

Messages from
Abundant Hope

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Others Part # 6

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The Final Agreement

By Teacher Ophelius:

Jun 29, 2012

<http://www.thecorrectingtime.com/2012/06/final-agreement.html?m=1>

(Candace: These Ophelius teachings are just EXCELLENT, bookmark the site and visit often)

Ophelius thru Chris June 17, 2012

The message for today is about the Final Agreement. What is the Final Agreement? It is the supreme decision between the soul and the Indwelling Spirit to do the Will of the Creator and to ascend and pursue the paradise path to perfection--to become Godlike and to move inward through the schools of the universes, age upon age, until you have gathered the requisite wisdom and perfection needed to obtain membership in the Corps of Finality on paradise. It is there where you will then stand in the True Reality, the presence of the Universal Father, where He resides at the center of infinity, and receive the divine embrace.

This Final Agreement is not something that is necessarily a conscious decision you will make in your human mind, although, your supreme desire to want this is evidence of its eventual consummation. Only after the soul has attained adequate wisdom to understand such a supreme decision can the Agreement be ratified, and more often than not, this shall occur sometime in your mansion world sojourn. For those students on the path, many of you have already made this decision, have traversed the third psychic circle of human personality development, for which you are granted advanced standing.

Upon making such a supreme decision, you will at once be assigned a Guardian of Destiny (a pair of seraphim) to work with you here, while you still live in the flesh, or later in your mansion world sojourn, they are there to help you in your progress toward the divine goal. Your path to fusion with your God fragment is assured, but is yet revocable by you at anytime prior to fusion with the Divine Indweller. You may at any time reject eternal life--free will reigns supreme in the universe.

Many of you have already made a conscious decision to do the Will of the Creator and are wondering how and when the soul is ready and wise enough to make this supreme decree. There is no material indicator of this, yet you will know at the core of your being that this is so. What will be evident, is that you will feel that "oneness" of being that all spirits in the universes feel--to be a part of the whole and to be a willing participant in the creation. As you go about this co-creative process, you will show forth the fruits of the spirit in your daily ~lives and work as a universe citizen with that far seeing view of life and eternity.

If making this Final Agreement is your conscious desire, then my friends, you have taken the first steps toward that end--not really an end, for there are no beginnings or endings on paradise, only unending astonishment as you discover more about the Creator as He

reveals infinite possibilities, levels, values, and attributes of Himself--an unending quest for the totality of God.

Peace to you,

The Circle of Seven

Candace: I published this June 25th to the forum: During the night when I was on aboard ship, we were reviewing the new additions to the "book of life". Being written into the Book of Life, means the fusion/merger of the Father Fragment (piece of Father's mind) and the soul of the Ascending Son, which usually occurs during the attainment of 6d Consciousness, which is also marked by the 6th mansion world in the systems for you UB readers.

Now the list contained about 100,000 names, and the names are the celestial names bestowed these ones as they are written into the Book of Life. This particular list is of those galactic thugs (not the "fallen angels), who were imprisoned here. We wish more of them had gotten this far, but they did not. Its a small list list out of billions. So many will of course be moving to other worlds, or be uncreated or go to a more serious prison planet, which I think we have labeled the void planet, being void of celestial assistance. Ones who go there get one last chance to clean up and get off that place. They blow the next life after getting off, and they are uncreated.

But at any rate, these ones are scheduled to fuse with their father fragments during the 3 days of darkness and since the process consumes their bodies, they show up on mansion world #6 in their new forms there. Just thought you would find this interesting. During the 3 days since we have no morontial temples for the purpose, they will be elevated up into the atmosphere, so that fires are not started by the process.

Another post I made to the same thread, in answer to a question:

This is a different situation David, the fusion with the Father Fragment. When this happens it is reflective of the final and real choice to do the will of the Father. In the early lives man chooses eternal life but generally he has no concept of what it means, which you see in a lot of religious folks, particularly christians, who think going to church and believing on Jesus gets them off to party land forever.

MIND is stored on photons and electrons. The Father Fragment mind, is stored on photons, very high energy photons, and when this merges with the Mind of Man, while incarnate in a body, it always consumes the body. It is VISIBLE to ones observing, as it produces a very high energy flash of light. On worlds with morontial temples used for this process, the vibrations of the worlds are higher and the "STAGE" on the morontial temple has a different energy on it, and these are thus "controlled" and can be witnessed without setting the stage on fire! There are never morontial temples on worlds until they are in

Light and Life, but we will have at least one small one on the surface later, which will be used for celestial visitors, they can be visible on it.

Actually they have morontial temples in the inner earth areas, particularly at the Nebadon Headquarters here under the Himalayas. There is a large city down there of about 1 million people, of a higher vibration than the surface. Many of the ascended masters like Germain are often found there, and the Midwayers etc and just normal celestial visitors and other visitors from the inner earth cities. They go there for fusion by flying saucer transport or inner earth rail.

These are BIG family events, on worlds that have these temples. This is how "death" of the body is bypassed per se. There is no body left behind to bury! This is called "translation". Ones are always notified in advance so celebrations can be made and people come to wish their loved one farewell to heaven. As this planet moves upward, more and more temples will be built for this purpose. They are also used for celestial visits where many people gather to witness these visitors who are not visible to eyes except in the temple. These temples are outdoor type small stadiums with a central morontial area for these activities.

