puzzle that are given through sounds colors, words that evoke memories because of sound patterns. Learn to communicate like the birds and to use sonar like the dolphins.

The structure of truth and love is the stairway to heaven. We learn to walk on the clouds by transforming our bodies into light bodies that are zero balance neutron and proton.

Our chemicalization changes as we raise our frequencies into a solar based frequency. Our vision transforms as we desire to see the invisible and etheric. We learn to change our angle of perception about 3 degrees. As the veil comes off of mother earth, it also comes off of us. The veil is what was causing us to not be able to see the three degree difference in realities. Once the veil is off, some will not desire to see the new reality. Many will need to be shown how to see the new reality.

Parents must become aware of the frequencies in their environment. Parents must become aware of the tools of education for lowering frequencies in their children.

Parents and children can work together to raise frequencies in their home and in their schools. Parents can work with their children to help educate them about the reality of Earth becoming a Star, and the entire store of Earth's creation from the Aquarian Galaxy. This is all included in CD 3 Complete Story of Ascension.

Parents and children can work together to learn to align their subconscious with their higher self in order to complete instant manifestation in their lives. The entire methodology of regular education is train children to think logically. The logical mind is the block and the guard and the gate keeper who makes sure the messages don't get from the subconscious mind to the higher self.

The child must learn to think with the imagination, see, visualize, activate the

subconscious. Next raise frequencies into Oneness with the God self or higher self. This unity of consciousness is required for manifestation. Manifestation is completed through the highest frequency of Source. It is necessary to ignite the spark of Source inside every cell in the body, to align into the Cosmic Consciousness of the Divine Plan, it is necessary to align the body into the etheric body of the spiritual half to be lifted into the pure alignment of consciousness that allows the manifestation of the desired reality.

More than anything it takes focus and concentration on the highest frequency and the visualization of the desired outcome. Our minds have been wrapped in webs of logic and webs of worry and control and intimidation that blocks the alignment of the subconsciousness into the higher self.

The Complete Ascension Kit provides guidelines to activate the highest frequencies and some useful tools and information that parents might find handy in guiding their children to understanding that our normal self is the immortal self, and Earth is now becoming a star once again. It will be helpful to guide children to know that they have monadic families who create through idea pools. Our individuality is a shared idea of many thousands of ideas. We were created for a very grand purpose on Earth. Children can now begin to learn what their real purpose on Earth is instead of spending their lives trying to figure out why they are here.

The use of Frequency alignment will allow parents and children to align into similar frequencies. It will help children align into frequencies that lift them above the lowered frequencies of the school system and allows them to be guided and guarded by their guides and higher selves.

The use of the Ascension Kit will show you how to heal yourself and your children by raising frequencies far above the 3D world. It is only those in the 3D who can get sick. if we keep our frequencies of consciousness in the 5th, we cannot get sick.

These are very helpful tools for Parents raising Starry Children in our New Earth. The COMPLETE ASCENSION KIT is the complete guide for parents raising children in our New Star System.

http://www.cosmicmagicschool.com/cosmicmagicschool_010.htm

Teach your children about their Crystal Heart and how it is the zero point connection

to the spark of Source that connects them into Omnipresent Source Consciousness through out all of the galaxies and star systems. Teach them how Source originally breathed an idea into creation and this idea became an angel and then the angel became them.

Teach your children about their starry families and how we have brothers and sisters living all over the omniverse and how we will all be living together once again very soon in our new star world.

Teach your children how to heal themselves and protect themselves by wrapping themselves in the etheric crystal shields of Christ Consciousness, Cosmic Consciousness and Source Consciousness Frequencies.

Teach your children the wisdom of using their imagination and sparking their subconscious to communicate with their higher selves to create realities that those in their schools would label a fantasy. It is this fantasy that will become the new Islands of Light. It is only the Future Self creating something brand new from all of the Consciousness of all our selves in higher realms and blending it into something even grander, and more fresh and new. We must allow children to have the most wild imaginations ever to be able to create a new reality system, better than all of the fairy tales of our prior creations.

Namaste,

Crystalai

COMPLETE ASCENSION KIT

- 1 - Crystal Heart CD
- 2 - Magic Merkaba Ride CD
- 3 - Complete Ascension CD
- 4 - Merlin's Crystal Manifestation CD

CRYSTALAI's GUIDANCE for Doing the KIT

NEW EDUCATION FOR A NEW WORLD

Please focus on the Frequencies.
Just listen to the frequencies.
Next . . . just absorb the frequencies.

The frequencies are breaths of Angels.
Feel the breathing - the Angels breathing and communicating into your consciousness.
Feel the frequencies of the breaths penetrating into the cells of your body.

Feel the frequencies singing inside of the cells in your body or through your blood streams and into your bones. Feel your entire body absorbing these frequencies.

The frequencies are breaths of consciousness of Cosmic Angels who are raising your frequencies or your DNA into a higher level. You can raise your DNA much higher - possibly all the way up to dimension 24 into the star dimension.

How do you feel? Do you feel like the frequencies in your body have shifted to a higher dimension? Do you feel or sense the Angels speaking or singing in your consciousness?

Do you feel a sense of your body becoming more etheric?

Your body is becoming more etheric as you listen because the frequencies are transforming the physical body into Oneness with the Spirited - etheric breaths of consciousness of the cosmic consciousness.

Keep listening to the breaths until your entire standing wave pattern shifts you into an entirely new place. You will feel like you have left your body.

The longer you can stay in this state and listen to the Angels communicating with you through your cells, the faster your entire structure will shift into the Etheric Realm of the Immortal Body.

We recommend practicing listening to the recording of the breaths alone - separate from the meditations first. When you add the Meditation and the understanding of where the Meditation takes your consciousness, the intensity and effectiveness of the meditation will become mind altering and a body shifting experience.

STEP ONE

Begin by listening to

Listen to SUPER FREQUENCY RIDE on Magic Merkaba Ride CD

Next Listen to ISLANDS OF LIGHT on Merlins Crystal Manifestation

Each of these are Frequency Recordings of different sets of angels.

There are anywhere between 20-50 angels on each recording. Each Angel's breath helps prepare a different strand of light and sound through our consciousness body and extended body. Each one represents a specific quality and idea of consciousness. Learn to feel these breaths and feel or sense what they are representing inside of your cells to help you remember.

Listen to Frequency Collection on Magic Merkaba Ride to hear the names of the Entities that are having their breaths recorded.

The frequencies contain memories of our Normal Immortal Self Hood. These angels are the ideas of our original selfhood. They are streaming magic through their breaths to help you remember, recognize and realize who you once were.

STEP TWO

This time listen and breathe

Feel the breaths in your lungs when you breathe

Feel the Breaths of Consciousness

Exhaling from your breath when you breathe.

Feel the frequencies expanding inside your skin and outside your skin

Feel the Frequencies expanding inside your skin and outside your skin

Feel the Frequencies expanding out to your Merkaba body in 27 foot radius.

Please focus on the Frequencies.

Just listen to the frequencies.

Next . . . just absorb the frequencies.

The frequencies are breaths of Angels.

Feel the breathing - the Angels breathing and community into your consciousness. Feel the frequencies of the breaths penetrating into the cells of your body.

Feel the frequencies singing into the allness in your body or through your blood stress and to your bones. Feel your entire body absorbing these frequencies.

The frequencies are raising your frequencies or your DNA into a higher level. You can raise your DNA much higher - possibly all the way up to dimension 24 into the star dimension.

How do you feel? Do you feel like the frequencies in your body have shifted to a higher dimension? Do you feel or sense the Angels speaking or singing in your consciousness?

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STEP THREE

Now you can begin listening to the First Meditation--Crystal Heart Meditation.

Begin by listening to the breaths only.

Read the words to the meditation.

Write the words to the meditation.

Listen to the words to the meditation along with the breaths.

Please focus on the Frequencies.

Just listen to the frequencies.

Next . . . just absorb the frequencies.

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Read the posts about the crystal heart meditation to help understand it better. If you need a better understanding of the Spheres and the Merkaba, we have provided posts about these subjects and graphs and charts describing these.

For more understanding of Merkabas
10--Merkaba

See Charts:

Merkabas. pdf
Merkaba- male-female.pdf
Golden Merkaba pdfs

For more understanding of Spheres
07-Spheres Dimensions

For more understanding of Frequencies
08 What is a Frequency?

The articles are included to give you a very broad understanding of

how the Frequencies fit into the entire process connecting into the Oneness of the Five Spheres of Consciousness, which means to lift your frequencies higher and higher until your frequencies are the same as the Angels who are breathing these Frequencies.

The words to each meditation are included

04-Crystal Heart Meditation

06 Weaving Oneness

12 Lift Off Meditations

STEP FOUR

When you feel like you have a better understanding of the Crystal Heart, the Merkaba, the Frequencies, the Spheres and the purpose of the meditation, repeat STEP THREE.

STEP FIVE

Each time you connect your consciousness to the dimensional frequencies by reaching up one foot above the head into Christ Consciousness, one foot below your feet for Christ Consciousness, reach into the core of Mother Earth for the Cosmic Consciousness, reach up two universes above for the fourteenth dimension of helium silver pastel frequency. Reach over into the 8th dimension to collect sun frequencies. Reach down four universes to collect co-creation frequencies.

Sense and feel what it feels like each time you reach your consciousness into these realms. Feel the sensations. Breathe it, sense what it is doing to every cell in your body. Sense the feeling of spinning the merkaba at the speed of light to create a union or a oneness with these frequencies, who are the breaths of consciousness of the angels.

Breathe these frequencies deep inside and feel the frequencies melting your body into spiritual etheric reality. Feel the body become one with the merkaba body when you spin at the speed of light through the activity of divine love.

Spin the merkaba in the crystal heart at the speed of light. Spin the merkaba in the Mother Earths Heart at the speed of light. Spin these two hearts into Oneness. This creates the balance and the flow of Ascension together with Mother Earth and the entire Cosmos.

KEEP A JOURNAL

THE TEACHERS want you to keep a journal while you are doing this course. Go out and get a thick/fat writing book of some kind - spiral bound or whatever you want - and keep it next to you as you work through this course. You are going to write a lot in the JOURNAL.

GENERAL INSTRUCTIONS FROM THE TEACHERS

Put the date at the top of a page or above your entry every time you start an entry, so it is easy to go back to find things. Put thoughts, comments, Questions to THE TEACHERS, things you want to pursue later, etc. in the JOURNAL.

Go back through it regularly to follow up your thoughts, comments, things to pursue, Questions to the TEACHERS, etc. and develop/write about each one thoroughly. Then write up a post on each of these things and post them in a Forum Room of your choice. This is the fastest way for you to make progress in your ascension and in your ability to communication with THE TEACHERS and your higher self.

JOURNAL - SPECIFIC INSTRUCTIONS FROM THE TEACHERS

Go through your JOURNAL to see that you have included all of the things that have come to you. If not, make a note of the thoughts that come to you in the JOURNAL. Be as thorough as possible.

Regularly go through your JOURNAL to follow up on each thought, comment or question. Go ahead and develop a post out of each thought and post it in a Forum Room of your choice and make sure to take each question that you had to your TEACHERS.

Regularly read back through your JOURNAL and see if more ideas, comments, thoughts, or questions come to mind. If so, write these additional things down either as quick ideas to add to your JOURNAL or go ahead and write them down as posts for the

Online Forum Rooms.

Regularly go through your JOURNAL and look to see if you have learned new things and have gone further than when you first wrote the comment or question. When you recognize these things, go ahead and write down what more you now know and post it in an Online Forum Room.

And if some Questions that you asked have still not been fully answered or if new Questions pop up, take these Questions to your TEACHERS.

When you are writing in your JOURNAL take the time to dig deeply to see how far you can go with it. Reality is infinite, so the deeper you go, the more progress you will make.

When you write in your JOURNAL, take the time to be very thorough. When you go back through your JOURNAL, check to see if you were thorough. If not, take the time to fill it in and develop it further.

When you go back through your JOURNAL, check to see if you have included everything that has come to you about it. If not, make a note of the thoughts that have come to you and put them in your JOURNAL. Be as thorough as possible. You will notice that it is all about digging deeper and deeper. There is no time limit on this online course. The online course will be open to you until you ascend and THE TEACHERS will also be working with you daily until you ascend, so go ahead and take the opportunity to go deeper and deeper with each activity for this is what moves you forward.

THE COSMIC MYSTERY SCHOOL OF THE OMNIVERSE

THE COSMIC MYSTERY SCHOOL OF THE OMNIVERSE

We Provide Teaching Materials that correspond with and guide in the use of Meditations, Formulas and Processes that guide the student's consciousness to transform and transmute into the higher frequencies of consciousness of the angelic entities in the Cosmos. The techniques or methods are simply the theory behind what is actually taking place in the transformation of consciousness.

This is Music Theory. It is the theory of the Music of the Spheres. It is the sacred geometry of our intuition, our words, our minds, aligning with, raising into, transmuting into new chordal structures, new keys to the kingdom, new harmonic convergence into higher realms, and a new tone of home where we feel the harmony, the perfect alignment of our consciousness when it finds the place that it wants to reside.

The meditations, charts and formulas are simply the theoretical structures. The more valuable part of the teaching is hearing and feeling the frequencies. The frequencies are the breaths of consciousness that are recorded all through the meditations.

The breaths are the angels streaming their identity, which is their level of frequencies. Ascension is simply realigning our consciousness to resonate in perfect oneness with their consciousness.

This resonance allows transmutation of our frequencies into a higher key. Each time

we create a new harmonic convergence into a new key, we get lifted a little higher into our ascension.

The feeling of the frequencies rising is a glorious feeling. It is a feeling of a little bit more freedom each time it happens. It is a freeing from the present world. It is a freeing from the present control system. It is a freeing from the present beliefs in mortality, death and sickness. It is a freeing from all gravitational pulls. It is a feeling of walking above all that is on the earth.

The meditations and graphs are to show the student the new reality of our Omniversal System and to show how to communicate with all of our higher selves, guides, angelic teams and mentors who will guide us in our normal day to day life from now on. The more often we raise our frequencies into alignment with the full Cosmic Frequency structure, the more often we have complete fluent communication channels. It is these communication channels that will give us the direction needed to rise above all that is in our present reality system. It will be the continuous guidance from our angelic families that guides us in creating our Islands of Light.

If the Islands of Light must be created by those who are FLUENT IN THE LANGUAGE OF THE ANGELS. Otherwise, their Island will just turn out to be another New York City. The angels have no interest in creating another New York City. We are raising our frequencies to the point of remembering how to create our next Atlantis- our next city of lights that reflects exactly the frequencies of the cities of light in inner Earth, the cloud cities and Aquafaria. We must create our own Aquafaria on Earth. Of course, it will be the angels guiding and directing us continuously in doing this. We may stay in Aquafaria on Earth 24 hours a day by raising our frequencies into their Consciousness 24 hours a day. This is Ascension.

Ascension is also the transformation of bodies into a new silica based form that is much more etheric than the carbon based form. We have already had our bodies transformed. This transformation took place between June 2007 and December 2008. Many of us experienced this grand transformation through a great deal of pain, continuous changing of diets, many back aches, head aches, and a lot of wobbling in the inner cellular areas and in the tail bone. All of this wobbling and shaking that went on in our bodies and in Mother Earth's body was the transformation from a structure of density that was weaving inward into itself instead of weaving outward into the alignment and transmutation into the music of the spheres.

Now we are weaving outwardly, we are freed from our cocoons and we can fly like a butterfly into the Oneness with the Cosmic Angels of our creation. We can co-create with the creation team when our minds have aligned into complete Oneness with all of our higher selves. This is the completion of the Divine Plan. Those who desire to be one with this plan may now begin to create their Islands of Light. How do we know if we are ready. When we are in at one ment, our breaths will manifest our dreams. This will begin to happen when we have completely raised our frequencies and aligned our frequencies into harmonic convergence with the breaths of the angels.

INTRODUCTION

INTRODUCTION

Please read these pages before you begin listening to the Meditations and other things in the Kit. Listening without understanding will only result in not a full understanding.

The COMPLETE ASCENSION PROCESS contains all of the Meditations used in the COSMIC MYSTERY SCHOOL OF THE OMNIVERSE WORKSHOP 1.

The CRYSTAL HEART contains three meditations and two sets of Frequency Breaths.

After completing this section, continue listening to MAGIC MERKABA RIDE, COMPLETE ASCENSION, MERLINS CRYSTAL MANIFESTATION MEDITATIONS.

Each of these has 3-5 Meditations and complete explanations of Ascension.

Meditation with Frequencies

Meditation with Frequencies

Most meditations have to do with Frequencies for they are key to our ascension.

AnWa is a very High Angelic Being who is part of our Co-Creation and Ascension Team. He is the entity we call on to bring the Merkaba. (It is up to the individual if you prefer to call on AnWa, or not).

It is the actual presence, guidance and Frequency power of AnWa who guides each of our Individual Merkabas and Merkabas of Transmutation, Collection and Distribution. We can call on Crystal Star Merkaba Vehicle or we can call directly on AnWa to guide our Merkaba Vehicle. Just as it is more effective to call on Yaway directly, than to call on Source--the definition of what Yaway does. The direct connection with the name, An Wa speeds up the connection with all Frequencies of all Spheres much more quickly.

We use our Cosmic Consciousness that we are already connected to through our higher selves and angelic team of creators. Our team is the Co-Creation team that many of the Entities that you have known as Mary, Jesus, Raphael, Zadkiel as well as many others, are on. Our Consciousness contained this direct consciousness connection as our mission when we arrived on Earth.

We use the Merkaba that was used by Jesus and Mary in the Gnostic Teachings. The Crystal Star Merkaba is actually controlled by an entity named AnWa. We can just call on AnWa to bring frequencies in to our bodies and our Merkabas through his magical Frequency Collection Vehicle.