These ones then go immediately to the resurrection halls on the mansion worlds where a new body is provided. Its different from the other sorting processes at this time. Here is a paper you can read in the UB that covers some of this. I think I also place part or all of it in the UB section here on the front site years ago now, with explanatory teaching.

<http://www.urantia.org/urantia-book-standardized/paper-55-spheres-light-and-life>

Service, Patience & Intelligence

By various.

Jul 15, 2012

For those that love having material like this regularly and these ones are always good, they have an email list you can subscribe to: <http://www.1111angels.net/index.php/email-list>

For new readers also check out Heaven Letters which coming regularly also in your email, or visit the site as desired. <http://www.heavenletters.org/>

Urantia, June 17, 2012. (date of transcription).

Teacher: The Beloved One.

Subject: "A Lesson on Being of Service."

Received by Lytske.

<http://www.1111angels.net/index.php/messages/78-a-lesson-on-being-of-service>

The Beloved One: "We have on occasions discussed the concept of being of service. We return to the subject, and add the word 'loving' to it. In loving service, as in doing the Father's Will, implies that there is no expectation of something in return. This is the way I would have you serve, as this opens the way to more abundant blessings. Those who serve either grudgingly, or with hidden agendas, place limits upon My blessings, because they have not understood the real meaning of service. It is in being of loving service that you, yourself are blessed. The Creator of everything knows the hearts and minds of all creatures, and knows the secrets of all hearts.

"Many a soul languishes in darkness, because of having been told that as long they fulfil their obligatory duties by paying their dues they are saved. 'Saved from what,' I like to know? It is the personal connection to the All That Is, which needs to be in place. It is the way with the most love in it, walked in truth beauty and goodness, with sincerity and honesty of heart. This ought to be your daily striving, to each day become more aware of My Presence within you, and to try each day to love one more person. They are the 'unlovely' who also need your love, for you cannot know the aches and pains of another's heart. All have feelings, and by showing yourself friendly and accepting of one another, you reside in a state of loving service.

"You have the ability to uplift someone else with only a smile. The world is in need of happy and genuine smiles. Nothing is ever forced in the kingdom of God. You need to realize that you are actually already living in the kingdom of God, because there is simply nowhere that God is not. All of the infinitely widespread creation is of God. And the reason that everything is manifesting is the unconditional loving service which His mighty descending Sons render in return to the Father. They are subservient even to lowly creatures such as you, because they know what is possible for you to become when you also begin walking in the way of loving service. In this manner you become more finely attuned to all possible potentials which lie undiscovered before you.

“Humans in the early stages of evolution developed their fictitious ideas and ‘fabricated’ those ideas into gospels for others to follow. Many untruths, superstitions, creeds and dogmas evolved and became established as the infallible word of God. Over time, these shall all fall away when God’s truth becomes more widely known. This will happen to just one person at a time. Those who were offered glimpses of truth, because they took the time to make that personal connection, are becoming the salt of the earth, the lights for others to see. These will be the ones of true loving service because they begin to understand the true meaning as to what it means to lovingly serve. They serve already now without recognition. They serve without attracting attention to themselves, because they are at peace with themselves, for they have found that pearl of great value within themselves, which has become their Guiding Light. Search and you shall find.”

Illawarra District, Australia, July 9, 2012.

Mentori Spokesperson.

Subject:“Impatience, So Very Human.”

Received by George Barnard.

<http://www.1111angels.net/index.php/messages/80-impatience-so-very-human>

Mentor: “You are human, wide-spread all over the universes, and your many species live on disparate worlds. In some instances the duration of terrestrial life is no more than forty-five of your years. On other planets your species may well live a few centuries and a little more. Whatever their ways, lives, mindsets, and in whichever way they see themselves, this has always much to do with time, limited time. Most of you are incapable of ‘looking beyond your terrestrial life into eternity’ to always see your future existence as a continuance of life. They are the time limitations you focus on, which create your ‘so very human impatience’.

“Limited time is much of what you have in which to do your planning and your timing as the hours tick away. Time is important as to when to begin a task. Time is important in determining how much time can be allocated to complete the task. Timing is important from the point of view of when a task may dovetail with what follows. It is very much the human way to work out things in time. And to a degree, the Midwayers which are many on most of the worlds also necessarily need to work with time. It is different with Celestials above their ranking.

“The way a Destiny Guardian measures progress is not in time, but in the steps his or her human subject takes and progresses in life – the circles or levels of progress. For other Celestials progress exists in looking forward to see a task nearer completion, but not in how long it takes. It is with humans that time is so important and it is in humans that patience is not always there to be found. For Celestials beyond the realm of the Midwayers, patience and impatience are virtually unknown quantities. They live by what they achieve. They see the future as a number of achievements, personal progress and that of others, as it came about in the past, and as it will come about in the future, whilst they live in the now.

“So much on this earth can be achieved when patience is king. So much on this world is being spoiled when impatience rules. No matter how yogi-like you may become in your life, you will not achieve the total loss of impatience to be entirely like your celestial brothers and sisters. Beyond this life, however, you will be functioning with an entirely different mindset. Actual times, hours ticking away, will no longer be important to you. The completion, the conclusion and the success in your various exercises, in your area’s learning experience, and in your various teaching experiences will become the most important things. And the ‘hour’ will come when you will have changed, when you will look back at your impatience as you expressed it, or suffered from it, back on the planet of your birth. You will then not quite recall what and how you once felt, as you shrug, smile, and move on.

“This is my talk for this evening. I thank you greatly for your time and your interest in the subject. Make patience, constantly practiced, an important part of your life divine. I am the Mentori spokesperson you know so well. I say good night for now.”

Sunday, July 1, 2012

Intelligence - Practical and Spiritual

By Teacher Ophelius

Received by Chris

<http://www.thecorrectingtime.com/2012/07/intelligencepractical-and-spiritual.html>

Today we would like to talk about intelligence. Each individual has been given a certain amount of intelligence—mind capacity—the ability to think, reason, and act. Genetics is the main factor that determines how intelligent the individual will be and what capacity or potential he or she will have. This does not however, determine whether or not that individual will develop spiritually—it is more often a factor of environment and how one is raised and educated that will allow that individual of high IQ to become open to spiritual concepts and to understand what it means to have faith—the catalyst for attaining higher knowledge .

On Urantia, it is unfortunate that so many people of high IQ are educated to believe in only what can be seen with the eyes or proven with the scientific method—the current known science of today, and this becomes for them a stumbling block to achieving great new discoveries in science and medicine, for they do not “reach out” into the super-consciousness to ask for help or to receive revelation about some problem that needs to be solved. For these individuals of high potential, spirit works tirelessly from higher planes to project new concepts into the mind so that humanity may benefit from the seeded thoughts of these higher minded ones. It is in this way that “the Most Highs rule in the kingdoms of men.”

These men and women of high IQ have not only the capacity and potential for practical things, but they also possess the capacity and potential for incredible spiritual development if only they would allow themselves to open up to the vast storehouse of higher knowledge that exist in the spiritual realms. On other worlds that are more advanced, it is these higher minds that when discovered in youth, are nurtured and guided to “plug in” to the

Universal Mind and bring forth from that higher plane the answers to the problems of a planet for the benefit of the many.

When the days of the agondontors (those who believe without seeing) are over, and when God's paradise representatives are present on earth, will those men and women of high potential begin to use the greater portion of their brains that they work so hard to deny themselves because of misguided education and pride. When men's thinking shifts from the profit motive to the collective benefits of service to the whole of humanity, then will there be a golden age on Urantia.

Some of the most substantial and humanly beneficial scientific discoveries in the history of Urantia have come about from those individuals who thought outside the paradigms of accepted science or received inspiration in dreams. It is incredibly short sighted for the scientific community and educators to continue this denial of the better half of their natures to receive what God has planned for them to know and share with the people of this world.

All hope now rest on the shoulders of the children (and the parents) of high potential, that they will not walk through life with blinders on and only accept what is known, but will reach out and receive from the higher planes what God has planned for the benefit of humanity.

Peace to you,

The Circle of Seven

Receiver's note: I was shown in a dream, charts and graphs, that there are areas on the earth where intelligence can be enhanced because of new energies that are coming to earth—where the veil is much thinner and where mind can more easily tap into the knowledge of spirit. These areas are like consciousness amplifiers where if persons of spiritual awareness were to meditate, they would more easily connect with spirit and have greater clarity.

Please do not ask me where they are, for my retention of that dream is fading fast, but hopefully that information will resurface at the time when these new circuits are in place—an exciting future awaits!



Tatyana's Ashram Burned

By Master Morya and Lanello thru Tatyana

Aug 9, 2012

I have sometimes over the years published something by Tatyana of Siberia Russia who is a chosen messenger there for many of the Ascended Masters of the Great White Brotherhood. Her work is excellent. Recently I was checking her site again to see if there is something new this summer, she seems to work for short periods with many messages and then breaks for a time. I discovered that her Ashram has been burned down. Some of you remember Summit Light House and followed that material many years ago and it too fell down like so many. Mark Prophet of Summit Light House passed many years ago and has been working thru Tatyana as Lord Lanello. I recently posted a piece by our beloved Siraya thru her. She uses Surya as the spelling, or rather the English Translator does. The translations to English are well done. There is material on You tube also, and she has books available a Amazon and other companies in the US. For those that enjoy Rosaries, she also has lovely ones on her site with Mother Mary. Also there is a 33 day prayer Vigil at 3 PM Moscow time. <http://sirius-eng.net/index.htm>

webmaster@sirius-eng.net is the only email address I could find on the English version of her website. If you have enjoyed her material, maybe dropping the webmaster a note would reach her. She must be in great sorrow. I have always wished to meet her. She used to cover the building of the Ashram on her website, with pictures, but I haven't seen anything for a time.

Here is the recent piece with Morya, in which this is mentioned.

http://sirius-eng.net/dictations/iun_2012/2012.06.29.htm

We no longer have an opportunity to continue our work in the land of Russia June 29, 2012

I AM Master Morya.

I have come today to say what is necessary and what has brewed. As you know, we are giving this cycle of dictations in Latvia. And this cycle of dictations has not been planned beforehand. More exactly, it must have taken place, yet those hindrances which have taken place and have happened in the Ashram of our Messenger have made the Divine opportunity for Russia null and void. And the dictations of the summer cycle were canceled.