This Frequency Collection Vehicle is a Christ Vehicle, which connects to and brings in Christic Consciousness, Cosmic Consciousness and Source Consciousness. We will focus on these three spheres as we pull our lower three spheres into the higher three spheres. This is what is meant by the 888. We are weaving the eight dimensions into

the higher eight dimensions to complete the parallel universe of the 24. Meaning the reflection of Christ Consciousness. The physical 12th dimensional physical body and the spiritual body become one immortal body of two parallel universes becoming one.

There are places, like the crystal core of the Earth, that contain certain frequencies that were contained in our original creation. The core of the Earth mirrors her parallel galactic core of Ajaho. The spark of creation from Sun Alcyone in our Galactic creation is once again being ignited to re-create and co-create what we originally were in our Divine Plan, our Divine Creation. AnWa will help us collect and distribute frequencies from these wonderful places.

We use commands to call in the frequencies and end the command with “Now” in order to engage it - its like hitting the enter key on the computer to get it to do something.

When you call in a frequency use a statement like--12th dimensional frequencies, now. Or, Christ Consciousness NOW.

Right after you call an Entity into your consciousness, you will develop a feeling of the frequencies starting to come in. When you feel the frequencies start coming in, inhale to draw in a lot of the frequency. After a while, you will really start feeling the frequencies strongly.

Practice makes perfect. It might not happen immediately. Some have never practiced using their minds this way before. Phrases taken from our God Language or Bird Language are very helpful in making the connections happen.

Use Maharata MuA Va Kee Ra Shay Ha Sha
to help the activations connect.

This is the bird language or dolphin language that allows us to communicate telepathically to the Christ and Cosmic Consciousness.

This is a code or key that asks for permission to enter into the higher realms. It is like knocking on the door.

It is also a guarantee that we are not entering into an area that does not contain Christ Consciousness or higher. It is also helpful to say adOnAi, adOnAi--which is the god word for Christ Consciousness. It was the actual name of Jesus Christ.

Most of the astral travel has only been to reach the fourth dimension because that was the highest understanding of the previous times.

Now, we want to rise far beyond the fourth dimension. The fourth dimension was mostly an illusion and a hypnotic trance that trapped consciousness into a place that would entrap it until now. Most of the hypnotism and polarization is only an addition to those trances that lock us out of Christic and Cosmic Consciousness of the Angelic Realms.

BACKGROUND KNOWLEDGE

BACKGROUND KNOWLEDGE

|

To get best results from meditations

Read this pamphlet for understanding of the entire process of Frequency Alignment into Oneness.

Next, before listening to the meditations, it might be helpful to read the words in order to understand the meditations more clearly.

SECOND - LISTEN TO THE BREATHS OF CONSCIOUSNESS on the CD

THIRD - CONNECT TO THE BREATHS OF CONSCIOUSNESS on the CD

These Breaths of Consciousness that you are hearing and connecting to are the keys to your ascension. These are the Angelic Consciousness of hundreds of angels on the Ascension Team. You are connecting to the actually Consciousness of these Angels and Entities of the Christic, Cosmic and Source Consciousness.

These are the Frequencies of Consciousness that will lift you into their Higher Frequencies of Consciousness as you choose to become at One with their Frequencies.

We Oscillated our Consciousness into theirs and allowed the to breath through our breath in order for you to directly connect with or Team of Ascension and Co-Creation. Members of our team, including Mother Mary, Lady Mary, Raphael, Uriel, Marcus, Yaway, Cinderella, Shajinka, Mother Earth, Mother God, Father God and Christ Consciousness.

Focus on these Breaths of Consciousness. In the Kingdom of Heaven, an Entity's Identity is their Breath of Consciousness. This is how we know each other. We can feel each other. We each have a distinct Frequency. The higher we have grown, the higher our frequency is. You can feel our frequencies as well as those angelic frequencies we've have breathed into the Crystal Sphere and then ignited by the Entity Crystal Light Energy.

Our music is for those who are too busy to do continuous meditations all day long. Once the consciousness is connected through the meditations, the student can then listen to our music played in the home or through earphones for the rest of the day to make sure they remain in the high frequencies.

FOURTH--Connect your Consciousness to the Breaths in the Meditation

FIFTH - Connect to the Resonance of your Crystal Cells in your body into the breaths on the recordings.

SIX --Breathe along with the breaths and try to feel the alignment of our consciousness into oneness with the Breaths. When you do this, you are becoming One with the Consciousness of the Angels breathing on the recording. They will connect directly with you as you connect into their FREQUENCY. They are their FREQUENCY.

SEVEN-- Breathe until you can feel the resonance of the frequencies in your lungs as you exhale. Feel the frequencies sparking in your cells.

EIGHT-- Now you are ready to listen to the words of the Meditations.

SPHERES AND DIMENSIONS

SPHERES AND DIMENSIONS

This has become very interesting since we are in the ascension process. Previously there used to be talk of either 7 or 15 dimensions in our Universe, but now we find that there are 5 major areas called Spheres and there are an infinite amount of dimensions in each Sphere within our Universe.

Before 2000, the Earth was clearly and only in the 1st Sphere which is usually described as being in the 3rd Dimension, and then there is going to be an ascension to the 5th Dimension. Everything up until now has been described by each Sphere, calling something by going from the 3rd dimension to the 5th Dimension is no longer accurate for dimensions are not really laid out that way at all.

It is more accurate to talk about the ascension as moving from the 1st Sphere to the 2nd Sphere.

What is also interesting to find out is that dimensions and Spheres are not as distinct as a chart or graph may imply. Spheres and Dimensions are more subjective than that and will be a subject of discussion later in the ascension process or maybe even after we ascend for it is enough to know, at this time, how it works in general.

So, now we know that the universe is basically divided up into 5 Spheres with the Earth before 2000 clearly in the 1st Sphere, and the ascension being to ascend into the 2nd Sphere.

The spheres can also be referred to as:

Sphere 1 - Planetary Sphere

Sphere 2 - Solar Sphere

Sphere 3 - Galactic Sphere

Sphere 4 - Universal Sphere

Sphere 5 - Cosmic Sphere

DIMENSIONS

Dimensions are interesting as well. They are based upon frequencies - the higher the frequency, the higher the dimension. They also have the difference of the angular rotation of particle spin at the light level of existence. Moving from one dimension to another is about raising one's overall and specific frequencies up to the level of a higher dimension and then shifting the angle of rotation of particle spin.

In a sense, it could be compared to a TV set with millions of channels. When you change the channel, the picture has changed to another channel, but it remains the same TV set. A different channel on a TV set has a different frequency as well and that is how you can have so many different channels on the same TV.

Cosmic Mystery School of the Omniverse

DIMENSIONS OF ASCENSION

We will learn what a dimension is. A dimension has a location and a spiritual function. Dimensions hold the frequencies that must be acquired in order to Ascend.

The corresponding Meditation Kits will lead the student through the journey of where the dimensions are and what they feel like. The students will be able to collect the Frequencies of the Dimensions into their own crystal cells during these meditations.

Collecting Frequencies into the Crystal Cells is how Ascension is achieved.

Ascension is achieved by merging into Oneness of all Dimensions and all of their frequencies.

In order to understand Ascension, we must understand the answers to these questions:

What is a Dimension?

Where is a Dimension?

What is a Frequency?

How does one collect Frequencies?

How does one Raise Frequencies in order to Ascend?

There are many methods that have been sending the individual consciousness into these dimensions. And some technologies utilizing codes and symbols to align consciousness into these dimensions or locations.

FEELING FREQUENCIES

What will be different in this course, is the understanding of what the frequencies of these dimensions are, how to collect them, how to hear them, how to align with them, how to sing with them, and how to allow them to teach your crystal cells in your body to sing. When your crystal cells are singing in harmony with the crystal cells of Inner Earth, you will then be able to start raising and aligning your crystal temple into the Islands of Light of the higher dimensions.

QUALITIES OF DIMENSIONS

The Dimensions contain qualities. For example the fifth dimension contains qualities of aligning with all fifteen dimensions into the tone of home, the harmonic convergence of Oneness, the understanding of Home meaning alignment into harmony with frequencies of communication and transportation into all dimensions. These Dimensional locations also represent geographic locations in the mind and heart where all of these frequencies or breaths of consciousness align into the Oneness of all that we each really are.

The Eighth Dimension is the birthing place of the Earth and our core spiritual selves. When we say Mintaka, Mintaka, Mintaka we are merging with the 8th Dimensional Consciousness of those from our original family and our original self. We can say Mintaka, Mintaka, Mintaka and this will magnetize our compass in our crystal cells to align with our home and our family. When we go there, we feel peace and the feeling of being at home. We can greet all of those on Mintaka and ask them to give us a piece of their Soul. They will gladly give you a piece of their Soul. This is the beginning of the Soul Merge that helps the crystal cells in the body remember who we are and where we came from.

We must completely align our consciousness into the

dimensional entities guiding us through this process of ascension. Some are calling this a Soul Merge. I think of it as a Family Reunion. When we connect into our fifth dimensional qualities, we are connecting into the Oneness or Allness of the MultiDimensional Self that we each are.

The fifth sphere is where the merging into the etheric realm takes place. This is the final move up into the co-creation realm in the 15th dimension. The co-creation requires the merging of this Matrix with the Parallel Matrix of Urtha. When this final merge of the two Matrixes of the Physical Earth and the Spiritual Urtha is completed, the Zero Point energy that allows Ascension will be complete.

The steps into that final process are required to be taken by those of us on Earth aligning our frequencies into all of the dimensions and entities until we acquire high enough frequencies to create Conversion Vortexes and Islands of Light. The Islands of Light allow us to continue the merge into Cloud Cities and on up to Urtha.

Individuals cannot even begin to perceive of what a higher frequency is because there has never been any book, method or institution that understands what a frequency really is. A frequency is a breath of Consciousness Energy.

COLLECTING BREATHS

Collecting these breaths into the Crystal Cells is what will allow the frequencies to raise into the higher frequencies contained in those breaths. Those breaths each

contain qualities of that entity, including Love, Wisdom, Alignments, Grace and hundreds of others. The Individual Listener can discover those qualities for himself and allow those qualities to grow inside the cellular crystals and cellular memory until the Consciousness is lifted into a higher realm.

That process offers a grounding understanding for listening to the other CD's that contain many different arrangements of the breaths and the codes that guide the breaths into the needed alignments in the listeners cellular memory.

We created this ascension portal of frequencies so you can actually soak up all of the frequencies in all dimensions. All of the Ascension Kit CD's are for the first part of the alignment into Christ and then on up into the fifteenth and beyond. The next step is to have the immortality CD of the Individual align specifically the frequencies of the crystal cells of the entire being of light into the Crystal Heart.

WHAT IS A FREQUENCY?

WHAT IS A FREQUENCY?

What is a frequency? A light stream of communication from other dimensions.

We can lower our frequencies into the third dimension of density or we can raise our frequencies to reach into the fifth through the fifteenth dimensions.

We raise our frequencies into higher dimensions by oscillating our consciousness into higher places. Some have guided the raising of frequencies within the third area of the belly button, fourth of chest area and fifth above the heart, and only go as far as the seventh a little above the head. These parameters won't create much oscillation or much of a frequency shift. We need to lift consciousness up to at least four universes above and down deep into the earth's core and down through the earth out to the other side to reach out to another six universes.

We are expanding into all of the spheres of this matrix, far out beyond this sun and into several other suns. We must learn to oscillate our consciousness far beyond this realm into the twelfth dimension of Christ Consciousness. This is the point where we reach clear out into the etheric realm and then connect that back into our temples through our crystal heart to connect the physical and spiritual into oneness.

We have heard all of these ideas before in the metaphysical teachings. We must become one with the Christ. We just didn't know what it meant. To become one with Christ Consciousness we must connect to every thread of dimensional frequencies between here and the twelfth dimension. We must find that frequency and soak in it day and night.

As we raise our frequencies through light and sound, we align with our etheric selves, we combine the physical self back into the spiritual self. When this alignment

is completely balanced - we pop into zero point energy frequency where we can pop out of this density - all the way up to the 12th dimension. We must go to the twelfth in order to get to the fifth dimension. We are headed for the fifth, but must get the light of the twelfth first.

The 12th is the complete balance of physical and spiritual. Right now we have between 90% and 60% physical make up in proportion to 10-40% spiritual make up. Those who have used this music, already have at least a 40-50% make up and the remaining 50% come through in an increasing rate over the next year and a half.

The harder the spiritual body has to work to come into balance with the physical body, the more pain the body will experience as it reaches zero point. Many will not be able to endure the pain, because they were not willing to remember the spiritual nature of themselves.

Originally, we were 12th dimensional Christ Light Beings. The light between this dimension and the 12th dimension has been blocked for many eons. We also have this 12th dimensional light energy in the oceans.

The Cetacean can shape shift because the 12th contains the elements of physical and spiritual chemical elements where we can create anything we want. The dolphins can help us remember who we really are. They can also provide the light in the ocean to communicate through all frequencies. They communicate with frequencies. They communicate with light energy.

Now is the time for us all to reconnect to our 12th dimensional Christ Consciousness. This formula of ascension frequencies to oscillate consciousness into each of the twelve dimensions to align each of the individuals 12 dimensional selves is needed by everyone on earth right now. This is the time of ascension. We can all help ourselves and each other by aligning all 12 of our Merkaba fields into the absorption of this light frequency.

The frequencies help those who already do merkaba and 12 dimensional shield work to do it better and for it to become stronger, more powerful and to stay in the body continuously through the day and night. This continuous state of the spin state is required for shifting our standing wave pattern into that of Aquafaria. It is also important to take many trips into the etheric communities of inner earth, cloud cities such as Aquafaria and any other 12th dimensional zone that you resonate with. It

is important to go to these centers and soak in the crystal chambers that they have prepared for us.

It is important to glide your mini me self or etheric self down into the liquid light core of the earth and soak up that energy and merge with your spiritual twin in the etheric.

We are one with the earth's frequencies. We need to spend a great deal of time united into the earth's energies and into the 5 spheres of this matrix. This is who we are. We are not an isolated part of this universe. We are the universe. We are these frequencies. When we remember who we are, we will become cosmic entities.

Meditation with Frequencies

Most meditations have to do with frequencies for they are key to our ascension. We use symbols, a Merkaba Vehicle calling on Entities of Light and then inhale and exhale to collect and distribute frequencies in the meditations.

It's not hard to do for we are God and we have the ability to do these things because we want it and so it is.

We usually use the inhale to bring in frequencies and the exhale to move frequencies. Inhale to bring towards you, exhale to move away from you.

6 pointed - We often use a 6 pointed star that actually looks like two funnel shaped pyramids. We call this the crystal star merkaba. You can always ask Anwa to send it.

One pyramid points down and one points up and they spin in opposite directions at the speed of light. This Merkaba Vehicle is a 12th Dimensional Vehicle that was created by AnWa.

This Entity has the power to stay in the Christ Consciousness and above. The collection of other dimensional frequencies always begins through and from the Christ-the 12th Dimension where Christ Consciousness lives and your perfect and individual Divine Blueprint of your perfect self is held.

There are places, like the crystal core of the Earth, that carry certain frequencies and we collect and distribute frequencies from these wonderful places.

We use commands to call in the frequencies and end the command with “Now” in order to engage it - its like hitting the enter key on the computer to get it to do something.

When you call in a frequency use a statement like--12th dimensional frequencies, now.

Right after you say it you will develop a feeling of the frequencies starting to come in. When you feel the frequencies start coming in, inhale to draw in a lot of the frequency. After a while, you will really start feeling the frequencies strongly.

Cosmic Mystery School of the Omniverse

RAPID ASCENSION ACTIVATION TECHNOLOGY

Frequency technology for aligning every cell into multidimensional reality to activate memory of the crystal cell memory to telecommunication, teleportation, multidimensional consciousness and immortality.

A brand new healing method based on light and sound channeled directly from the heart, mouth and mind of Source through the Cosmic Entity Crystal Light Energy.

Spiritual Healing has always been an art form of combining a clear, high focused consciousness that is in alignment with higher self and other masters and archangels of healing mindsets. Some healers have brought frequencies into their hands to produce a heat that breaks open miasms in the body. These miasms are dark or frozen areas that have been placed in the cells of beings on Earth over several lifetimes. Each time we reincarnate on Earth, these miasms increase in volume.

Spiritual Healing based on bringing high frequencies through the hands or toning in the voice or bringing in High Masters powers for healing work is one form of healing. Other forms of healing besides reiki, toning, praying or simply aligning consciousness with the highest vision of a persons true spiritual identity are necessary in the healing mission. These methods were necessary and valuable during the first 2000 years of preparation for Ascension.

The truth is, these methods were only capable of providing a temporary healing of a miasm that could be returned to a being's temple over and over again, because the cellular structure was being manipulated by alignments of light

energy and frequencies coming from televisions, radios and other satellite alignments to bring lowered frequencies in to our temples.

The process of healing will get easier from here on out because many of those who were manipulating the energies, light waves and frequencies of the Earth and the Universe are now losing their powers.

Now, we are in the time of our ascension process where the complete realignment of every planet, universe, every sphere within spheres of the cosmos is in alignment because the rod and the staff light energy fields in the Earth's Cord have been re-stabilized into a natural exhale process.

Now is the time that the miasms that blocked our crystal cell structure that holds the codes of ascension can be completely removed forever, the body can return to immortality, the akashic library that has been sleeping in the cells can be awakened, the cells will remember their original multi-dimensional reality system and how to teleport and telecommunicate with all dimensions.

There have been many stages of this ascension process.

The Indigo 2's who were given the gift of astral visions and channeling were needed to get glimpses of the realities that exist on this third dimensional denseness.

These Indigos came to earth from dimensions 5 and 7 and have been mostly seeing and hearing high levels of the fourth dimension. Earlier these channelers had tremendous blockages from lower levels of the fourth dimension that were hibernation zones and death zones that were mostly feeding incorrect information to earth and even planting negative miasms into the channelers.

The Indigo 2's were able to reach a large part of the population who not yet ready to hear from the Indigo 1's. The three dimensional density consciousness only understands things it can touch or feel and the Indigo 2's could give that to the world. They could bring in very important messages from the 5th and 7th density levels.