For those who are not familiar with the current situation I will briefly say that within the last two years violent attacks against our Messenger were taking place in all planes of Reality. And at the cost of tremendous efforts the mission was persisting, for we beheld no other opportunity to continue giving the Teaching for mankind.

We were continuing our work, and we were continuing to give our Messages up to the moment when the Ashram of our Messenger was set on fire.

One does not have to be shrewd enough to understand that a mere precipitation of the

negativity, accumulated around our Messenger in the subtle plane, has taken place.

And many of you who continue reading our Messages have made a considerable deal of efforts to create in the subtle plane the conditions preceding the fire through your thoughts, feelings and even direct actions against our Messenger.

You know that any action directed against our Messenger generates very burdensome karma, and this karma falls upon the entire country as well wherein the mission of Light is being implemented.

Thus, the latest events have generated extremely negative karma for Russia. And this karma is comparable in its scale to that karma which was created by shooting the Tsar's Family.

Well, I feel very sorry. I and other Masters reckoned for a greater level of consciousness of people in incarnation. We were encouraged by the fact that we have an opportunity to freely transmit our Messages within a long period of time in the land of Russia for the first time.

We were reassured by the opportunity and have not taken measures to protect our Messenger beforehand. All the Light Forces were involved in seven seconds after the call of our Messenger at the moment of the fire. We performed the impossible: all people remained alive and nothing that has been constructed by our Messenger with the help of the Ascended Hosts suffered considerable damage. Only the mission of Light, our mission in Russia, suffered damage.

Every direct action against God and the Masters must receive its retribution. This is the Law effective in this Universe.

I have to state the sorrowful fact that in the nearest future Russia will have to work off the newly-created karma of godlessness.

And it is terrible, for all the Light which was being poured over the land of this country and was not used for implementation of the Divine plans now falls upon the people of this country as a karmic burden.

The Force of Light causes an equal and inversely directed action of the evil forces. But as soon as the evil forces manifest themselves, the Ascended Hosts have the right to use force for immobilization of the opposing forces.

Imperfection still reigning in the world does not permit to do without sacrifices and bloodshed.

The level of consciousness of people does not give an opportunity to go along a more balanced and peaceful path so far.

Today I have told you more than it may be approved by the Karmic Board.

My motive is to explain you the entire severity of the committed deeds and those events

which will be caused by the generated karma.

Now, as I have explained you the essence of the recent events the way I see it from my level of consciousness, I must say that we no longer have an opportunity to continue our work in the land of Russia. Because all our actions will be causing greater and greater resistance. And we can no longer risk our Messenger and her mission.

I have said enough for you to ponder over.

No one will tell you more than I did.

Think and try to understand that there has never been such an opportunity which has been realized through our Messenger this time. Never have the Messages been spread simultaneously all over the globe the same day as they were given.

Mankind will appreciate our efforts some time later...

I sincerely hope for it...

And now I have to part with you...

I AM EI Morya Khan.

I will include a piece by Lord Lanello also given in June here.

http://sirius-eng.net/dictations/iun_2012/2012.06.27.htm

A discourse on apostleship and Divine Mercy

Beloved Lanello

June 27, 2012

I AM Lanello.

As you can notice, the Divine Mercy of transmission of our Messages through our Messenger persists.

I must say that those people who are in embodiment and in immediate proximity to our Messenger have no great merit in the miracle which persists already for eight years. Yes, beloved, each time when the Heavens open their dispensation and grant the mercy to mankind, we hope that our efforts and the efforts of our Messenger will find greater support in your world.

Fortunately, the continuation of the opportunity does take place. And I must in all certainty and responsibility state that this time the mercy persists only due to Lord Sanat Kumara and His vouching.

Burdensome manifestations are quite numerous in your lives. And if the Ascended Hosts did not understand your difficulties and your restrictions in which you have to dwell, then

we would not try to render all possible assistance to you. Hopefully, my Message will serve you a manifestation of help which the Ascended Hosts render.

I have come in order to give a little set of recommendations which, hopefully, will be useful for you and which you will be able to use within the nearest future.

By the way, you must comprehend and realize that the continuation of the opportunity of transmitting our Messages is possible only while we have a transmitter who has gone through a proper training – our Messenger – at our disposal. The institute of apostleship has always been used by the Masters of Wisdom within the last many thousands of years for giving knowledge and the Teaching. And, of course, each Messenger tinges the transmitted information with his vibrations and his interpretation. However, so is the time which the planet and its people are now living through. Too high denseness of the material world does not permit to transmit the information from etheric octaves purely enough and without misinterpretations. We manage only to keep the general direction of the motion, to show the direction for your spiritual advancement, for your search for the Divine.

And without this guidance mankind would not be able to continue the further evolution within even a century. Therefore, the missions of Light are regularly sent to the physical world. Each century there are several messengers of ours in embodiment. However, not all missions are successful. Many missions cease at the very beginning of their progress. It is no secret that in order to start implementing the mission each messenger of ours endures the most severe tests. All tests try the qualities of devotion and unaffection for the result of activity and for the physical plane.