Now, we are at a new stage of the Ascension process. Now it is time for the Indigo 1's to begin their mission. The Indigo 1's are here to represent much higher dimensional reality systems as high as the 15th in this matrix system, and

some of us are here to communicate from the Cosmic Level and with Parallel Matrix Systems.

We came from a system that is mostly etheric, but still has the form that can be seen. We came from a system that is in perfect alignment with the Cosmic Level of Consciousness. We come from a system where there is absolute Free Will, however, no one would ever do anything that would invade on another's free will in a way that would hurt them or disturb their personal reality system.

We are here as frequency specific temples who came with the 48th DNA structure in perfect alignment. It is only the alignment of the light grids and the solar rhythms that is keeping our complete activation to pop into place. We contain a special compass in our cells that allows us to teleport to all dimensions in this matrix and the parallel matrix where there were never any distortions planted in the matrix. We will soon be able to commute back and forth into this matrix to do healing and creation work, and then return home to Aquafaria or Urtha to relax with our families at night. We can stop time and spend a week between visits to Earth if we please.

At the present time, we are here to bring the highest frequencies into alignment with the Earth's Ascension Process and to the temples of all of those in the Earth's energy field. Those of us who are Indigo 1's, have been working every night with the Ashtar Command and Oraphim Dolphins to keep the Earth aligned until this final mission of pulling in Cosmic Frequencies to pull Earth up into heaven and align all consciousness with the co-creation process with Divine Mother, the elementals, the devas and the angels, the oraphims and all those working on the project of the New Earth and the Golden Galaxy.

We have been working on peace keeping missions where we were the security officers watching over the Earth in order to remove the mine fields that the dark fallen angels planted in the Christic Grid Fields of the Earth. These mind fields have been planted over and over and over again by the dark ones and the Oraphim Dolphins and Whales and Cetacean Humans have been working non-stop to remove those mines before their explosions. The 9/11 mine field was one that could not be stopped because the fallen angelics had a series of mines set to activate at the exact time of the Earth's reversal in rotation. We deactivated enough mine fields that would have blown up the entire planet that same day. The one that was left could not be stopped.

We work together as a team with the dolphins because we are like their other half. We are Cetacean Human Oraphims.

The Oraphim Dolphins are able to bi-locate. When the mine fields were planted in Mother Earth's grids to keep our frequencies from connecting in order to block divine communication with our entire angelic family the dolphins were working continuously to unblock Mother Earth's grids. When the mines would explode they would disappear. They were actually picking up the frequencies of these mines and returning the frequencies to the Ashtar Command to be regenerated into new energies that are returned to the Earth for realignment. The Ashtar Command has the technology to align frequencies at such a high level that all disharmony and imbalance would be removed from our minds. The only reason they can not do this for us is because of our Free Will. We must ask for it first.

We have only been able to maintain frequencies at the level that the whole of the human race will allow.

Now, this same technology is available on Earth to restore frequency alignment at the highest level for individuals. The Divine Blueprint can be totally reactivated into the 12DNA, 24 DNA, 36 DNA or 48 DNA of the original imprint of the individual.

This frequency activation technology that uses light and sound and the power of Crystal Light Energy, the highest frequency in the Cosmos to activate the crystal cellular structure of an individual. LUNAR VISIONS TECHNOLOGY activates crystal cells through use of the Frequency Technology.

Crystalai creates HEALING MUSIC for INDIVIDUALS for the specific purpose of aligning each individual with the frequencies of activation for cellular memory, recognizing, and Reformation. The music works instantaneously and for the long term activation process of telecommunication, teleportation, multidimensional consciousness, and the reprogramming the body to stay at the perfect 33 year old stage of a master forever. ADolphino adds other frequency specific breaths because the team is synergistic in frequency activations.

There will be no more needs for continuous visits to the hospital for thousands of dollars, no more need for monthly reiki sessions, massage parlors, acupuncture or toning.

This part of the Ascension process is completing now and the new Ascension Process of activating immortality has begun.

Now it is time for a Frequency Specific activation that will align the perfection of all that you really are into the light and sound of the Cosmic Frequency – the Divine Mother that allows individuals to have their Divine Reality of telecommunication, instant manifestation, teleportation and immortality.

This is the simple memory of who we really are.
We are multidimensional etheric beings of light just waiting to wake up.

Each individual and specific musical activation will be 60 minutes long and will be placed on a CD.

The activation works on various parts of the cellular structure at different times. The complete reversal of the cellular structure all at once would be impossible. It is a gradual process. First there will be a feeling of being more clear, then there will be bodily problems disappearing, next there will be getting smarter, vision will get clearer, and each of these will grow more and more each day. Gradually other realizations will take place, like things will become magnetized to you that your heart desires. People will start treating you differently. You will soon remember more and more about who you really are. Over a longer period of time (each individual is different) there will be more and more manifestations, the mind will connect to multi-dimensional consciousness as over souls begin to merge into the temple, next many will begin to learn instant manifestation and eventually light body activation and teleportation.

The process works faster, the more an individual is willing to take responsibility for ever old thought, old problem or anger. As the individual learns to take that old energy of a negative frequency and give that energy to the Elohim Angel energy that is in the music and ask the angels to transform that energy into the highest frequency. The more the individual takes the responsibility to do that, the faster the activations will take place.

The individual can listen continuously or whenever needed. It will keep individuals in perfect harmonious balance through the process of ascension. The

body will already be in alignment with all of the frequencies that will be coming through the collective sun's energies.

The frequencies on all CD's will assist and activate continuously through the different levels of ascension over the next few years, and continuously activate all cells to be singing the tone of home the keys of alignment to the akashic records that place the remembrance of immortality and the knowledge of everything that has ever happened in any universe at any time.

Cosmic Mystery School of the Omniverse

HOW TO RAISE FREQUENCIES Meditation

HOW TO RAISE FREQUENCIES meditation

A meditation can only be successful in healing and alignment, when the frequencies needed for the healing and alignment are actually felt. The frequencies must be felt in a way that allows them to resonate inside the crystal cells in the body. The meditator must first know what the frequencies FEEL Like. When the meditator Feels the Frequencies, the meditator is then sure that the Consciousness is connected into the angular rotation of particle spin of each element of light and sound needed for the meditation to become effective. Each element involved in any meditation is an Entity of Light. Each Entity has a frequency. This frequency is the identity of that Entity. We get to know the Entities by allowing their Frequency to Resonate in our Crystal Cells.

The Meditator must be able to feel. The elementals of healing and creation are crystal gel, crystal dust and crystal light.

This is what crystal gel feels like: Please say crystal gel come forth

This is what crystal dust feels like: Please say crystal dust come forth

This is what crystal light feels like: Please say crystal light come forth

When the energies are felt and understood, they may be invited in to the cells by the Soul Matrix of the body to be directed into their proper places for what they are needed for.

We ask each of these elementals of healing to come forth and be felt before we begin the healing work required in Individual Healing CD's or Immortality CD's. These Cosmic Energies of Gel, Dust, and Light are directed to swirl together into a sphere of crystal light. This sphere contains the power to shield and protect the consciousness and body as it connects to and brings in to the cellular structure each form of energy or frequency required in each stage of ascension. These are the primal elements from the Cosmos that are required for the first step of restructuring ourselves by raising our frequencies into a new dimension and into all dimensions of Oneness.

The meditator must feel their cells singing in resonance with these Cosmic Energies. Each breath becomes a song of Frequency that aligns with and raises consciousness into a New Dimension.

Connecting this sphere of energy into the Crystal Heart aligns the Merkaba, which is the electromagnetic vehicle used to collect all frequencies from all dimensions. The Merkaba is the complete spiritual substance of all that we are made of. First the Merkaba is used to collect together all that we are. The Merkaba grows larger and larger as our frequencies expand from inside of us and around us into a larger morphogenetic field. This is a frequency field. When the frequency field grows around the body into a 54 area, this is the Merkaba Body, this is the complete Morphogenetic Field of the true Spiritual Self.

First, the Merkaba must collect all frequencies of the fifteen dimensional selves into the Crystal Heart. The Crystal Heart is the Azure or the Luxor Point of Zero Point Energy. It is the original location of the Spark of Light from Source of our creation. All of the selves are collected back into this point of energy to remember, to recognize, to realign into the Oneness of All that the Self was originally created from. This allness is brought back as frequencies. These frequencies needed to grow and expand into the memory of the grand frequency of Oneness. Once this spark is re-established within the Crystal Heart, the spark of light can grow out into a large crystal sphere of energy.

We can place a miniature self of ourselves inside of the Merkaba. This miniature self grows in frequencies inside of the Merkaba. Once the miniature self collects all of the frequencies of all of the selves, it grows into a Christ Body of Light. This Light Body can then be pulled out of the heart area and placed in front of the physical

body. The physical body can then walk into that Light Body and become one with that Light Body.

This merging of the Crystal Body places the Body, the Merkaba and the Crystal Body into a higher frequency that allows for the next stage of spiritual growth. The Light Body may then travel down into the Earth's Core or the Crystal Heart Core and travel deep, deep within that Core into the Liquid Light area. Once the Light Body merges into this frequency of Liquid Light. Those frequencies grow and merge into the Physical Body, the Crystal Body and the Light Body to create a body of an even higher frequency. This is the Irradescent Body. This is the Body that can transcend completely out of the density of the physical form and reappear and transform into any form needed on any dimension.

Each of these stages of frequency activations must be Felt, they must be realized inside of the crystal cells before the manifestation of the activity of growth into the Light Body and the Irradescent Body can be understood and seen.

Learn to feel the crystal sphere in the crystal heart awakening the crystal heart into singing crystals.

Feel the crystal star merkaba. Feel the crystal sphere. Feel the crystal heart.

Feel the Frequencies.

Feel how the frequencies inside of the crystal heart resonate with the oneness of your Source creation.

The Crystal Heart is the area of original creation. It is the place of zero point energy of No Time Creation. When we ride the Crystal Star Merkaba into the Crystal Heart, we can feel this creation spark. The Crystal Heart contains the God Room. We can walk inside of the Crystal heart, Walk down the stairs and enter this glorious white light room of Inner Stillness.

We can learn to feel that Inner Stillness.

In that room of Inner Stillness there is a crystal diamond doorway that goes into the etheric realm of our higher dimensions. It is the door that connects this physical body into its spiritual twin body of etheric substance. It is the door way into Earth's Spiritual Sister.

We must raise the frequencies into the 14th dimension before we can prepare to enter this door. We must collect the spheres of frequencies of the dust, gel and light. We must spin these Cosmic Entities into a powerful sphere of crystalline energy. This is the key to the diamond door.

The body must first be prepared with the Divine Principle of the Earth's Core Frequencies and the body must be lined with the garment of crystal light white linen. These entities each have frequencies that must be felt and understood through their resonance in the crystal cells. These frequencies must resonate in the cells and with the crystal heart before we may enter in. The codes of the diamond door must also be felt resonating inside of the crystal cells and crystal heart.

These are the first steps in preparing to collect all of the frequencies into the crystal heart from all dimensions and entities.

Cosmic Mystery School of the Omniverse

BACKGROUND OF FREQUENCY TEACHINGS FOR THE NEW ATLANTIS

We are the facilitators of the Cosmic Mystery School of the Omniverse. We are being given the teachings from our World Teacher- Kuthumi, along with Merlin, El Morya, Madame Blavatsky and Djwal Kuhl. These are the Teachers of the Cosmic Mystery School of the Omniverse.

We are the Crystal Magic Orchestra. We create all music from the frequencies of Consciousness, the frequencies of the 15 Dimensions, the frequencies of the Five Spheres. We create the Music of the Spheres under the direction of Kuthumi, who came to Earth as Pythagorus to teach this etheric structure of music as light and sound frequencies before.

Each of these teachers has brought their teachings to Earth several times before in the frequencies that could be understood at that time. This is a new time and a new frequency is being brought into all of the teachings. Kuthumi has asked us to eliminate all out grown modes of instruction. He has said that everything that he has channeled in the past about creating energy with the music of the spheres was totally misunderstood by the channelers. Most of the teachings turned out to be understood as everything is a circle and what goes around comes around. This turned into power thinking and many other misuses of the subconscious. Most of the prior teachings have taken the frequencies and reversed them into even deeper densities of Consciousness.

In 2007 Lady Mary, Raphael, St. Germain, Zadkiel and the Elohim of Hearing appeared in our Condo in Redwood City. They told me how I would bring the Highest Frequencies to Earth through Music. First Raphael wrapped all of the frequencies into the Crystal Heart in back of my heart. He wrapped all of these angel frequencies in his hand and placed them into the back of my heart . Raphael and Mary directed me that these frequencies are in the crystal in my Crystal Heart and they will appear on Earth from my Consciousness, my breath for the World to Receive. Mary calls me her sister and Zadkiel calls me his Angel. Zadkiel connected me to the Elohim of Hearing. A great being of Light appeared in front of me and announced himself as the Elohim of Hearing. Zadkiel placed a golden rod on my left ear to directly connect to the Elohim of Hearing so the highest frequencies could be heard.

Next the angels told me to use this Crystal Sphere that they had placed in the back of my heart to bring in the Frequencies of Source and all of Source Consciousness. They told me to bring this sphere in front of me and sing into it. Then they told me to call on Crystal Light Energy to activate this sphere as I breath in to it or sing into it. This activation of Crystal Light Energy brings the magic element of creative energy into the frequencies. This creates the Consciousness through Breath to align with the Energy of the Crystal Light.

The formula for reality is Consciousness plus Energy equals reality.

This is how the new reality is created.

From that moment on I have been able to bring the Crystal Sphere forward, breathe Divine Consciousness, ask for the activation of Crystal Light Energy to align my consciousness to all Dimensions and bring these Frequencies into my breath and then record them through the energy of Crystal Light Energy.

The Crystal Light Energy contains the Crystal Dust of healing all pain, the Crystal Gel of Reforming our bodies into Silica and the Crystal Light of streaming all Consciousness in the Oneness that will lift us into our Higher Dimensions.

The angels announced that I would be expanding consciousness into the farthest reaches of the universe and then as I focus I would become one with Divine Creation. The focus is the connection of the Energy with the consciousness.

As each stream of light energy is connected into the consciousness and breathed into the music or the meditation, those entities who have connected their Consciousness through their Breaths are creating transformation streams for our bodies to be transformed.

The entire world, universe, galaxy and cosmos is transforming in a brand new reality.

This new reality comes from allness of all past realities. The frequencies of consciousness of all dimensions, all entities collect our allness of our 144 selves on each dimension into Oneness. This Oneness is the first step of Ascension.

A second set of Angels appeared bringing us the teachings of the Cosmic Mystery School of the Omniverse. The first set of instructions of returning our memory of creating with Light and Sound was the first step for being able to create the materials for this Mystery School.

This Cosmic Mystery School of the Omniverse is the composite of all teachings of all past Mystery Schools during the times that Atlantis had returned into all of her grandness.

The first Atlantis was created over 18 million years ago in a place called Ajaho. That Ajaho was blown up and scattered all over the Aquarius Galaxy and the Milky Way Galaxy. Earth was a piece of Ajaho that has been transforming back

into the original likeness of her original state for 18 million years. This is another topic that would require another interview. For now, Atlantis has been recreated into the Divine Plan, the Divine Architecture, the perfect structure of truth and love three times before on planet Earth and each time it was destroyed.

Many of us who are on Earth at this time were the original creators of Atlantis 1,2,3 and 4.

We are now gathering back together our team who were the original creators of Atlantis and the original Mystery Schools that were created for establishing the Atlantis. Each of these creations was created through liquid light technology of breath or consciousness and energy. This is the reality that must be created in alignment with Source. This is the formula that the angels have given us.

And this is the formula that Kuthumi is using in his instructions that he is giving for this Mystery School.

This part of the Mystery School is for learning the Complete process of the Ascension, the Schedule of the Ascension, how to create the Conversion Vortexes, how to align with our Firey Angels, how to board the Ashtar Star Ship and how to create Islands of Light. The Islands of Light is where we will return to as the Ascended masters who teach those on the Islands of Light how to create their New Earth. Atlantis is the structure of Truth and Love, the Divine Plan, the city of light that is the blue print and the plan that will be used to teach others how to build their cities.

This is a glorious time of co-creation. We are learning how to create as the Pleidians originally created music and art. They created everything through liquid light of consciousness. Consciousness is Breath. When we breath on the spark of God that was left in our Crystal Heart, this spark grows in to a flame and we can breath God Consciousness into form. The oval teardrop which we call the third eye is the heirophant that aligns us directly into Source Consciousness of creation. When we align our Consicousness into this heirophant of Source Consicousness and ignite the spark of Source Consciousness in the Crystal Heart, we can become Co- creators or the new Atlantis, the new Mystery School, the NEW EARTH.

Cosmic Mystery School of the Omniverse

DIMENSIONS

DIMENSIONS

What is a dimension and what are their qualities?

If the focus is on Christ Consciousness of bringing the allness of Source into Consciousness in preparation for the Divine Manifestation Template of Instant Co-Creativity that will be sustained.

Cosmic Mystery School of the Omniverse

QUALITIES OF DIMENSIONS

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The Eighth Dimension is the birthing place of the Earth and our core spiritual selves. When we say Mintaka, Mintaka, Mintaka we are merging with the 8th Dimensional Consciousness of those from our original family and our original self. We can say Mintaka, Mintaka, Mintaka and this will magnetize our compass in our crystal cells to align with our home and our family. When we go there, we feel peace and the feeling of being at home. We can greet all of those on Mintaka and ask them to give us a piece of their Soul. They will gladly give you a piece of their Soul. This is the beginning of the Soul Merge that helps the crystal cells in the body remember who we are and where we came from.

We must completely align our consciousness into the dimensional entities guiding us through this process of ascension. Some are calling this a Soul Merge. I think of it as a Family Reunion. When we connect into our fifth dimensional qualities, we are connecting into the Oneness or Allness of the MultiDimensional Self that we each are.

The fifth sphere is where the merging into the etheric realm takes place. This is the final move up into the co-creation realm in the 15th dimension. The co-creation requires the merging of this Matrix with the Parallel Matrix of Urtha. When this final merge of the two Matrixes of the Physical Earth and the Spiritual Urtha is completed, the Zero Point energy that allows Ascension will be complete.

The steps into that final process are required to be taken by those of us on Earth aligning our frequencies into all of the dimensions and entities until we acquire high enough frequencies to create Conversion

Vortexes and Islands of Light. The Islands of Light allow us to continue the merge into Cloud Cities and on up to Urtha.

Individuals cannot even begin to perceive of what a higher frequency is because there has never been any book, method or institution that understands what a frequency really is. A frequency is a breath of Consciousness Energy.

The collecting of these breaths into the Crystal Cells is what will allow the frequencies to raise into the higher frequencies contained in those breaths. Those breaths each contain qualities of that entity, including Love, Wisdom, Alignments, Grace and hundreds of others. The Individual Listener can discover those qualities for himself and allow those qualities to grow inside the cellular crystals and cellular memory until the Consciousness is lifted into a higher realm.

That process offers a grounding understanding for listening to the other CD's that contain many different arrangements of the breaths and the codes that guide the breaths into the needed alignments in the listeners cellular memory.

We created this ascension portal of frequencies so you can actually soak up all of the frequencies in all dimensions. All of the Ascension Kit CD's are for the first part of the alignment into Christ and then on up into the fifteenth and beyond. The next step is to have the immortality CD of the Individual align specifically the frequencies of the crystal cells of the entire being of light into the Crystal Heart.

MERKABA

Merkaba

The Merkaba is made of two triangles that spin in opposite directions, and use the speed of light energy of Love to magnetize all frequencies of consciousness from all five spheres or realms into it. These frequencies of consciousness can then be redistributed into the crystal heart, or into the head or into any of the other centers where there is a Source Spark in the body.

Magnetize and collect the breaths of consciousness of all of the entities and the frequencies of the dimensions and spheres where these entities reside in the solar, galactic, universal and cosmic spheres.

The Merkaba collects all of these breaths of consciousness and brings them into the Crystal Heart to ignite the spark of Source. This begins the memory in the cells to become activated. The cells turn into crystal cells and start to remember the songs that they used to sing. The Spark grows into a flame that contains all of the frequencies or all of the consciousness of all that was once contained in the Original Cosmic Creation or God Creation.

Once the spark ignites and grows into a flame, this flame grows into an inner white light body and the cells turn into crystal cells.

The crystal heart can also grow into a sphere. This sphere of 36" radius can be pulled in front of the body and then placed out in front and above the head. That sphere can be raised up to 36" above the head and in front of the head. This brings it into the Cosmic Consciousness sphere or realm. Next, we can walk into this sphere in order

to be surrounded by Cosmic Consciousness of all of our family and friends and higher selves.

This is where we go to communicate with our higher selves and Monadic family. The crystal can also grow larger than a sphere. It can grow into the size of your body. Pull the body of crystal white energy in front of the body and step into it. This is called the Garment of White Light Linen.

We must place this Garment on before walking into higher dimensions. We can step inside of the Merkaba Vehicle, Ride to all other dimensions and step out of the Merkaba into any other sphere or dimension. We can ride to specific locations such as Inner Earth, Underwater cities of Inner Earth, Shamballa, Cloud Cities, etc. Each time we ride in the Merkaba, we must place our body in the White Light Garment before stepping out of the Merkaba Space Ship. We put on the garment and then walk through a diamond door into the new reality.

We must always feel the frequencies of the place that we are going to before we can go there.

The Merkaba allows us to collect the frequencies of Consciousness and then take them to the crystal heart where we can feel them and become one with them. This is called creating a standing wave pattern. This is the Morphogenetic Field. The Wave Field of the Breaths of Consciousness that we are standing in.

The higher we Raise our Frequencies into the Standing Wave Patterns, the easier it becomes for our Consciousness to Slide into this New Reality. Each new Realm or new reality system is created from frequencies of consciousness. We can only go to the places where our Consciousness contains the same frequencies as the place we are going to.

Once our Consciousness has Morphed into the Standing Wave Pattern of the Place that we wish to move to, the Consciousness can actually glide over into that standing wave pattern of consciousness, and then the Light Body can pop into that new reality as well.

This is how we will begin to teleport from dimension to dimension, and how we begin to communicate with all entities in our Cosmos.

2. THE GOLDEN MERKABA expands our frequencies out to all five spheres at once so that we can become One with Cosmic Consciousness.

The GOLDEN MERKABA Meditation guides the Crystal Heart to grow and merge with all Crystal Hearts in all five spheres of the Cosmos. We already have selves in each dimension and each sphere of the Cosmos. Our highest self came all of the way down here from Source Spark, and left one self in each dimension from the 15th, 14th, 13th, all the way down into the third. We can merge our crystal hearts with our selves we left in each of these spheres, until we finally merge all of our crystal hearts into one new spark of Source Consciousness, which grows into one new Flame of Source Energy for our New Creation of our new Reality System.

LISTEN TO THE WORDS OF THE MEDITATION

LISTEN TO THE BREATHS OF CONSCIOUSNESS

WRITE THE WORDS OF THE MEDITATION

FOLLOW THE MEDITATION IN CONSCIOUSNESS

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We become One by expanding our Self into the Golden Merkaba of all five spheres. Each one of these Merkabas contains our complete self who has a crystal heart. The crystal heart contains all of the elements of Source in each Sphere. The elements of Source in each Sphere must be collected together into One Crystal Heart, into One Grand Self, into One Golden Merkaba.

We start with the Merkaba of this Sphere. We bring all of the frequencies of this sphere into the crystal heart. We create a miniature self inside of the Merkaba.

The Merkaba realigns the density of our Cosmic Body. As the planet and Cosmos realigns their rotation of particle spin - or density of consciousness - so does the body realign to this less dense form.

As we connect and realign our Merkaba Body into the frequencies of all of the Merkaba Bodies in all other dimensional spheres, our Merkaba Body aligns its electrical circuitry into the full Cosmic Merkaba Body. This Cosmic Merkaba body contains the circuitry of multidimensional communication and transportation. When this Merkaba Body expands into five spheres, we regain the space and time coordinates to travel to all dimensions. The activation of these Merkaba Bodies requires the collection of Frequencies.

When the frequencies from all Five Merkabas are collected and pulled back into the Crystal Body Golden Merkaba, the body will become One with the Universe, the Planet, the Galaxy and the Universe. In order for the Merkabas to blast out of this universal field it would become a Golden Merkaba Vehicle to ride up to the Pleidias, Sirius, Andromeda, Melkizedeks, Mahatma and Source. This Oneness with all that is, restores all crystalline structures that allows Multi-Dimensionality to manifest.

Crystal Heart CD DESCRIPTION

1. CRYSTAL HEART

It is the spark or point of original Source creation. The spark of Source, which has also been called EirA in the original God Language is the zero point connection or alignment into and throughout all Oneness of Cosmic Consciousness.

(Please remember that the original god language was still extremely etheric in nature--the sounds were more breaths than actual sounded out words--there were actually no consonant sounds-- So please think of EIRA as an entity with an essence or a breath of consciousness)

This Spark of Source is the point where all of Cosmic Consciousness can be collected back together in Oneness, and this Frequency of the breaths of all of our selves, and all of our family of the Galactic and Cosmic can re-ignite into a grander flame of Oneness.

Spark of Source ignites within the Crystal Heart, which is located between the thymus and the backbone area.

The Spark of Source becomes ignited or activated when the frequencies or consciousness Breaths are brought into it through the use of the Merkaba Vehicle collecting these frequencies or through listening to the Music Kits that have already collected these breaths into the music.

(Please read section on Merkaba Vehicle)

SUNS PORTAL MUSIC SUNS PORTAL

This Music contains the Frequencies from the portal of Mintaka in the Eighth Dimension. This parallel portal into our original Aquarius Galaxy is the place where we can merge with and through and into the etheric home that our original selves and original family of etheric immortality have remained. The words Mintaka, Mintaka, Mintaka will help you merge into your Galactic Family or Team of Consciousness

FREQUENCIES & VOICE SHAY RA KEE

The Fifth Sphere contains the 13th realm of Kee, the 14th realm of Ra and the 15th realm of ShAy. This is the formula of Cosmic Consciousness. If the formula for stepping down our creation from the cosmic into the galactic was Kee Ra Shay, then the formula for returning into our Cosmic Consciousness is Shay Ra Kee. All previous formulas of creation were the formulas of creating new densities to experience the original galactic consciousness from. In galaxies of pure white magic, these creations are quite magnificent.

Now we are Returning to Source to erase all of the black magic. The term AUM also means returning home. These are the formulas of returning back into our original perfect state of immortality.

Cosmic Mystery School of the Omniverse

MEDITATIONS

CRYSTAL HEART MEDITATION

CRYSTAL HEART MEDITATION

CRYSTAL HEART

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The Spark of Source becomes ignited or activated when the frequencies or consciousness Breaths are brought into it through the use of the Merkaba Vehicle collecting these frequencies or through listening to the Music Kits that have already collected these breaths into the music.

We will realize that when we see, feel, and understand the Big Picture of our Selves realigning, recognizing, and remembering the entire five spheres of the complete Golden Galaxy, we can more easily align into this Reality.

We will focus on the spheres to allow the Big Picture to unfold completely.

We would like you to first realize that this is the goal of all of the teachings of Ascension. To completely merge in to all five spheres. When all of the frequencies of all of the spheres have been collected into our crystal heart, we can then ascend into the fifth dimension. The fifth dimension is simply the home base where we can travel to all other dimensions from.

This is why we must collect frequencies of all dimensional selves back into the oneness of all we are.

We will first ignite that flame in the crystal heart to grow into a flame in the first, second, third fourth and fifth sphere. By the fifth sphere, all of the divine plane of the Source will be contained in the Crystal Heart.

The crystal heart will then connect to the Zero point energy of Oneness with the Creator.

LISTEN TO THE WORDS in the CRYSTAL HEART MEDITATION WRITE THE WORDS

The following is a synopsis of the Meditation--it is not the exact words. In order for an individual to complete ascension, they must formulate their own understanding, their own words. We will give you outlines, guidelines. The exact WORDS are not important. It is your personal understanding that is

important. Those who will Ascend, will be those who REMEMBER, REALIGN and RECOGNIZE their Original SelfHood.

These meditations are to help you REMEMBER by aligning into the Breaths of Consciousness of your original creation.

The crystal sphere can be expanded to grow all the way outside of and around the sphere two body. The body can then be surrounded by the sphere, and then deflated into the sphere. The body can then ride inside of the sphere and ride up a tube through the crown chakra and into the heart of the sphere three crystal body. This makes the three bodies become one.

The crystal sphere can be expanded to grow all the way outside of and around the sphere three body. The body can then be surrounded by the sphere, and then deflated into the sphere. The body can then ride inside of the sphere and ride up a tube through the crown chakra and into the heart of the sphere four etheric crystal body. This makes the four bodies become one.

The crystal sphere can be expanded to grow all the way outside of and around the sphere three body. The body can then be surrounded by the sphere, and then deflated into the sphere. The body can then ride inside of the sphere and ride up a tube through the crown chakra and into the heart of the sphere five etheric crystal body. This makes the five bodies become one. Now the crystal heart center of the crystal body becomes the golden crystal sphere that encompasses all five spheres.

When the frequencies from all Five Merkabas are collected and pulled back into the Crystal Body Golden Merkaba, the body will become One with the Planet, Universe, Solar System and Cosmos. In order for the Merkabas to blast out of this universal field it would become a Golden Merkaba Vehicle to ride up to the Fifth Dimension of our HOME CONSCIOUSNESS.

Even though we use numbers for dimensions, there is actually not a specific numeric order. The Fifth Dimension is actually the place of our home Consciousness. It is not actually lower or higher than the 12th. It is just that we do not want to belong to a home that does not contain the Christ Consciousness of the original divine creation any more than we want to return to a home that doesn't contain the magic of our Galactic Home or the Angelic Consciousness of our Cosmic Home. There will be as many homes as

there are people. Some will desire to stay in the home of the third, some in the fourth, some in 4.5, 4.6, 4.7.

There is no judgement about where a person chooses to live. However, they can no longer lower the levels of another's consciousness. They may no longer come near those who have chosen to live in Christ Consciousness. Christ Consciousness means FREEDOM. Anything that invades the FREEDOM of another may not and cannot enter in.

Our Galaxy will become the Golden Galaxy. This will be the completion of AA Michael's Golden Galaxy.

DO THE MEDITATIONS ON THE CRYSTAL HEART CD - CD1 on COMPLETE ASCENSION PROCESS KIT

Our object is to merge into all five spheres of the Earth's Matrix. We need to pull all of the frequencies of all of our five spheres on 15 dimensions into our Crystal Heart. The crystal heart is located in the Thymus area. The crystal heart area is where the first spark of God creation took place. This spark was originally connected to all five sparks of all five crystal hearts in all five spheres. These spheres separated and we separated. Once we connect all of our crystal hearts into one crystal heart containing all of the sparks and allow all to grow into the God Flames of all we really are, we return to our Oneness or our Divine Blue Print- our original selfhood- our Immortality.

CRYSTAL HEART MEDITATION

Our magnificent Angel Team has asked us to begin from the point of Oneness.

We will realize that when we see, feel and understand the big picture of Ourselves, realigning, recognizing and remembering the entire five spheres of the complete Golden Galaxy, we can more easily align into this Galaxy.

Our true spiritual selfhood includes 144 selves on each dimension. There are three dimensions and three dimensions in each sphere.

We will focus on the spheres to allow the big picture to unfold completely. We would like you to first realize that this is the goal of all of the teachings of Ascension--to completely merge into all five spheres.

With all of the frequencies of All of the Spheres have been collected into our crystal heart, we can then ascend into the fifth dimension.

The fifth dimension is simply the home base where we can travel to all of the dimensions from.

Collect all of the frequencies of all of the dimensional selves back into the Oneness of all we are.

This New Oneness of All we are, includes all we have been, of all the past eons in order to create a brand new better self, better galaxy, better creation.

This is needed to build the new selfhood of Now.

This meditation is for the purpose of a Quick Glimpse of what the feeling of the merging with the first sphere into the second, third, fourth and fifth spheres together into Oneness is.

The Crystal Heart is the Crystal Structure behind the heart area that contains the original spark of Source Creation. This spark was ignited by breath to grow into an (amorea) rainbow flame of all light and sound of all five spheres of the entire Source Consciousness.

We will first ignite that flame in the Crystal Heart to grow into a flame of 1st, 2nd, 3rd, 4th and 5th Spheres.

By the 5th sphere, all of the divine Plan of the SOURCE will be contained within the Crystal Heart.

CRYSTAL HEART MERKABA MEDITATION

We first create a Crystal Heart, which is half way between the Thymus and the heart.

We create this crystal heart by activating the crystals in this area by bringing in the merkaba that is filled with the frequencies of the five spheres.

The Crystal Heart grows into a flame that is huge as the frequencies of each sphere enters the Crystal Heart in each Sphere.

Imagine your body standing in Sphere one and inhaling all of the frequencies of Sphere 1,2,3,4, and 5 into the Crystal Heart.

Next

Imagine your body rising into Sphere 2 and inhaling all of the frequencies of spheres 2,3,4, and 5 into the Crystal Heart.

Since the higher frequencies transmute the lower frequencies

The sphere can be expanded to go all around the physical body. The physical body can then be surrounded by the sphere and then deflated into the sphere. The body can then ride inside of the sphere up through the crown chakra and into the crystal heart of the second sphere.

The Sphere One frequencies merge into the crystal heart of the Crystal body.

This makes the two bodies one and the merging becomes the Golden Crystal Sphere surrounding the physical body inside of the Crystal Sphere.

Now, Merkaba one is inside of Merkaba 2

Now We can repeat this procedure

Merkaba two inside of Merkaba Three

Ride up into merkaba three and bring all of the frequencies from harmonic universe three into four.

And merge harmonic universe four into five by riding the merkaba to collect frequencies into the golden merkaba.

Now all five crystal hearts have merged into One

We have created the Golden Merkaba of Ascension.

Now, see your body in Crystal body in sphere two. Inhale all of the frequencies of spheres one through five into the Crystal Heart.

The Crystal Sphere can be expanded to go all the way outside around the sphere two body.

The body can now be surrounded with the Crystal Sphere and deflated into the Sphere .

The body can then ride inside of the sphere and ride up inside a tube through the Crown Chakra and into the heart of the sphere three crystal body. This makes the three bodies become One.

The body can then be surrounded by the sphere three body and deflated into the sphere, and the body can then ride inside of the sphere and then ride through the tube of the crown chakra and then be a part of Sphere Four.

This makes the four bodies become one.

The Crystal Sphere can be expanded to grow all the way outside of the body and around the sphere. The body can then be deflated into the sphere and ride up a tube through the crown chakra into the Crystal Heart of Sphere Five. This makes the five bodies become one.

Now, at the Crystal Heart Center of the Crystal Body, becomes the Golden Crystal Sphere that encompasses all five spheres.

When the frequencies of all five spheres are collected, back into the Crystal body of

the Golden Merkaba, the body will become one with the planet, the solar system, the galaxy, the universe and the cosmos.

DO THE MEDITATIONS ON THE CRYSTAL HEART CD - CD1 on COMPLETE ASCENSION PROCESS KIT

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GOLDEN MERKABA MEDITATION

THE GOLDEN MERKABA expands our frequencies out to all five spheres at once so that we can become One with Cosmic Consciousness.

Please listen to the Words and take a visual journey.

Sun Vesta is the Sun of Mother Earth and Sun Alcyone is the Sun of Ajaho--Mother Earth's spiritual self.

Breathing the liquid light from these suns activates our original spiritual self to unite into oneness with our physical self.