Since the world is very dense now, it is more and more difficult for our messengers to pass their tests, but it is even more difficult to bear constant tension during the whole period of implementation of the mission. The difficulty is in combination of the public, representative mission and the inner work in the subtle planes which requires tremendous efforts. The burden on the Messenger is placed from the physical plane as well as from the subtle planes of Reality. The qualities different in their essence are required in order to communicate with the Ascended Hosts and to maintain adequate communication with the public authorities.

I repeat my words again, the burdens borne by our messengers are often beyond human abilities. And I will tell you more: but for the help of the Ascended Hosts, none of our missions would be able to exist more than several months. All missions of Light require tremendous resources and energetic consumptions granted by the Karmic Board and the Great Central Sun.

Therefore, your efforts, your diligence and your abilities are also required for our missions to be more successful.

Imagine a person who invests money in business located in the other part of the globe. At each accounting period a businessman must be sure that his investments make profit, otherwise he will have to relocate his activity to another place on the globe. And if people in the country wherein the investment of the money energy is made do not facilitate the activity or even hinder it, then an entrepreneur with a hundred per cent probability will relocate his work and business to another country, wherein the conditions of greater

favorability will be created.

It is the full analogy with apostleship. We invest energy in implementation of the mission of Light. And with certain periodicity we exercise control over the extent to which our investments are reasonable.

If to refer the above-mentioned reasoning to the mission of our Messenger, what will we see?

Within eight years by the decision of the supreme cosmic councils the energy for maintaining the mission of our Messenger was being granted. The Divine energy is accompanied by the stream of purely material energy which is automatically acquired by the country wherein our mission is being implemented. And if you review the very last years, you will see that in the most miraculous way Russia has scrambled out of the hard times to a relative financial welfare.

What do we see next? Is this financial welfare spent on providing a certain educational level for the upcoming generation to be able to get a notion about God and the Divine Law, effective in this world, as soon as possible?

How much attention is paid to the work with the low-income and destitute people? How are social policy and public healthcare changing for the better?

I must tell you that we see nothing of the kind. The entire stream of Divine energy manifested as money energy is being spent on building entertainment houses, shops, propaganda of wrong behavioral patterns, free way of life and sexual promiscuity.

How do you think: will the Divine Law permit to continue the Divine opportunity for Russia, the country wherein our Messenger was living all this time?

I cannot say which decision will be made this time by the Karmic Board which is still in session. But even if to speak at the human level of consciousness, we see a waste of energy.

Granting an opportunity to transmit the Messages is a great Divine Mercy. And one has to be surprised at the devaluation of true values which takes place in your world. The Mercy of the Heavens you consider as a weakness. The stream of Divine abundance you take for granted.

Until you re-consider your inner and outer guidelines, you will be receiving lessons in form of the returning of karma of your wrong choices.

Can you imagine: what karma is created by the nation which uses the Divine energy not for affirmation of the Divine patterns, yet for affirmation of the patterns totally opposite to the Divine?

Boosting the desires by means of advertising and mass media leads to wrong actions in the physical plane which generate karma. And the karma must be worked off, for so is the Law.

And in this case God grants an opportunity and manifests mercy. Through repentance, through becoming conscious of the wrong actions and sins it is possible to atone for the wrong deeds. Yet the consciousness of the nation must rise to repentance.

If we recollect the very recent past of this country associated with the assassination of the royal family and the following decades of wandering without God in the dark, we can note that the majority of people in incarnation now also feel no repentance and no remorse in their souls.

God will reward you thousandfold for any righteous deed. But why do you not do it?

I AM Lanello.

Ascending Into a Regenerative Biological System

**By The Tao and Earth Mother through Karen Danrich "Mila"
comments added by Candace**

Aug 25, 2012

March 26, 2002

Dear Beloved Ascending Human,

Much has been written of the emotional process of ascension. Little on the other hand has been written about the biological alterations that accompany the emotional changes. Why? Well for one, Mila and Oa do not relate so heavily to biological changes as much as the emotional responses to their world. They have no background as a doctor or in medical studies, and therefore transcribing detailed biological information is not their forte. There is another reason however, and this involves the desire of the earth mother to protect the ascension knowledge so that it is not misused by science at this time in history.

Science has misused ascension knowledge before, and this is how a manufactured slave race came to be. Earth hopes rather that humanity will ascend beyond the need to manipulate her or any species upon earth, and move back to the state of full consciousness that was once the ancestral inheritance of the original red seeded race. Therefore the focus upon the biological alterations will always be minimal in Mila and Oa's materials. However, as one tunes into one's own form, and the body angels that govern the process of genetic encoding, one may receive a detailed account of the current process of ascension down to the physicality of the form. As humans awaken to their own ability to tune inward to the inner planes of reality, there is no need for another to explain anything. All knowledge will flow, as one needs to know it from within.

Today however we would like to explain the changes to the cells that are within the human form known as viruses, and several emerging hormonal systems and transport systems that support a regenerative crystalline structure. This will be an overview, and understand that all ascending forms will develop each system to the degree that there is room inside of the physical structure. Room? Is there not enough room in the inn, one may wonder? In reality, one's ancient ancestors not only had a 10 foot height in structure, but an enlarged cranial cavity roughly 8 times larger than the present day human skull. To fit all glands, some of which were the size of a banana, into the space of a peanut is not possible.