The GOLDEN MERKABA Meditation guides the Crystal Heart to grow and merge with all Crystal Hearts in all five spheres of the Cosmos. We already have selves in each dimension and each sphere of the Cosmos. Our highest self came all of the way down here from Source Spark, and left one self in each dimension from the 15th, 14th, 13th, all the way down into the third. We can merge our crystal hearts with our selves we left in each of these spheres, until we finally merge all of our crystal hearts into one new spark of Source Consciousness which grows into one new Flame of Source Energy for our New Creation of our new Reality System.

Do / Listen MEDITATION "2. Golden Merkaba" on CD1 of COMPLETE ASCENSION KIT

GOLDEN MERKABA MEDITATION

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We become One by expanding our Self into the Golden Merkaba of all five spheres. Each one of these Merkabas contains our complete self who has a crystal heart. The crystal heart contains all of the elements of Source in each Sphere. The elements of Source in each Sphere must be collected together into One Crystal Heart, into One Grand Self, into One Golden Merkaba.

We start with the Merkaba of this Sphere. We bring all of the frequencies of this sphere into the crystal heart. We create a miniature self inside of the Merkaba. The Merkaba realigns the density of our Cosmic Body. As the planet and Cosmos realigns their rotation of particle spin - or density of consciousness - so does the body realign to this less dense form.

As we connect and realign our Merkaba Body into the frequencies of all of the Merkaba Bodies in all other dimensional spheres, our Merkaba Body aligns its electrical circuitry into the full Cosmic Merkaba Body. This Cosmic Merkaba body contains the circuitry of multidimensional communication and transportation. When this Merkaba Body expands into five spheres, we regain the space and time coordinates to travel to all dimensions. The activation of these Merkaba Bodies requires the collection of Frequencies.

When the frequencies from all Five Merkabas are collected and pulled back into the Crystal Body Golden Merkaba, the body will become One with the Universe, the Planet, the Galaxy and the Universe. In order for the Merkabas to blast out of this universal field it would become a Golden Merkaba Vehicle to ride up to the Pleidias, Sirius, Andromeda, Melkizedeks, Mahatma and Source. This Oneness with all that is, restores all crystalline structures that allows Multi-Dimensionality to manifest.

Cosmic Mystery School of the Omniverse

ONENESS MEDITATION

Listen to: THE ONENESS MEDITATION on CD1 of COMPLETE ASCENSION PROCESS KIT.

THE ONENESS MEDITATION INFORMATION

Weaving Oneness allows us to absorb the frequencies of all fourteen dimensions and weave them into our own crystal heart, our head and our body and then wrap these frequencies around and through the Mother Earth's Body and Crystal Heart. Next, we extend our frequencies into the 15th dimension and wrap all of these frequencies and consciousness around Mother Earth and through Mother Earth until our frequencies become ONE. This state of Oneness would weave together all that we ever have been into all that we ever will be. All of 144 selves in each of the fifteen dimensions are woven together into ONE GRAND NEW CONSCIOUSNESS that can now fully Merge into all that Mother Earth was created from as Cosmic Consciousness, Galactic Consciousness, and all that she has evolved into after falling from her Divine State and returning to it.

Bring the Crystal Star Merkaba into the Head and then into the heart.

Ride inside of the Merkaba to collect and distribute frequencies inside of all of the cells in your body and then spread and connect that new energy into all five spheres.

When the frequencies from all Five Merkabas are collected and pulled back into the Crystal Heart, the body will become One with the Planet, Universe, Galaxy, Solar System and Cosmos. Our Galaxy will become the Golden Galaxy.

This is the beginning of oneness. We will ride the Merkaba down into Mother Earth, collect all frequencies from the 12th dimension- one foot below the Earth's crust , collect the Divine Substance, Principle, Intelligence of original creation from Earth's

Cored, Slide on down and around the Earth's sphere, up to the 14th dimension, which is two universes above, make an arch over into the parallel galaxy of the 8th - wrap those frequencies into a helium based heliotalic silver pastel energy. Spin it in the electro magnetic Merkaba, create Neutron energy, bring that energy back down into the head, heart, crust, core and wrap your energy around the Earth again up to the 14th and around the 8th and down through the 10,11, into 8 and 9 down to 6 and 5 down to 12 into 13.

Now collect this energy again and wrap it around the Earth and go up to the 14th, 8th, 12,8,9, 6,5,12,13th.

Now repeat this cycle of energy collection.

Collect frequencies and wrapping around Earth's sphere. Now you have created yourselves into oneness. Wrapped like a cocoon in eternal substance.

Now, repeat this cycle, but before going up to the 14th go directly down four universes into the 15th dimension. Collect those frequencies and stream up around the entire fourth sphere and then down into the 14th around the 8th and 9th, down to the 6,5,12,13, blast down to the 15th and up around over and over again until you are completely Woven into the Oneness of the entire Golden Merkaba to prepare for creation of the Golden Galaxy.

Once our bodies and minds are recalibrated into Oneness, by infusing frequencies and energies from all of the 5 spheres, the music of the spheres begins to sing through the crystal cells of the body. Our crystal cells will learn to sing in rhythm and in tune with our Divine Compliment, which is contained in the Earth's Core. Each crystal cell contains an entire creation grid, an entire memory containing the eons of lifetimes in each dimension. We must bring in the frequencies of alignment and memory into the crystal cells. Once the cells memory is restored, the crystal cells become vortices that can spin down into the core of the Earth and collect the entire memory of the entire divine selfhood. By spinning our vortices of our crystal cells down into the Core Domain and absorbing those frequencies, the brain becomes activated, and it can begin recalibration of all of the elements of co-creation as was originally a natural part of the man of Source creation.

Cosmic Mystery School of the Omniverse

LIFT OFF

We can create the fuel and the energy in our Merkaba Bodies which are our Space Ship Bodies to gain lift off from this dimension. Our body is now the Proton Body. We gain lift off by adding the Neutron to the Proton. We can create the Neutron by collecting the frequencies of the 14th and 8th dimensions and allowing the merkaba to spin at the speed of light to transform this energy into a Neutron that is brought into the Merkaba Body. The Merkaba can glide down into Mother Earth's Core and collect all of the eternal substance of Mother Earth and of our own Golden Crystal Bodies that were left there. Next, we create two bands of helium energy that spin at the speed of light and place them in our crystal heart. As we sit in the Earth's Core and allow the Merkaba to spin at the speed of light, we also allow the rings of helium to spin within each other at the speed of light clear out into the Cosmos. See the rings spinning clear out to touch the stars in the sky on each breath as they spin. The speed of light energy is that fast. We would touch a star on each breath. Feel the sensation of expanding and disappearing into the Standing Wave Pattern of the Cosmos. The merkaba can then be taken to the core of the Earth as we merge into oneness with Mother Earth.

Next we place two heliotalic rings of light in the center of our Crystal Heart and Ignite the heliotalic rings to spin at the speed of light. The speed of light spin would pop the rings out to connect with all of the stars in the universes with each exhale. This creates a sparking and merging of universal, galactic and cosmic frequencies of light from all five realms of Consciousness. This speed of light connecting and merging makes the body actually turn into a spark of light that is traveling at the speed of light within the Merkaba and popping and connecting out around to all of the stars within the cosmos. When this energy of the speed of light spins and the Merkaba is also spinning at the speed of light and the rings spin at the speed of light, then the body can be lifted into the Ashtar Command through an electromagnetic funnel of light. This speed of light spin merges the physical into oneness with the etheric body for zero point lift off.

Entities in the CHRIST CONSCIOUSNESS MERKABA Ships will completely heal the body and create the Immortal Body or the Christ Consciousness Temple. At this time

each entity will be free to return home to their own planets or destinations. Some will decide to return to Earth to complete the second wave of ascension and others will go off to other missions.

LIFT OFF MEDITATION

Imagine two rings of light made of helium. These two rings of light intersect through the center of each other.

Place these rings of helium energy into the center of the crystal heart. See and feel these two rings of helium energy spin within and through each other at the speed of light. The rings spin in opposite directions from each other. They spin at equal rates of speed of light energy.

First ignite the energy of these rings by seeing a spark of light - God Source energy. Breath on that spark and ignite the helium energy. Feel those rings of light spinning in your crystal heart.

Now think about speed of light energy. This rotation of particle spin places you on universes and stars all over our galaxy. See your helium rings touching several stars in the sky as they spin at speed of light energy. Each time you breath these rings will be touching the energy of other stars and suns and igniting that same energy inside of your heart.

See yourself in your Golden Merkaba. This Merkaba already contains all five spheres of frequency energy.

Ride inside this Golden Merkaba into the Earth's Core. Spin your electro magnetic Merkaba.

The point down spins clockwise and the base down spins counter clockwise. See your Merkaba collecting all crystal energy inside of Mother Earth's womb. Now, spin the two rings of helium at speed of light frequency. When you want to ascend, continue this activity until you get lift off.

MERLIN'S CRYSTAL MANIFESTATION MEDITATION

MERLIN reminds us that we must announce the incoming light into every cell in our bodies. The formula of co-creation requires announcing the incoming light into every cell in your body. It is a time to remember, to re-cognize, to realign the entire structure of the mind and the body into the frequencies of light that are in the dimensions of our selves that we have not yet allowed to become a part of our lives. Each crystal cell in our body must be completely full of all of the breaths of Cosmic Consciousness from every dimension.

Merlin said we must announce the light into the crystal cells in our bodies. He did not say the angels would announce the light. He did not say that the sun would announce the light. He said that we must announce the light into the crystal cells of the body.

We announce the light energy into the crystal cells through the Breath of Crystal Light Energy in our CD albums and meditation kits. We use Merlin's formula of White Magic, which is the alignment of every crystal cell in the heart, the brain area and the breath to be filled with the complete spiritual essence of the dimensional frequencies of the 12th dimensional Christ Consciousness, the 13th dimensional frequencies of the Earths Crystal Core Domain, the 14th

dimensional frequencies of the etheric realms and the 15 th dimensional frequencies of the co-creative realm.

SPHERES AND SELVES MEDITATION

There is an aspect of our selves as ourself in each and every dimension and Sphere all the way up to and including Source. We are in all the dimensions of our universe and beyond including our God Self and Source. All the dimensions and Spheres are always around us, we just need to be aware of them and start bringing in the frequencies. Here is a meditation to help bring all of your selves into the forefront of consciousness: It would be very good to also play the music which will facilitate this process from “Ascension Vortal” album or another of the Ascension Music albums that you like while doing this meditation to help you connect with your entire multidimensional self at all dimensions and Spheres at the same time.

Also, take a look at the Spheres and Selves diagram and know that there are specific frequencies where each of your selves hang out - Your Source self had the frequencies of Source, your Monad Self has the frequencies of your particular Monad, your 5th Sphere self has the frequencies of the 5th Sphere, your Christ self has the frequencies of the 4th Sphere, your Spirit (Over Soul) self has the frequencies of the 3rd Sphere, your Soul self has the frequencies of the Second Sphere. It is also important to realize that we are one with all of our selves now - we are not ever separate and never have been.

Sit in a comfortable position.

My breath is what helps further draw or move divine energy/frequencies. My inhale generally draws energy. My exhale generally moves the energy. So, in this case, I inhale to draw frequencies into myself from a higher self and the corresponding dimension that part of me resides in and I exhale to move these specific frequencies into every cell of my body and out into the spin of my Merkaba - a part of my spiritual body that is in a 27' radius around me.

Before I begin, I thank Source for everything.

I then state, "I am Divine Mind, now." When I start to feel the energy, I inhale to accelerate the drawing in the energies and then I breathe the energies out my 3D body to saturate every cell. I repeat this until I feel the energies tingling throughout every cell. I then continue and exhale the energies out into my spinning Merkaba until I feel that it is super saturated with the energy.

Repeat

I then state, "My Source Self frequencies, now." When I start to feel the energy, I inhale to accelerate the drawing in the energies and then I breathe the energies out my 3D body to saturate every cell. I repeat this until I feel the energies tingling throughout every cell. I then continue and exhale the energies out into my spinning Merkaba until I feel that it is super saturated with Source energy.

Repeat

I then state, "I am one with my Source Self, now." When I start to feel the energy, I inhale to accelerate the drawing in the energies and then I breathe the energies out my 3D body to saturate every cell. I repeat this until I feel the energies tingling throughout every cell. I then continue and exhale the energies out into my spinning Merkaba until I feel that it is super saturated with Source energy.

Repeat

I then state, "My God self frequencies, now." When I start to feel the energy, I inhale to accelerate the drawing in the energies and then I breathe the energies out my 3D body to saturate every cell. I repeat this until I feel the energies tingling throughout every cell. I then continue and exhale the energies out into my spinning Merkaba until I feel that it is super saturated with the energy.

Repeat

I then state, "I am one with my God self, now." When I start to feel the energy, I inhale to accelerate the drawing in the energies and then I breathe the energies out my 3D body to saturate every cell. I repeat this until I feel the energies tingling throughout every cell. I then continue and exhale the energies out into my spinning Merkaba until I feel that it is super saturated with the energy.

Repeat

I then state, "My Monad self frequencies, now." When I start to feel the energy, I inhale to accelerate the drawing in the energies and then I breathe the energies out my 3D body to saturate every cell. I repeat this until I feel the energies tingling throughout every cell. I then continue and exhale the energies out into my spinning Merkaba until I feel that it is super saturated with the energy.

Repeat

I then state, "I am one with my Monad self, now." When I start to feel the energy, I inhale to accelerate the drawing in the energies and then I breathe the energies out my 3D body to saturate every cell. I repeat this until I feel the energies tingling throughout every cell. I then continue and exhale the energies out into my spinning Merkaba until I feel that it is super saturated with the energy.

Repeat

I then state, "My 5th Sphere Self frequencies, now." When I start to feel the energy, I inhale to accelerate the drawing in the energies and then I breathe the energies out my 3D body to saturate every cell. I repeat this until I feel the energies tingling throughout every cell. I then continue and exhale the energies out into my spinning Merkaba until I feel that it is super saturated with the energy.

Repeat

I then state, "I am one with my 5th Sphere self, now." When I start to feel the energy, I inhale to accelerate the drawing in the energies and then I breathe the energies out my 3D body to saturate every cell. I repeat this until I feel the energies tingling throughout every cell. I then continue and exhale the energies out into my spinning Merkaba until I feel that it is super saturated with the energy.

Repeat

I then state, "My Christ self frequencies, now." When I start to feel the energy, I inhale to accelerate the drawing in the energies and then I breathe the energies out my 3D body to saturate every cell. I repeat this until I feel the energies tingling throughout every cell. I then continue and exhale the energies out into my spinning Merkaba until I feel that it is super saturated with the energy.

Repeat

I then state, "I am one with my Christ self, now." When I start to feel the energy, I inhale to accelerate the drawing in the energies and then I breathe the energies out my 3D body to saturate every cell. I repeat this until I feel the energies tingling throughout

every cell. I then continue and exhale the energies out into my spinning Merkaba until I feel that it is super saturated with the energy.

Repeat

I then state, "My 3rd Sphere self frequencies, now." When I start to feel the energy, I inhale to accelerate the drawing in the energies and then I breathe the energies out my 3D body to saturate every cell. I repeat this until I feel the energies tingling throughout every cell. I then continue and exhale the energies out into my spinning Merkaba until I feel that it is super saturated with the energy.

Repeat

I then state, "I am one with my 3rd Sphere self, now." When I start to feel the energy, I inhale to accelerate the drawing in the energies and then I breathe the energies out my 3D body to saturate every cell. I repeat this until I feel the energies tingling throughout every cell. I then continue and exhale the energies out into my spinning Merkaba until I feel that it is super saturated with the energy.

Repeat

I then state, "My 2nd Sphere self frequencies, now." When I start to feel the energy, I inhale to accelerate the drawing in the energies and then I breathe the energies out my 3D body to saturate every cell. I repeat this until I feel the energies tingling throughout every cell. I then continue and exhale the energies out into my spinning Merkaba until I feel that it is super saturated with the energy.

Repeat

I then state, "I am one with my 2nd Sphere Self, now." When I start to feel the energy, I inhale to accelerate the drawing in the energies and then I breathe the energies out my 3D body to saturate every cell. I repeat this until I feel the energies tingling throughout every cell. I then continue and exhale the energies out into my spinning Merkaba until I feel that it is super saturated with the energy.

Repeat

END OF MEDITATION

After a while, you will clearly feel and know that your mind and the Lord God of your Beings Mind are the same. This is what you want. And you will also feel the immediate connection all the up and down the dimensions and Spheres with yourself.

Important Note: it is very important to breathe the frequencies both into every cell of your body and into your Merkaba - for the frequencies that run through the Merkaba make it all the way to the body after a little while. The process of matching frequencies to create a portal or go to another dimension demands that your home body has the matching frequencies. Our consciousness can go all the way to Source at any time and at all times now, but we need to work on moving our home body to our new home of the 2nd Sphere, so we need to get the frequencies through our Merkaba and all the way down to every cell in our body.

MAGIC MERKABA RIDE

MERKABA-HEIROPHANT

In order to collect these frequencies from other dimensions into our body so that we can RAISE FREQUENCIES into the state of Ascension, we use a Heirophant. A Heirophant is a symbol that was given a Divine Power by its creator. This Heirophant has the power to bring the 12th Dimensional Christ Frequency into our Temple or our Body to restore Christ Consciousness. All other Frequencies can be collected into the Crystal Temple through this Christ frequency heirophant.

The male and female metatronic symbols- the male triangle pointing up and the female triangle pointing down is the symbol of the original divine blue print. The spiritual body that contains the crystalline structure of Immortality.

Merkaba is one triangle pointing up and one triangle pointing down. These triangles are the Metatron Triangles of the electro magnetic spin.

Try to see or feel the triangles intersecting or overlapping their energies in order to create the spin. The Triangle pointing upward is the electro and it spins counterclockwise. The triangle pointing downward is the magnetic and it spins clockwise. We have the power to direct the correct spin of the merkaba by just saying merkaba spin correctly now and feel the rhythm of the spin in your body. It actually has a rhythmic beat of spin that is felt in the body.