At best ascension can bring forth a semblance of the original biochemical system, and grow the glands to the degree that there is space. Some glands have had to be forfeited altogether until the alterations coming forth through newborn children allow for a larger head. Into the future, delivering a child via the current process of birth may become increasingly difficult with such large heads. What then? There will be alterations to the pelvic cavity and cervix to accommodate the increased requirement to "stretch" to give birth.

There are new glands that accompany almost every organ within an ascending system. We will define these new systems and initiates can cross check their own biology for a

complete formation of each to assure that one is not having a physical problem with one's ascent. The lack of formation of one gland or organ can lead to disease in such a region, or the malfunction of a particular set of hormones that throws the entire system of regeneration out of balance leading to cancer or other complications. We bring this to consciousness now so that ascending map carvers will avoid this pitfall through self-monitoring of one's own ascent. A blockage in any given area is related to a particular thought-form that one is wishing to avoid, or in other terms, has schismed over in one's ascent. As one understands that a portion of the biology is not ascending, one can redirect one's attention to searching out the underlying cause.

In intending the cause of a problem in ascension to surface, so it shall surface, and one will quite naturally rectify such a problem through bringing the related karma to the surface and clearing it. Sometimes there can be layer upon layer of cause in a particular problem area, and so such searching out and clearing may take months or even years of one's ascent. Mila had problems areas in many regions, including the back of the neck and heart in particular. Oa has had recurring problems in the lower back and shoulder. As each has focused again and again upon such regions, bringing them up in vibration, they could ascend the region enough that it would not atrophy causing a problem for the whole of the ascent. Such problem regions are one's that they are still working upon to this day through soul infusion. So understand that difficult areas and blockages can be deep, and will not necessarily rectify themselves overnight. However with persistent intent and release work, one will bring such areas into a high enough vibration to not compromise the whole of one's evolution through disease.

When any part of the form becomes too low in vibration and is surrounded by cells of a much higher frequency that are crystalline, the variance in vibration will escalate the pace of decay for the non-crystalline structure. Over time and if one fails to address such discordance, the decaying structure will also become cancerous. If the problem is large enough, it could destroy the whole of the form. It is for this reason that ascension is a delicate issue, and one must bring along all parts of the form along in the journey. No part can be left behind in vibration for too long without creating an even greater problem known as disease. Initiates may therefore become more cognizant of their problem regions, addressing them from time to time with conscious focus during meditation to assure that each part of the form resurrects enough to support the continued ascent of the whole. Mastering ascension may be confusing to most humans in the old paradigm. For such humans are looking for a pill to rectify disease, or something outside of themselves to direct the creation known as their embodiment, such as science. No pill and nothing discovered through science shall cause ascension. Ascension is an internal function that comes through the intent to modify one's own genetics by modifying the thought-form at cause of the creation of the form.

Each strand of DNA has a particular thought. The thought in particular of destruction is so prevalent that the DNA holding such a thought have created agents of destruction internal to the form, known primarily as viruses and death hormone. Such agents of destruction and their blueprint will be modified in the modification of the thought-form of destruction behind it. This is what ascension is all about, and those in human form that are still seeking outside of self will most likely be cleansed upon the physical plane in death, as they have not the understanding to ascend with earth at this time.

Some light workers are still working on appliances or medicinals that shall ascend the form from the outside in. Beloved, the entire purpose of ascension is to learn to create what one requires within. Sometimes one requires outside ingredients or herbs in the map carving process for a short time. However, the body should learn to create what it needs, and this is what a regenerative and self-sustaining form is all about. Mila and Oa have learned that they can modify any part of the form to serve their personal ascension journey. If one is god goddess in form, then one can modify the form as needed, and this requires not anything outside of oneself to accomplish.

THE BONES AND MUSCLES

Humans with 2 strands of DNA are used to very rigid or brittle bones. Bones that are crystalline are not so rigid, and will actually bend or mold to what is required without breaking. We have had initiates with crystalline bones bend the ankle sideways in a manner that should have broken a bone, but the bone did not break. Crystalline bones are more like stiff cartilage, and will bend upon impact. Causing a crystalline bone to break is therefore far more difficult than the present day bone structure of the humanoid form. Mila and Oa have also found that if they lay upon the form in a certain way, applying pressure to say the shin, that the shin will indent a good half inch. The indentation is the result of the fact that crystalline bones are not coated in a hard rigid substance, but rather a buttery smooth substance more resembling to the cartilage of the nose or ears.

Muscles too can stretch further in crystalline form. Mila and Oa are not Yoga enthusiasts, however those that are may find that they can stretch to a greater degree than a previously non-crystalline form. One place Mila and Oa notice this is in the bedroom and the act of making love. Either can nearly do the splits with their legs, and this makes for interesting entertainment on certain nights that their ascension work requires the act of making love. We share this to understand that Mila and Oa are human, and enjoy all things human, including lovemaking.