We will call this the Crystal Star Merkaba in our Meditations

Cosmic Mystery School of the Omniverse

MERKABAS

MERKABA BODY / GOLDEN MERKABA & MERKABA VEHICLE

MERKABAS

MERKABA BODY / GOLDEN MERKABA & MERKABA VEHICLE

There are basically two types of Merkabas that we deal with as individuals. For many years the Merkaba has been described as a 27' foot radius crystalline structure around the body that is a part of your spiritual body that frequencies run through like an electrical conduit. That is accurate, but there are also 4 more Merkabas around the body that have come accessible to us since the ascension began in 2000. This 5 Merkaba is the Golden Merkaba and connects us to all of the Spheres and dimensions of Oneness in the universe and beyond.

The other type of Merkaba is one that we create to collect and distribute frequencies in meditation and that is called the Merkaba Vehicle. We will be using the Merkaba Vehicle often in meditations for collecting and distributing frequencies is a big part of the ascension process and a big part of life from now on as we quickly approach living in the New Earth Islands of Light.

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BECOMING CO-CREATORS

BECOMING CO-CREATORS

We must begin spinning forward. We create this spin forward by our creating. We must become co-creators with the fifth sphere. We must co-create with the frequencies of light and sound, with the frequencies of Love and Light energy. The fastest way to get into our heavenly homes of the 12th dimension is to create, create and create. What we create must be a co-creation with Divine Mind. This creation must come from the breath of Christ Consciousness energy. It must come from Cosmic Crystal Light Energy of creation.

Choose a form of creating through drawing, writing or singing. Get some glittery Paint that will make you feel like you are creating a sparkly fantasy with your paints. It doesn't take any special artistic talent to paint with sparkles, it is an etheric feeling of creativity. Also, writing creating thoughts or poetry. Just drawing with the mind. But only create things that you have never seen or known before. Create from the superconsciousness. Create from fantasy. Create from the imagination. This is the new reality.

SPINNING OUTWARDLY

Imagine yourself standing within your Merkaba Light Body. This body is about 54 feet around you. It is quite large. Now imagine standing in this Merkaba Body inside of the Earth's Core. The Merkaba must always be spinning at speed of light energy.

The female triangle points downward and spins clock wise.
The male triangle points upward and spins counterclockwise
Each of these spins at the speed of light.

Now imagine your Merkaba Body extending around the entire sphere of the Earth. You are still in the center of it and it is still spinning at the speed of light. Next expand the Merkaba out to the solar sphere, and then the galactic, and the universal and the cosmic.

Now you are in a Merkaba that is Cosmic. You have expanded your light body to become cosmic.

As the Merkaba spins at the speed of light it is creating new harmonies or the music of the spheres. It is merging one sphere into another sphere into another until we are within One Cosmic Sphere.

We transform step by step through the harmonic convergence of the frequencies of one dimension combined with the frequencies of our selves in that dimension and the light and sound in that dimension. When the frequencies of one dimension are collected, we merge that energy with the frequencies of the next dimension and then the frequencies of our selves in that dimension. We do this for 12 dimensions to completely merge into the Christ 12th dimension. This is the highest dimension of form. Beyond the 12th we become pure etheric light energy that merges with our Monadic self, our God Seed and then steps clear back into Source.

From the 12th dimension, we have connected to our true selves, our true frequencies that can then be brought back into the fifth dimension. The fifth dimension is the dimension of home. All of our selves from the 12 dimensions live in the fifth dimension. We just become one complete self. The fifth dimension isn't a lower dimension, it is just the home dimension. In order to be in the complete high fifth, we must become one with all we are as a Soul Self, a Spirit Self, a Rishi Self and a Christ Self. This completes the five spheres of this Matrix. In order to completely align with the Lost Chord - that would be the 8th sphere - we must merge our matrixes together into oneness.

When this matrix of the five sphere merges into oneness, we can then begin to merge matrixes until we complete the complete Golden Galaxy merge.

Those who have disconnected themselves from the only true source of energy, transformed their etheric music of the spheres into a thick dense song of rap that speaks of darkness. Now is time for our cells to reawaken and remember the

beautiful song and dance of creation, love and light. Now is the time to sing our way to heaven.

Etheric our body becomes. The higher frequencies pull the lower frequencies into them and transmute them. The denser forms of chemicals also transform into a higher frequency- a more etheric chemical structure.

We can activate this process of expanding our density out into etheric form by spinning the Merkaba and consciously blowing out pops of energy carrying the blood crystals of our physical body out into the Merkaba at the horizontal planes of the 15 dimensions. We begin by spinning the Merkaba and exhaling in pops of energy carrying the blood crystals first three pops to the right side and then three pops to the left side. Imagine blowing the blood crystals clear out into the universe, the stars, the cosmos. Do this from the head area, the heart area. Stomach area, Knee area and feet area.

Cosmic Mystery School of the Omniverse

Transcendence into Ethereic Substance

Transcendence into Etheric Substance

Eyes radiate the conscious command into the frequencies of the being that is standing right in front of them.

The brain radiates, the bodies radiates

We ignite commands from consciousness into the frequency field of the energy.

Our energy is locked in grids inside of the earth and inside of our body. These grids are now unlocked by the time shift of the earth.

Transcendence into Etheric Substance. This is the truth that sets us free. Eternal life is made of etheric substance. The process of ascension is transforming the body into etheric substance--the crystal golden dust substance. This creates the light body. Mass is being transformed into a more etheric silica based substance. We are being transformed into the fifth dimensional etheric substance. This body can take on any form it desires--any age--any height and weight. It may travel to any dimension. It may return home or stay in etheric matrix.

Cosmic Mystery School of the Omniverse

Understanding Ascension

Understanding Ascension

The Ascension Process is accomplished by raising frequencies. We raise the frequencies by collecting the frequencies together from all five spheres. We collect these frequencies into the Merkaba Body. We spin the Merkaba at the speed of light. We spin two heliotalic spheres of light inside the crystal heart at the speed of light to create fuel for the Merkaba Space ship.

To prepare for lift off, we must reconnect with our spiritual half. This Spiritual Body waits for realignment in the Core of the Earth. We must absorb this iridescent body into our physical body.

When the Consciousness is totally aligned with the Divine Plan individuals will be contacted that they will be ascending soon. This will only happen when an individual is ready for this ascension by preparing for it.

We transcend out of the hologram of the third dimension when our frequencies have risen out of it and our consciousness has risen out of it.

KEEPING THOUGHT AND FREQUENCIES HIGH

KEEPING THOUGHT AND FREQUENCIES HIGH

Nothing can resist the highest frequencies of Light – Source. All will be transmuted into Oneness by the highest frequencies of Light. All duality/polarity will drift into only being the memory of some lifetime long ago.

Mahatma, the Cosmic Entity that brought his light of integration to Earth for the first time, at the harmonic convergence of 1987-88, is still pouring his powerful Light energy of integration onto Earth for our transformation into Oneness.

Archangel Metatron is constantly bringing in newer and higher Light energies, working with so many cosmic entities of Light to bring in the intensity and quality of Light needed for our transformation into Oneness.

The Crystal Light Entity, who is bringing in one of the core energies of the new reality – a sparkly turquoise energy of healing and transformation, is constantly pouring his energy onto and through the Earth.

As beings of Light, all of these Light energies are part of us and move through us as part of us for we are One.

Every time we inhale and exhale, we are breathing all of the transforming frequencies of all of the Light through us and all that our consciousness reaches and encompasses.

We can bring these light energies in by calling them and then inhaling the light energy into our heart and then exhaling them into and throughout the Earth, Solar System, galaxy, universe, universes, and the cosmos. By going out to all, you help interconnect and align our light energies with all as all. We are one.

Call on and call in Mahatma's light energy of integration, all the light energies Archangel Metatron is bringing in with the help of so many, the sparkly turquoise energy of the 5th dimension being brought in by Crystal Light Entity, the light of Source – God, the light of Divine Love – Source and any other light of the highest frequency that you are aware of.

Encompass the Earth with Light. Encompass all of the entities that live on Earth with Light. Encompass the Solar System, Galaxy, Universe, and all Universes and the Cosmos with Light. We are One with All.

Crystal Dust Manifestation and Memory

Crystal Dust Manifestation and Memory

Kuthumi directed pearly white light through the azure or Crystal Heart. Starry Brothers, including Kuthumi, streamed pillars of aqualene light of platinum and gold from Sirius B Crystal Temple Chambers in Etheric Earth- or Parallel Spiritual Earth to flow through the physical body and the Crystal Dust Body. As these pillars of Aqualene Light flow up from the Earth's Core and down from the Sirius B Chambers through the two bodies,

The crystal cells become activated in the crystal heart, the head area and the tail bone. These Crystal areas contain all of the records of memory of all past history of who we are.

The pearly white crystal activates the Crystal Heart to begin the activation of the crystal memory of what we have long held in our Crystal Dust Body.

When we connect our Crystal Dust Body from deep inside the Earth's Core- on the Etheric Earth side into our Physical body, we will begin connecting to the memory of all that we are.

We first collect the sparks from Irradescent Body that we merge with from the Earth's Liquid Light Mantel inside of Her Core.

We collect the golden crystal dust sparks into the tailbone area and release the crystal dust sparks.

Inhale crystal dust into the Crystal Heart from the tail bone. Now exhale this crystal

dust from the Crystal Heart down to the feet and feel the leg currents open

Eira is the entity of Source's original spark and breath of creation. Ekasha is the original center of connection with Divine Mind or Source Consciousness that has been blocked and turned into physical organs.

Eiradonis Circulation begins opening the EirA back flow into the Spirit Body and Crystal Dust Body into the Ekasha- in the center of the Head. The Luma Eterna - (Eternal Illumination of Divine Plan, Divine Mind, Source Consciousness) connects directly into the center of the head.

This begins the continuous clearing of the Crystal Dust Body. This is the beginning of clearing 18 million years of miasmatic memories.

We ask for a continuous washing of the Crystal Dust Body in the Aqualene Chambers of the Liquid Light Cleanse.

The Solar Chambers of the second sphere opened for slide and glide into the Cloud Cities on July 4, 2008. This opens ability for highest Christic Resonance of Slide and Glide into Cloud Cities and Urtha.

Continuous Self healing and New Awakening to Ascension Earth and to Aquafaria.

When we Shift the Time Warp out of our morphogenetic field, we can slide into Ascension Earth. We completed a Time Shift in June, 2008.

We can now bring the Crystal Dust Body containing the Crystal Cells into the Body.

This burns a hole through the time warp body.

As the human DNA builds by raising frequencies, the higher dimensional reality fields come into manifest view and lower dimensional reality fields fall out of perceptual range.

The images of visionary memory of the Aquafarian and Etheric Realms of our higher dimensional thought forms made of energy substance that are placed in the higher dimensional fields by our present moment self become manifest.

In order to move forward through time, we must absorb high frequency sound frequencies into the crystal cell structure of the body, the consciousness.

As we absorb these sound frequencies into our morphogenetic field, our merkaba body field of consciousness, the frequencies expand the realm of the morphogenetic field. We must connect our frequencies into the Entities of Higher Frequencies and Dimensional Fields. We must connect our frequencies to Sanat Kumara, to Sananda, to Ashtar Command, to Kuthumi, to Zorak, to Shajinka, to Zadkiel, Mary, Raphael, Goddess Hathor, Goddess LEEHA, to Elohim, Seraphim Angels, the Elohim of Hearing, the Elohim of Seeing, to Cinderella--to all of the HOT Spots in all of the Dimensions.

We create an Island of Light by connecting our frequencies to the frequencies of those who are in our morphogenetic field--those in our standing wave pattern.

The field grows stronger until it begins to dissolve and transmute anything around it into the higher frequencies.

The more the music is played that contains these higher frequencies, the more you will transform into a higher perception of multi-dimensionality-- of Christ Consciousness-- The lower perceptions will dissolve and become absorbed into your higher frequency field.

Everything drawn into your personal Island of Light will raise itself into your perception--your frequency field.

Anything that does not want to be transmuted into that field of reality will disappear from your experience.

That doesn't exactly mean people or loved ones will disappear, that means they will transform into the higher perception that you have of them.

They will transform into glorious wonderful beings of light. They won't want to disappear, they will want to transform.

Until we accumulate higher dimensional sound frequencies into our morphogenetic field, we remain frozen in time. There has been a time vector shield around us

blocking us from our spirit body. The time has shifted so that this time vector shield can fall away now.

However, it cannot fall away until the frequencies of our morphogenetic field are raised into the rhythm of love- the speed of light energy connected with the Consciousness- the Breath of Oneness. This is achieved by aligning the resonance of all of the Frequency music, which already contain the Tone of Home, the Five Spheres, the Love Frequency, the Divine Consciousness. However, the individual Consciousness must truly be aligned into this entire Divine Plan of returning into the Oneness of our Original Divine Selfhood.

We must internalize the new future moment by bringing in the pulsation of the rhythm, or the higher frequency into our body.

This pulsation of a higher frequency is what moves us forward in time. If the new dimensional frequencies are not brought in and the new visions of the new moment are not brought into our consciousness, we remain frozen in this 3D time veil.

In order to move to the future, the future of the 5th dimension, we must accumulate these frequencies. Each thing and each person around us is something we created as an electro-tonal thought pattern.

Now, Crystal Magic Orchestra is collecting these new entities of high dimensional frequencies or electro-tonal thought patterns that we wish to become externalized or manifest into our manifest field.

We draw to us these entities by breathing their frequencies out into our morphogenetic field. We create these electro tonal thought patterns by connecting to their higher frequencies.

As we connect more and more to their frequencies of thought, the more the multi-dimensional reality appears to us.

We can also bring those around us into this higher frequency by seeing the God spark in them. By perceiving them to be of the higher dimensional reality , they will transmute into this higher electro - tonal thought pattern.

The lower will transmute into the higher. If you have accumulated frequencies of

higher dimensions to allow ascending out of perception, you also have the frequencies to transmute and transform those around you.

You will go through many steps of transforming before you disappear. You will go through stages of improved health, higher visions, great memory and thought into great creativity. You will magnetize all that is needed into your experience. People will want to be a part of what you have. The ones you love will desire to become transmuted into the higher frequencies.

A morphogenetic field is a standing wave pattern holding patterns through which matter forms and events manifest.

When a field is created it draws into itself and then expands out into manifestation.

Older thought patterns and older thought patterns of the masses will stay frozen in the field of consciousness until the frequencies are raised into higher dimensions and new realities and thoughts and frequencies of higher entities are placed there.

You shift things in your present manifest field by shifting the past into higher frequencies of a new reality field.

You will encounter those realities manifest once DNA strands come into activation through raising frequencies into the next dimension. Re-create the past--change the past with new electro-magnetic impulses into DNA.

Don't just own the past--change the past.

Imagine-BE IT spend time in New past Creation. Walk into Metatron Chamber of Past Present and Future.

The Pink triangles lead to the past and the blue triangles lead to the future. You can walk into the triangles and change the past present and future. The lower frequencies will always rise to the higher frequencies.

Cosmic Mystery School of the Omniverse

MAGIC MERKABA RIDE

Do / Listen MEDITATION “1. Magic Merkaba Ride” on CD2 of COMPLETE ASCENSION PROCESS KIT

This CD begins with the use of the Merkaba to collect all of the frequencies of all selves, spheres, dimensions and entities into the heart and head and to expand out into the etheric Merkaba body by spinning the Merkaba at the speed of light. The density of the body expands in to a new chemical structure- a less dense form, the more the frequencies are raised and expanded into the Merkaba Body.

You can feel your body disappear and become less dense the more you spin your Merkaba. The more we practice this speed of light spin, the faster we expand into ascension.

MAGIC MERKABA RIDE 12D CLEARING & PROTECTION MEDITATION

This meditation should be done at least 2 times a day once when you first get up before you do anything else and right before you go to sleep at night. Do this continuously and you notice things getting better in almost every way.

Here is some background about the elements within the Meditation.

The 12th Dimensional Self is your Christ Self- your true immortal self hood.

You can bring this 12D star into your Consciousness for complete protection from the 3D world. First see the star inside of your head. Feel the Christ Energy in the Star. Ask to feel the Christ Energy in the Star.

Next, take the star down to the center of the Earth and ask it to collect the 13th dimensional energy of the Earth’s Core. Bring the Star up to about one foot below the

Earth's Crust. This is the place where the Christ Grid and Christ 12D frequencies are in the earth. Feel the star grow under you at this point. Feel this star of Christ energy grow under your feet.

Next, bring the star up over your head, about one foot above the head. See a shield of Christ Energy and protection ENVELOPE your body. Place your body in this seal every morning when you wake up. And do it over and over again until you feel your self locked in this seal completely safe from anything in the 3D world.

This is a gift from Christ. It is your divine right to have this protective seal and to use it. There is no reason to live anywhere except in the Christ Consciousness Energy Seal. The 6 pointed star is the geometric symbol of the 12th dimension and it carries the frequencies of that dimension (it is in the same shape as the Star of David, but it isn't the Star of David).

White is the color of the 12th dimensional light and white light carries the frequencies of the 12th Dimension. Using this symbol and light in meditation, you bring these frequencies in and it carries the codes to reset your Divine Blueprint of your perfect self that is free of all things that are unlike Source.

The 12th Dimensional frequencies creates a strong and clear energy around you where lower frequencies that come next to these frequencies are transmuted to the higher 12th dimensional frequencies (the Law of Vibration) which gives you a strong, clear and free passage through all of the Spheres.

The 12th Dimension is the dimension of the Christ frequencies. The (your) 12th Chakra is located about 12 inches below your feet. Your 12th Chakra contains the frequencies of the 12th Dimension (Christ Frequencies) and connects you directly to the 12th Dimension. Your 13th Chakra is at the core of the Earth and has 13th Dimensional energy. All of the Chakras work this way and connect you to the specific dimension of the Chakra. This is why the 4th Chakra is now the new base chakra for the 2nd Sphere - the New Earth and all of your chakras of 4 - 21 are wide open. The 1-3 chakras are now becoming like placeholders for all of the good things from them are moving up or have already moved up into the 4th and 5th chakras, and all of the other things from chakras 1-3 need to be demanifested so they are put to rest.