NEW FORM OF FAT

There has recently been a new blueprint added for body fat that causes the density of fat to become less "heavy" in weight and yet provide the same function. What is the function of body fat? Body fat allows one to modulate one's biological vibration higher than the body has yet learned to hold. For Mila and Oa, this is a necessity for teaching or hosting large events like International Ascension Conference, and so they have a large layer of body fat for this purpose. The new blueprint has caused the body fat to become far less dense, reducing their overall weight by 20%. However, the size has not changed, but they are lighter on their feet and enjoy long walks as a result more than they were able to previously.

For other nature kingdoms, they rejoice in this, particularly those with heavy energetic responsibility to the earth mother such as elephant, rhinoceros, camel and buffalo. Each of these species will be "lighter" in weight if not in size, and find it easier therefore to navigate upon the physical plane. For the dolphin and whale kingdoms, the water provides buoyancy that simply requires not the new fat that the land animals require. And so it goes, each lifestyle defines the requirement of form, and ascension shall allow for the

requirements to differ between species and between those who live upon the land or under the water.

THE THYMUS

The thymus grows extensively in ascension and beginning at initiation 1800, growing in size up the sternum and bridging around the neck connecting into the lymph and blood system just under the jaw along with the brain stem. As this occurs, some initiates may feel a choking sensation that comes and goes over many months, or so this was Mila's experience. The growth of the thymus up the sternum and around the neck causes the neck to increase in size, and the skin underneath the jaw and occipital area to "pooch". This is due to the thymus gland itself, which increases in size from a small node to an extensive system designed to modulate the biochemistry of the form.

The thymus is a master gland that balances all hormones produced by other glands inside of the body. The pituitary in the brain directs the thymus, which directs all other glands and hormones in the form through the brain stem. The thymus lost its structure long ago shrinking to the size of a pea and ceased to function. The brain stem took over the functions of the thymus, but failed to do an adequate job of modulating a very sensitive system of biochemistry, leading to a greater deterioration of human consciousness. Consciousness is biological, and as the biology faltered, so did the human level of awareness decline.

As the thymus grows again, it resumes the function it once held in one's ancient ancestors, which is to modulate the heart rate, lymph and a complex hormonal system to retain regeneration of all cells within a crystalline form. The brain stem upon the other hand is modified to handle its original function, which is to act as a bridge of communication between the pituitary gland in the brain and the thymus.

Hormones can be distributed both through the blood and through the lymph, as the thymus connects into both systems. This allows for all cells to receive the hormones requires to regenerate, even those closer to the lymph than to the circulatory system. The fluid in the lymph modifies itself to have multiple components not unlike blood that act as carriers of certain substances or nutrients, along with toxins. The lymph can carry oxygen and sugar much like red blood cells, along with hormones and toxins. Such cells within the lymph are not unlike white blood cells in color and nature, however they act as both carriers and immune system forces. One could say that white blood cells were a left over component once in the lymph system utilized to clear toxins and carry certain substances therein.

THE THYROID

One of the hormones that alter in ascension is related to the thyroid gland. The thyroid gland is associated with metabolism producing a hormone that increases or decreases the metabolism of the cellular structure. Viruses related to mumps and small pox along with chicken pox and tuberculosis are transmuted into new hormones produced by the thyroid and disseminated through the system under the command of the thymus. Such hormones regulate a more complex system of metabolism inherent in a crystalline structure.

If the thyroid has been over active or under active, it can be repaired by initiation 3000 requiring not the consumption of additional thyroid thereafter. If the thyroid has been removed, it will re-grow in ascension provided one has released the emotional issues underlying why it was removed in the first place. Often thyroid problems are related to parasites that disturb the structure and function of the gland. Going on to a mild de-parasite formula is another manner therefore to support one's ascent.

The many levels of thyroid allow the metabolism to go up and down in smaller increments than previously possible. Metabolism while one is asleep requires one level of action; metabolism while one is awake and not active requires yet another level of action; metabolism when one is active yet another; metabolism in the act of ascension or in the act of holding space and events or in providing an ascension healing yet another. In essence, the variance in the thyroid system regulates metabolism to finer increments that previously possible in a non-crystalline form.

THE CRYSTALLINE DIAPHRAGM

The development of the diaphragm in ascension is paramount to the entire ascent. It is for this reason that we take a moment to address this particular organ and it's purpose. If one has not a budding diaphragm over the rib cage emerging, then one may wish to look at one's fear of life, fear of the breath of life, which is creativity in action, or the fear of death or ascension. Underlying the lack of development of the diaphragm will be such thought-forms.

The diaphragm grows outside of the rib cage creating up to 36 pockets that inflate with blood. This gives one a "Buddha Belly" the further that one's ascent comes into the physical. The Buddha Belly is not to be confused with a beer belly. It begins just under the breast bone and protrudes up to 6 inches outwards making both the male and female form appear pregnant, and pregnant in the last phases of pregnancy at that. The diaphragm can go up and down in size depending upon how many pockets are inflated with blood at any given time. The more pockets that inflate, the larger the belly, and the pockets inflate based upon the metabolism requirements of the form.

The pockets are used to collect oxygen from the blood and convert it into 8 types of blood sugar and two forms of gasses in addition to oxygen required in the regeneration of crystalline cells. Such gases include a form of hydrogen peroxide and methane. Hydrogen peroxide is used in the crystalline blood and lymph as a purifier and source of oxygen, much as one would use such a substance to purify and oxygenate one's pool or water system. Methane is utilized to aerate cells for greater osmosis or movement of nutrients in and toxins out of the crystalline cells.