The meditation contains making a flame hologram around you that comes out from the 12th Chakra that is 12 inches below your feet that goes up to Source and that goes

down to the core of the Earth.

The key to staying out of the confusing low frequencies of “the world” is to place your body within the flame that holds the frequencies of your Christ Self and to keep yourself emersed in the highest frequencies day and night.

This hologram to place your body in is created by activating eight six pointed stars and infusing them 12th Dimensional frequencies then placing all 8 of the stars together into one star that becomes a sparkly white in color and then bringing that combined star into your Pineal Gland at the 6th Chakra at the center of your head and letting the energies flow through your entire body, bringing that star down to the core of the Earth to absorb the 13th Dimensional frequencies from your 13th Chakra and also absorbing all of the Earth’s healing frequencies of love, then to bring it up to your 12th Chakra 12 inches below your feet, and then create a flame around your body that goes all the way up to Source and all the way down to the core of the Earth.

If you find that the energy is a little too much for you using all 8 stars at once, you can make one six-pointed star and infuse it with 12th Dim. energy and do the meditation. Once comfortable with that, you could keep increasing the amount of stars until 8 stars is comfortable enough to work with.

When you finish this Meditation you will feel your body encased in this flame - this Crystal garment around your body and throughout your body that locks this frequency into and through you. When you start feeling “out of focus” do the meditation again. This is the beginning point of activating frequencies. The Real power - the real frequencies that raise us beyond this 3D Form are in the Earth and in the Universes beyond the Earth, which are also contained within you, once known. The Kingdom of Heaven is within.

NOTE: I think of Breath as the Will of Spirit. My breath is what draws or moves divine energy/frequencies. My inhale generally draws energy. My exhale generally moves the energy. So, I generally inhale to draw frequencies and I exhale to move these specific frequencies to other places. Also, in meditation, I breathe in between doing thing and INHALE and EXHALE to move frequencies.

NOTE: If my body starts to tense up when running frequencies, which it sometimes does because consciousness goes way faster than your body - the body is playing catch-up with the hightened frequencies and sometimes it’s tendency is to tense up -

it's normal. So, if that happens, just say, "My body is relaxed, Now" or/and "My chest is relaxed, Now" or/and "My throat is relaxed, Now." We are gods and are masters.

NOTE: We are gods and we have the power to make things happen as we say, so we can easily say, "12th Dimensional frequencies, Now" and 12th Dimensional frequencies will start running through our body. That's the way it is. So be that.

Cosmic Mystery School of the Omniverse

THE RABBIT HOLE

THE RABBIT HOLE

How deep does the rabbit hole go? It goes deeper than most anyone walking on Earth can imagine.

The Earth and the entities that live on the Earth have been going on a path away from Source for eons. Now, as of the year 2000, the Earth and the entities that live on the Earth are now on a path back towards Source.

Over the ages, a lot of negative technology has been used on Earth to keep the Earth and those who live on the Earth continuously heading in that negative direction. The people and groups of people in power have had a lot of outside help in developing systems of limitation in order to make it more negative.

Is it important to know this? Of course - it is what happened.

Masters, there is magic in knowing how things work.

ALL of the negative technology used and that still appears to be in place in so many places is solely based on very low frequencies.

Now that the Earth and the entities on the Earth are on a path back towards Source and there is also an ascension process going on that is bringing in massive amounts of higher frequencies in order for the ascension to occur, the potential for mass transmutation and transformation is massive as well.

When a low frequency transmutes into the frequency of the higher frequency introduced, what happens to the lower frequency and the energy behind the lower

frequency? Energy never goes away. When the lower frequency changes to the new high frequency that is introduced, the energy that was driving the low frequency is then driving the new high frequency. The low frequency is no longer there – it is transmuted or transformed into the specific higher frequency that was introduced. So, there is more of the higher frequency and there is also more energy behind the higher frequencies.

The low frequency is not destroyed – it is transmuted. And the energy that was behind the low frequency is now behind the high frequency adding that much more drive behind the process of mass transformation – the ascension.

There is magic in knowing how things work.

What are the absolute highest frequencies in existence? Source is the absolute highest frequency in existence along with the aspects that are so closely associated with Source – Divine Light and Divine Love.

Knowing how the Law of Vibration works where ANY lower frequency that comes up against a higher frequency is ALWAYS transmuted into the frequency of higher frequency – a Master can apply that knowledge to powerfully transform ALL lower frequencies. And you are all Masters. Know who you are with confidence because you are that. You are – You are – You are - We are – We are – We are - I am - I am - I am.

The highest most powerful frequencies in all universes – in all of the Cosmos is Source – Divine Light – Divine Love.

And you are that!

Inhale the frequencies of Source – Divine Light – Divine Love – the frequencies that you already are and exhale them out into and through everything around you. Inhale these frequencies that you are and exhale them out encompassing the Earth and all her beautiful inhabitants.

All is Source. All is Divine Light. All is Divine Love.

Inhale and Exhale the divine frequencies of Source - Divine Light – Divine Love – that you are – the most powerful frequencies in the Cosmos and transmute ALL of

the lower frequencies on Earth.

Now, consider the Law of Attraction and know that more frequencies of Source – Divine Light – Divine Love will be attracted because of your focus and know that the rate and quantity of transmutation will then increase exponentially.

Masters, you have the power.

So, ALL of the lower frequencies that have been slowly accumulated on Earth over the eons can and will be transmuted - transmuted and transformed by you now.

Now is the time that ALL of the lower frequencies will and must come UP to your beautiful, wonderful and glorious divine frequencies. The lower frequencies have no choice – they can only transmute and transform when they come up against the highest frequencies.

Masters, you have the power and it is a huge power.

Cosmic Mystery School of the Omniverse

MERLIN'S CRYSTAL MANIFESTATION

Meditation with Frequencies

Meditation with Frequencies

Most meditations have to do with frequencies for they are key to our ascension.

We use symbols, a Merkaba Vehicle calling on Entities of Light and then inhale and exhale to collect and distribute frequencies in the meditations.

It's not hard to do for we are God and we have the ability to do these things because we want it and so it is.

We usually use the inhale to bring in frequencies and the exhale to move frequencies. Inhale to bring towards you, exhale to move away from you.

We use the Merkaba that was used by Jesus and Mary in the Gnostic Teachings. The Crystal Star Merkaba is actually controlled by an entity named AnWa. We can just call on AnWa to bring frequencies in to our bodies and our Merkabas through his magical Frequency Collection Vehicle.

This Frequency Collection Vehicle is a Christ Vehicle which connects to and brings in Christic Consciousness and higher.

There are places, like the crystal core of the Earth, that carry certain frequencies and we collect and distribute frequencies from these wonderful places.

We use commands to call in the frequencies and end the command with “Now” in order to engage it - its like hitting the enter key on the computer to get it to do something.

When you call in a frequency use a statement like--12th dimensional frequencies, now.

Right after you say it you will develop a feeling of the frequencies starting to come in. When you feel the frequencies start coming in, inhale to draw in a lot of the frequency. After a while, you will really start feeling the frequencies strongly.

Cosmic Mystery School of the Omniverse

CREATING YOUR RAINBOW - your COSMIC FAMILY

CREATING YOUR RAINBOW-your COSMIC FAMILY

You will now find and unite with your own Galactic and Cosmic family, as well as family members in each of the five spheres and unite their consciousness through the breaths of consciousness of all higher selves, all families in each of the spheres. We will ignite with our Angel Family in the Cosmic Realm, our Christ Consciousness Family in the Universal Realm, our Aquarius Family who created the first City of Light and the first Divine Plan, where actual Entities with a Form existed.

All harmonic convergence that allows the breaths of consciousness of all of our family's consciousness in the Cosmic Sphere, the Universal Sphere, the Galactic Sphere, the Solar Sphere and the Planetary Sphere will be discovered and utilized by all members of the First Wave of Ascension who will be creating the Rainbows that begin the Islands of Light.

We now have guidance for creating these rainbow within the families of consciousness as well as within the family of this realm. The rainbows of light energy of all light and sound weave and braid and spin together to lift consciousness into oneness with the Cosmic Families. We create Rainbow CD's for families to experience this feeling of harmonic convergence into Oneness with each other and into the Islands of Light.

We will align our consciousness with our higher selves, our god selves, our cosmic selves. All of these Entities communicate and connect through breaths of consciousness. These breaths of consciousness merge into the music of the spheres. The harmonious or harmonic alignment of these five spheres is necessary in order to begin creating ascension vortexes, islands of light and the complete ascension portal of each family of consciousness. Each of these portals is an essential part of and cannot be separated from the complete music of the spheres that will be ignited by the Source Spark. Once this spark has been ignited by enough family members, this matrix can then be lifted into a harmonic convergence, a vortex and an ascension portal into a New Earth, a new Island of Light, a New Creation a New Matrix. This is the grand ascension that has been awaited by all on all universes and galaxies for a very, very, very long time. Become a part of the Grand Ascension into our Original Divine Plan of Immortality and Co-Creativity. Connect with your god self, your higher self, your Etheric Families, learn to communicate directly and continuously to become an active participant in this grand responsibility. Mother Earth has a very empty heart, because so few of you have entered in.

Mother Earth has requested our assistance in aligning our consciousness into her heart or her core through the assistance of Source. She has made this point very clear to us and would like all to understand the absolute necessity of clearing all consciousness through the passage of Source.

The true meaning of 8/8/8 is the realignment of the eighth dimensional consciousness of our galactic consciousness up into eight more dimensions. If we were to connect into only the five spheres of Mother Earth's Matrix, we would connect into 15 dimensions. What is needed at this time is to connect out side of the 15th dimension clear out to the 16th. This is the spark of Source. This would wrap Mother Earth's Matrix of her Galactic Consciousness back into the Lost Chord-the second set of eight.

The Fifth Sphere of Mother Earth's Matrix is the Cosmic Consciousness Realm. This realm contains our highest family of Angelic Consciousness. This is where our tiny ancestors have always lived maintaining the exact consciousness of the Divine Spark of Source. Our Angelic Families were the Elohim Angels. My higher self, Zeena exists on this realm. She works with Zadkiel on his Co-Creation project of the New Earth.

All of our angelic families base their creative activities through the consciousness of the Cosmic Realm plus the Energy of the Spark of Source. The Entity that we refer to as Source confronted me last week. He said, "Hi, I know you as Zeena's little princess sent to Earth for this special time." He said, "My name is Yaweh. Please do not use the words from the Bible, they are mostly incorrect. I am not God. I am Source. Please change my name to YAWAY. Please write my name YAWAY, so I am no longer confused with the Yaweh in the Bible.

Yaway then continued to tell me to call on him any time, and to call on him continuously to ignite the sparks of the crystal heart and in all crystal cells in the body. He said, "please call forth the pearl of wisdom of each and every problem, conflict, thought, action, reaction, misunderstanding, fear, hate, resentment of any element in the entire world. He said, these were the pearls of your present understanding. We do not judge you for having these. These were the tools of your growth. However, now we need you to return these pearls of wisdom to me. I need to re-ignite these sparks of wisdom. I need this source of energy to build a grander creation."

He said, "Mother Earth needs your help. She needs your assistance. She needs your pearls of wisdom realized, gathered together and ignited with my spark before she will be allowed to ascend into her pure immortal essence of who she will be as a Brand New Earth".

He said, "Your body and Mother Earth's body are One. Your Consciousness and her Consciousness are One. You must work together on this project. Please help us in completing this ascension into Oneness.

Mother Earth also contacted us this morning. She said, "I need your help so much. Please assist me by owning all of these pearls of wisdom. Please collect them all and ignite them with the Spark of Source Consciousness-- with the help of Yaway. Please collect everything that has to do with you or with me-- including pollution, fires, moth spray, torturing and abusing all of our creations. It is of no consequence to stand on my surface and chant pretty poems. It is only of value if those will pull into their own awareness all of the things that have happened on this earth, inhale in those ideas, those things that were so painful to all of us. inhale them into pearls of wisdom. Make a small pearl in your hands and invite all of these things to enter in. Collect them and inhale them. until a tiny spark is seen in the middle of the pearl. Inhale this spark of wisdom deep inside of your body.

Ihale into your crystal heart area behind the thymus and I will direct this spark to the correct cell for ignition. “ Next invite Yaway to ignite the spark and see it explode into a burst of new light energy. You will feel a little pop or explosion inside of your body, This explosion needs to happen in every cell in the body. The cells are the memory crystals that hold all of these things that have happened on this Earth Matrix over the many eons.

We cannot complete the ascension until the 8/8/8 is completed. We must weave all that we have woven into the 8th dimension through the frequencies of all of the galactic suns weaving and braiding down and through into Mother Earth’s Core where she has sent streams of crystal light from her internal Sun. This braiding and streaming has been purifying the consciousness of everyone on earth who chooses this to happen and participates in this happening.

Now, the stage for the final step in ascension is prepared. Now the 8th dimension must be woven clear up into the original spark of Source Consciousness beyond the 15th dimension, beyond the Earth’s Matrix into the 16th- the Lost Chord- the Source Spark must now be re-ignited into a Brand New Creation.

The Spark of Source is the spark that sets into motion the completion of the Music of the Spheres. First the spark will ignite the fifth sphere to grow into a flame that creates light and sound or harmonic blending of consciousness of the angelic realm of Cosmic Consciousness to stream and braid into the Universal Consciousness. This consciousness is ignited with another spark from source to ignite into another flame that merges and blends harmoniously into the Galactic and then the galactic into the solar and the solar into the planetary. Once this stream of harmonic convergence is braided harmoniously together through the breaths of consciousness of all of the families of the Elohim Angels, we ascend into Oneness. We have a harmonious blending of oneness into the Divine Consciousness of the Angels. We begin to base everything in our world on the original divine plan of the divine that was brought into form as the sparks of light of Consciousness in the Cosmic, the form of Consciousness into the Universal, the creation of entities who could enjoy the universal realm and create cities of light to live within at the Galactic, and then the Galactic Entities in Aquarius Galaxy created our original divine Plan that still exists in the Aquafarion Realm. This realm of our divine family is waiting for us to come home now. However, we can’t return to this state of divine consciousness until we have returned everything in Mother Earth’s Matrix back into a Spark of Source Consciousness.

This is the final step of ascension. We must now begin aligning into the music of the spheres, which are the breaths of consciousness of all of our divine families from the Cosmic, the Galactic and from our parallel etheric matrix. We must gather all of the pearls of wisdom into all of the crystal cells of our bodies now.

We must then collect all frequencies of all breaths of consciousness from all five spheres, merge them into our own, bring them into the Earth's Core and reunite with all that we once were in this realm. This realm of the 13th, 14th and 15th dimensions deep inside of Earth's Core and then deeper within this realm into the crystal dust, the crystal gel, the crystal light that all was created from as Yaway breathed his Consciousness into the Angelic realm of creation. We must re-unite our physical bodies into this purely etheric realm and become One.

Even though we go through this process of lining our bodies with the golden dust body and the white light garment, we must still ignite the spark of Source- the Consciousness of Yaway into each and every crystal cell memory, in order for that spark of source to explode into a new creation.

This is the BIG WOBBLE. Each time we ignite one of these sparks inside of a pearl of wisdom, Yaway (SOURCE) will pull that spark into the crystal cell structure of the body.

There are four areas where the entire body is realigned back into the Divine Blueprint. One is in the brain area, one is in the tailbone area, one is behind the thymus in the crystal heart and one is above the stomach area. Each time a spark of source is drawn in to own these pearls of wisdom for ourselves, for everyone on the planet and for Mother Earth. There will be a pop felt deep inside of the crystal cell areas in these four areas. Each of these four is connected to the back bone.

The final stages of the returning all pearls of wisdom to Source can be felt as the base of the tailbone sends shivers up the spine. This is happening at this time of the First Wave of Ascension.

This is the sign of the body finishing its shift into immortality.

Each time there is a pop and a wobble of the body.

This was called the Kundalini activation in older teachings. This feeling of the body wobbling is breaking open of all of the seals and the activation of the crystal cells being ignited by the spark of source. This allows the cells in the body to sing with the frequencies of the Christic and Cosmic Realms.

The Memory Cells of all Pearls of Wisdom of everything that has ever happened on this Matrix. The Spark of Source must ignite in each of these cells now. Yaway will then take all of these sparks

of memory and create and brand new Earth from these sparks. This will be a brand new spark. A spark beyond the Cosmic. A spark of the Divine Creation into a more expanded understanding. In to a more pure ,a more loving a more harmonious tone than was ever created before. A brand new Symphony of Love will be played upon the Music of the Spheres.

All of the Cosmic Mystery School of the Omniverse classes are about the Music of the Spheres. Everything we do in creating harmonic vortexes, harmonic convergence zones, ascension portals are done through the connection of breaths of consciousness with each aspect of dimensional consciousness and the five spheres of Mother Earth's Matrix. We merge the five spheres into one grand harmonic convergence which sparks, pops, ignites, merges and finally pops into a new reality. This process is very huge and very complex. This is why it has grown into an entire school.

The process of Ascension actually is actually the harmonic convergence of the rings and spans of the spheres, which is ignited into the Music of the Spheres. This grand new harmony of Oneness is the Ascension. As we ignite the spark of source, the spark of the Cosmic consciousness and the spark of the Christ Consciousness we create the sparks of ignition into Immortality. The body becomes very hot, the sparks have been ignited. Our body transforms into a Light Body. The cells begin to sing in resonance with the Divinity of Source. Our Frequencies are raised far beyond this realm.

Begin the process of Oneness. Unite with the Five Spheres of the Music of the Spheres. The basic procedures for Ascending into Oneness is explained in the Free Pamphlet you will receive when you use this HALFPRIce coupon to order the CHRISTMAS ASCENSION ALBUM which contains the Frequencies of Cosmic Consciousness, Source Consciousness and Christ Consciousness and the keys and codes that unlock the diamond door into our Kingdom of Heaven on Earth.

MERLIN'S CRYSTAL MANIFESTATION MEDITATION

Do the entire Merlin's Crystal Manifestation Meditation on CD 4 in COMPLETE ASCENSION PROCESS KIT

MERLIN'S CRYSTAL MANIFESTATION MEDITATION

INFORMATION

MERLIN reminds us that we must announce the incoming light into every cell in our bodies. The formula of co-creation requires announcing the incoming light into every cell in your body. It is a time to remember, to re-cognize, to realign the entire structure of the mind and the body into the frequencies of light that are in the dimensions of our selves that we have not yet allowed to become a part of our lives. Each crystal cell in our body must be completely full of all of the breaths of Cosmic Consciousness from every dimension.

Merlin said we must announce the light into the crystal cells in our bodies. He did not say the angels would announce the light. He did not say that the sun would announce the light. He said that we must announce the light into the crystal cells of the body. We announce the light energy into the crystal cells through the Breath of Crystal Light Energy in our CD albums and meditation kits. We use Merlin's formula of White Magic, which is the alignment of every crystal cell in the heart, the brain area and the breath to be filled with the complete spiritual essence of the dimensional frequencies of the 12th dimensional Christ Consciousness, the 13th dimensional frequencies of the Earths

Crystal Core Domain, the 14th dimensional frequencies of the etheric realms and the 15th dimensional frequencies of the co-creative realm.

We have prepared meditations with the breaths of these dimensions to help guide the meditator in exactly what he or she is supposed to be feeling in the crystal cells as the meditation is taking place. The breaths of consciousness that are lining the cells, and streaming consciousness into the cells to wake up the cells to remember that they are the God Creation must be felt and realized. The meditator must realize that the crystal cells are based on a speed of light spin of the electro magnetic merkaba. The mind must go beyond the third dimensional reality of what we are made of into a fifth dimensional realization that the body is 15th dimensional and the spin of the cells being at the speed of light proves that our bodies are actually a part of the entire galaxy.

Many have been meditating for a very long time just for the purpose of feeling more balanced and more and peace. The following meditations are for the purpose of learning to feel the frequencies of the dimensions through the help of breaths that Crystalai and aDolphino place in the meditations. The FEELING will teach the meditator how to know if the connection is being made into the dimensions and into connections with Entities from other universes. The FEELING will allow the crystal cells in the body to absorb those frequencies. The FEELING will awaken the crystal cells into knowing what the Akashic records in the Earth's Core really mean. The FEELING will awaken the crystal heart into oneness with the Spiritual Divine Compliment that exists deep in the Liquid Light Etheric realm of the Earth's Core.

This meditation utilizes the Heirophant that has the Divine Right and Ability to collect and distribute frequencies from all dimensions and to bring those frequencies to any place that you command it to.

The Heirophant that we will use is a 24 pointed, 3 Dimensional Star. We are going to call this Heirophant the Crystal Star in our Meditations. This Heirophant is also the Merkaba Vehicle of transportation. The Merkaba is actually our Space ship that allows transportation between dimensions. This spaceship will become a reality once we complete our particle shift.

So we think of the Merkaba which is one triangle pointing up and one triangle pointing down. These triangles are the Metatron Triangles of the electro magnetic spin. Try to see or feel the triangles intersecting or overlapping their energies in order to create the spin. The Triangle pointing upward is the electro and it spins

counterclockwise. The triangle pointing downward is the magnetic and it spins clockwise. We have the power to direct the correct spin of the merkaba by just saying merkaba spin correctly now and feel the rhythm of the spin in your body. It actually has a rhythmic beat of spin that is felt in the body.

The Heirophant is a Merkaba of six points that overlaps into 12 points by laying one layer of white light energy from the 12th dimension over the top of another layer of light energy from the 11th dimension and then combining those energies again into a three dimensional star.

Just say Crystal Star merkaba come forth and it will appear to you. This Crystal Star is an Entity and will be referred to as an entity in this meditation.

THE MEDITATION

Merkaba Crystal Star come forth. Now exhale the energies of this Crystal Star. Feel a sphere of pale silver blue around this Crystal Star. Allow those frequencies of that sphere to embrace you and empower you.

Merkaba Crystal Star COME FORTH. Breathe and Exhale.
Feel the Crystal Star in the center of the head.
Breathe Crystal Star
EXHALE

Feel the energies of this Crystal Star. Feel the tingling power. Feel the essence of this Entity.

Now picture the Core of the Earth. Visualize in the very center of the Mother Earth that there is an Etheric Core or Center that made of Etheric Crystal Light Energy. This core is created completely of Crystals, Crystal Dust, Crystal Gel and Crystal Light. The Liquid Light Energy creates the Rivers and Ponds. The entire structure is Crystal Energy. This is the Core Domain created by Sanat Kumara before the final fall of Atlantis. Sanat Kumara prepared a place that had the complete Spiritual Etheric selves of those Divine Entities who would become fallen into the density of Duality

after the Fall of Atlantis. Sanat Kumara prepared and maintained our perfect selves for us to return to at a future date in time. That date in time is now. These are our Divine Compliments. These are our Etheric Crystalline Spiritual Selves who contain the complete memory of who we were in the original Aquarius Galaxy.

Each time we travel into the 13th Dimensional Crystal Core Domain we attach to a part of our selves that was kept in storage for us a very long time ago.

INHALE all of the Etheric Energies of the CRYSTAL STAR and ride inside of this Merkaba sphere of energy into the Earth's Core. Stay there awhile and absorb the Frequencies of the Crystal Core Domain.

EXHALE those Frequencies into the Merkaba Sphere.
EXHALE CRYSTAL CORE DOMAIN

Now Inhale those Frequencies up to 12 inches below your feet. This is where the 12th Dimensional Energies of Christ Consciousness Grid reside. Connect into this grid and see a shield form under the feet about four feet in diameter. See your feet standing on that etheric shield. The shield is an etheric platform of Christ Energy. This shield will extend up and around the body. The energies of the 12th dimension- Kaharasatahala are firmly planted under your feet.

Now Exhale the frequencies you've collected from the Core Domain into that 12th dimensional shield
EXHALE NOW

See the pale silver- blue sphere of energy expand out into a disc below the feet and watch it grow out and around the body.

Inhale the energies from the 12th dimensional pale silver blue sphere and the 13th dimensional core domain into the Heart Chakra. Now Exhale all of these energies into the Crystal Heart.
EXHALE NOW

Now Inhale all of the Frequencies from the Crystal Heart and ride the merkaba vehicle into the 14th dimension about three feet above the head. Collect the energies of the 14 dimension into the merkaba and combine them with the other frequencies.
Inhale all of these energies of the 14th

EXHALE NOW

Now Inhale all of the frequencies of the 12, 13 and 14.

EXHALE NOW

EXHALE into the Crystal Heart

Pull a shield around the body from the Earth's Core and up around the 12th dimensional shield of the Christ Grid and up around the body over the head into the 14th dimension.

EXHALE all of the energies of the KAHARASATAHALA-CHRIST DIMENSION and the energies of the MAHARATAMUJAVA -13th and 14th dimensions into the shield around the body.

EXHALE NOW

NEXT inhale all of this energy and EXHALE into Crystal Heart.

INHALE all of the energies in the Crystal Heart and Exhale into the Earth's Core.

EXHALE

Now Inhale all of the Energies from the Earth's Core back into the Crystal Heart and watch the envelope around the Crystal body get larger and stronger with Crystal Energies.

Now exhale all of the Energies from the Crystal Heart and Exhale into the Earth's Core again.

EXHALE

Continue to Inhale all Energies and EXHALE all energies

Watch the Crystal Heart grow into a large Crystal Sphere of Energy and Watch a Shield of Christ Energy of protection, Core Domain of remembering and Etheric Light of Healing. This Shield Of Light Energy is placing the Body into a Spiritual Insulation Package that isolates it out of the third dimensional holographic dream.

This Shield is also an Elevator that allows all of the Dimensional Selves to be connected into one ISLAND OF LIGHT as the crystal cells grow to remember more and more of who they are.

CRYSTAL MANIFESTATION MEDITATION

KAHARASATAHALA

KAHARASATAHALA

KAHARASATAHALA

KAHARASATAHALA

KAHARASATAHALA

Christ Light Come Forth

Christ Light come Forth

Christ Light Come Forth

Christ Light Energy come Forth

KAHARASATAHALA

Merkaba Vehicle of Divine Transportation

Come Forth

Merkaba Vehicle of 6 pointed star of white light
come forth

Merkaba Vehicle as 12 pointed star of white light
come forth

Merkaba Vehicle of 24 pointed star of white light
come forth

Merkaba Vehicle of 48 pointed star of white light
come forth

My Merkaba vehicle of transportation is in the center of my head
It is prepared to collect all of the energies from all dimensions and
bring them into my crystal cells in my head, in my heart and into my
body.

This Christ Star Vehicle is created from the two triangles of Metatronic Energy. The
upper triangle is the male electron and the lower triangle
is the female magnetic energy. These forces of energy spin in opposite directions in
order to create the zero point spin of speed of light energy.

The female is lower triangle with the point down, it spins clockwise and the male is the
upper triangle with the base down, it spins counterclockwise. These
two triangles are one inside of the other, so the energy is distributed more
like a drilling motion than just a spinning top.

This energy will spin naturally and correctly just by saying Merkaba

spin correctly NOW.

I bring Christ Consciousness into my Merkaba. I bring 12th dimensional Christ Energy into my Merkaba.

Kaharasatahala

I bring this 12th dimensional energy into my Metatronic Christ Star Vehicle with the Merkaba Spin of speed of light energy in each crystal cell in my body.

I bring in the energy of the 24 pointed white light star.

I bring in the energy of the 36 pointed white light star.

I bring in the energy of the 48 pointed white light star.

The 12 pointed star becomes 24 when one is lain over the top of the other one.

The 36 is created by laying another over the top.

The 48 is created by laying another over the top.

Maharata mu a va kee ra shay ha sha.

I spin this Merkaba Vehicle of white light energy inside of my head.

I ride the merkaba to collect energies from my 6th dimension in my crown area and then up to the top of my head for the 7th dimension and the I ride into the center of my head to connect to the 8th dimensional energies and the 9th dimensional energies. I ride up to a few inches above the head and collect the 10th dimension and few more inches to collect the 11th dimension and the up a foot above my head to collect the 12th dimensional energies.

I bring all of the 12 dimensional frequencies into the Merkaba White Light Vehicle Star.

I spin the Merkaba at the speed of light energy. Merkaba spin correctly Now.

I spin this merkaba down through my body to one foot below my feet to connect to the Christ Grid of Mother Earth. This is the 12th Dimension and the Christ Consciousness Frequency.

I pull that Christ Consciousness into my Merkaba and spin the energies into it.

I bring the merkaba full of all of the 12 dimensional energies into my head.

Now I ride the merkaba down into my crystal heart in the area of the fourth and fifth dimensional energies. I spin the merkaba to collect all of the energies of the 12th dimension and combine with the energies of the fourth and fifth dimensions and allow the crystal cells in my heart area to sing together with this energy.

I ride the merkaba back up into my head area and connect firmly into the 6th area of the crown and into the 8th and 9th dimensions inside my head. I feel the 8th dimensional energies stream in a line from under my chin and out through the top of the head. I see this energy connecting into the suns energies. I see the 9th dimension stream through my head from the forehead down through the back of the neck. This is connecting the manifestation template at the back of the neck.

This point in the center of the inside of the head is where all manifestation activity takes place.

This is the point where the sun's energy will enter into my own pineal area and transform our minds into Christ Consciousness at the Eye of Allure of co-creation and instant manifestation.

Merkaba Christ Star Come Forth

I use my merkaba to collect energy from the 10th- 12th dimensions
I pull all of these energies into my merkaba along with the 6th -9th dimensions. I collect all of this energy into my Merkaba Christ Star, and place it above my head and inside of my head.

I fill this Merkaba Christ Star with all of the Christ Energy of the 12th dimension of love and healing protection.

Now I ride my Christ merkaba down into my crystal heart area and connect my Christ Star energy into my crystal heart.

I feel all of the light and energy connecting the light of the Christ Star and Crystals of the heart into the Christ Consciousness of protection and healing.

Now I ride my Christ Star Merkaba down to about a foot below my feet into the earth's Crust.

I feel the energy of the 12th dimensional Christ Consciousness below my feet. I feel the Merkaba collect and connect this energy into it and bring that energy into my feet into my legs into my body and into my heart and into my head and above my head to connect to the 12th dimension that is one foot above my head.

I am now sealed within this Christ Star of Love, Healing and Protection Consciousness. This seal will not allow anything from the Third Dimensional hologram of duality to enter into my Consciousness, into my life, or to interfere in the healing of my self or others. This seal places me firmly into the 12th Dimension Continuously from this day forward. In this Dimension there is no need for healing because all is complete and healed. In this seal is my true Immortal Self hood.

I collect all of this Christ Star Energy into my Crystal Heart.

I see all of this Crystal Light Energy growing and merging into the crystals in my heart.

KAHARASATA HALA
KAHARASATAHALA
KAHARASATAHALA

I feel my crystal heart singing in all of the crystal cells in my body and up into the 12th dimension of one foot above my head and one foot below my feet.

I feel all of the crystal light energy singing and healing and protecting every cell in my body.

I feel my new Christ Body of liquid light energy merging into my physical body. I see my Christ Star of Immortality Merkaba inside my crystal heart. I see myself- my miniature self- my mini-me self inside of that Christ Light Merkaba vehicle.

I can now ride inside of this merkaba vehicle to collect energies from each dimension and bring them into my body.

I ride inside of this merkaba down into the Earth's Core. This is where the Crystal Core Domain of the 13th dimension is.

MAHARATA MU A VA KEE RA SHAY HA SHa

I collect the frequencies of the 13th dimension into my merkaba. I see my mini-me step outside of the merkaba and experience the energies of the crystal in the 13th dimension. I step back into the merkaba.

MAHARATA Mu A VA KEE RA SHAY HA SHa

I ride my merkaba back into my crystal heart.

I bring this energy- the frequencies of the 13th and 12th into my heart along with all of the 4th through 11th dimensional energies.

I feel the energy of all of these dimensions in my crystal heart.

My crystals are singing brighter and the consciousness and energy is strong and powerful. This feeling of love is intense.

This crystal heart is growing into a sphere of white light energy.

My mini-me is in my merkaba.

Now the merkaba is spinning as an electro magnetic vehicle. The triangles of the electro spins counterclockwise and the magnetic spins clockwise. The merkaba spins as a space ship vehicle to ride to other dimensions.

My mini-me is in my merkaba space ship now.

The merkaba is fueled by energies and protection of Love and Light of the Chrsit domain and the crystal core domain of the 12th and 13th dimensions.

Now I will ride in the merkaba down through the Earth's Core and mantle and through the Earths crust and out into the atmosphere below the Earth and to the left side and to collect all of the energies of Mother Earths Aura. The Merkaba spins around up into the area two universes above the Earth. This is the 14th dimensional area.

Mahara ta mu a va kee ra shay ha sha

Now I step out of my merkaba and enjoy the frequencies and the scenery of the 14th dimension. I enjoy the etheric energies of this spiritual realm.

I step back into my merkaba spaceship and ride over an arch into our parallel matrix. I ride into the suns dimension. I collect the energy and wisdom of Vesta into my Merkaba.

I collect the energy of My Sun Alcyone into my merkaba for my Aquarian Matrix.

I feel the heliotalic pastel colored frequencies of ultra violet light. I absorb this energy. I step out of my merkaba and enjoy the glory of the Suns energy. I step back into my merkaba lined with Chrsit Light and the sun's light.

Merge the energies of the 14th dimension and the suns energy and bring this energy into my head area.

This is the suns energy of the 8th dimension that will awaken the God Seed in my head. This is the energy of the light that will awaken my manifestation template. I activate the God Seed in my head with these Codes

I bring all of this energy into my head and into my crystal heart
My crystal heart absorbs all of this energy of Love to hear the crystals sing a new brighter song.

The crystal heart grows into a sphere of white light.

I pull the sphere of white light out of my heart and hold it in front of me.

I see all of my selves in all dimensions in that crystal sphere. I see all energies of 14 dimensions and the sun in that sphere .

Now I breathe into that sphere the breath of Christ Consciousness--the breath of all knowing, all seeing all activating.

I sing the energy of Crystal Light Energy into the sphere.

I bring the crystal sphere back into my heart. I ride the merkaba down below the earth's crust and out to four universes below the earth to collect the 15th dimensional frequencies.

Maharata muava kee ra shay ha sha.

I bring this energy into my merkaba.

Walk out into the fifteenth dimension.

Step back inside and ride home to my crystal heart.

I collect all of the frequencies of the 15 dimensions into my crystal heart. I have collected Christ Consciousness, I have collected the fifth dimensional energies of completing oneness through Love. I've collected the 15th dimensional consciousness of co-creation to allow instant manifestation.

Now I collect all of this energy into my crystal heart and feel it singing into the crystal cells. I see that heart grow into a sphere of white light. I bring that sphere of white light forward and hold it in my hands. I step into that sphere of white light and into my merkaba.

I now ride in my new white light body inside my white light merkaba and travel again into the fifteenth dimension of co-creativity. I step inside of my crystal heart in my white light body and walk through the diamond door. I walk through the diamond door into my new etheric realm where I meet with my co-creation team of Zadkiel, Amethyst, Mary, Raphael, Goddess Hathor. We create together an etheric creation of rainbows and light and sound and manifest this creation into the wishes and dreams and desires of the children of love and light on Earth.

I step back into my merkaba and ride down to my crystal heart. I collect this vision of reality into my heart and pull it up into my Eye of allure in the center of my head. I watch this creation of the place where all dreams come true for the children of love and light on Earth. I breathe this creation out into my crystal sphere in my hands. This creation is now manifest reality.

The Love and Light of all dreams of Creativity, of Dreams Come True are manifest on Earth this day.

Cosmic Mystery School of the Omniverse