The oxygen and 8 forms of sugar produced by the diaphragm are carried to the cells to sustain their metabolism and vibration. Crystalline cells have a much higher metabolism than a non-crystalline structure. There is a grand truth that once the body has become 50% crystalline, one could not eat enough to supply the calories necessary to support a crystalline form, and therefore diets will not work. This occurs by initiation 1024.

Several initiates went on a 2-week fruit fast as they became heavily toxic in Mila and Oa's Group Mastery Program. They not only failed to lose weight, but found that the body and

form remained exactly the same in tone and texture during the entire cleanse. Not possible, one would think at 2 strands of DNA. However this is standard for a crystalline form and is why one's ancestors never concerned themselves about body weight. Therefore beloved eat what you want when you want it guilt free, and enjoy the gifts of the earth mother through food. Eating can be another manner of communing with earth and all her kingdoms, as one allows the blessings to be received therein.

THE KIDNEYS

The kidneys are modified to allow larger substances to pass through in the detoxification process of ascension. It is not unusual for urine to bubble, and often your current medical practitioners consider this a kidney problem, as protein appears to be passing through in the urine. In ascension, the ducts are widened and allow for the passing through of many substances including heavy metals and proteins no longer required by the ascending form. Therefore bubbly urine is common amongst ascending humans.

The kidneys often experience what are known as "kidney stones". Stones are excessive uric acid that builds inside of the ducts. As the ducts are enlarged, stones cannot collect as easily and kidney stones become a thing of the past. Sometimes in the process of the evolution of the kidneys, one will experience pain like the passing of a kidney stone. This occurs in particular as the ducts are under repair. During such times drinking coconut milk, particularly fresh coconut milk if you can obtain it, will help to dissolve the excessive uric acid that has hardened throughout the form. Sometimes it is such uric acid along with cholesterol that also collects in the blood vessels creating plaque. Again coconut milk along with lemon water will assist in the dissolution of such "hardening of the arteries". Arteries like all systems are restructured in ascension, as are all other systems.

There were once glands in the kidneys that could break water into components and store it for future use. Such components then can be used to reconstruct water if necessary during times of dehydration. Such glands begin to grow around initiation 1024, and one may find the need to drink fluid to be less of a concern thereafter during exercise. Mila and Oa have found that their bodies can modulate fluid with enough ease to not require the ingestion of fluid over a 24-hour period. During long plane flights, Mila and Oa have learned to have their kidneys store up the components of water manufacturing more than usual given the dehydrating nature of aircraft ventilation. Aircraft ventilation is designed to dehydrate those aboard to lighten the load increasing the efficiency of the gas mileage. Unfortunately it is also very hard upon humans, especially ascending humans, or so Mila and Oa have found.

Additionally, Mila and Oa have developed glands in the kidneys that can manufacture oxygen. Long plane travel barely provides enough oxygen for humans at 2 strands let alone an ascending crystalline form. Therefore Mila and Oa have compensated for this with a blueprint for a self-sustaining ability to create enough oxygen to support the form over a 10-hour flight. In the past, such flights would kill enough of the brain cells and nervous system that it would take days following to repair the form. This is difficult if one has to be up and ready to teach an Intensive or hold space for International Ascension Conference. And so Mila and Oa have found a means of developing special glands with special function only required in travel. Until such a time, one may wish to ingest liquid oxygen available through health food stores to support the form in travel.

For many ascending humans living in polluted regions, there is not enough oxygen to support the ascending form. An ongoing lack of oxygen will cause one's ascent to slow down. Initiates may wish to muscle test if they are receiving enough oxygen to fuel their ascension forward each day. If not, liquid oxygen available through health food stores or upon the web can be consumed to assist. However one can also allow the blueprint for the glands that produce oxygen to become a part of one's ascent, after such a time the liquid oxygen will not be necessary. Such glands can begin to grow at 1800 strands if one so intends it so.

At this time, ocean is evolving to produce oxygen for ascending land species. All land species including ascending humans require more oxygen than is available through other sources at this time. Such oxygen has already begun to be released in all oceans global wide, and is a part of the conscious evolution of water. Water and all elements are conscious, and are evolving through the release of karma by which they lost consciousness over time and through the Pleiadian dominion over earth. It is the purpose of the elements to hold form, or in other terms, hold space and time in such a manner that form appears in the third dimension. As the elements change, such changes shall transfer immediately to all form. It is through the elements that the mass ascent of mankind has begun, and now through the elements that the requirements of ascension shall be provided for.

THE LIVER

The liver expands its ability to cleanse blood through the development of special filters for such things as heavy metals, pesticides, air pollutants and so on that find their way into the blood stream, through the release of stored toxins from the fat and ascending tissues, or in one's day to day eating habits and living environment. Such ducts expand the size of the liver by 2/3rds, which contributes to the expansion of the mid-drift in ascending humans. Additionally, there is a direct set of ducts to deposit oversized toxins into the intestinal tract with far greater ease and fluidity. This allows certain toxins that were very difficult to clear from a system to be able to be cleared with ease.

There are glands that had atrophied over time in the Liver that are related to the virus known as Hepatitis. The Hepatitis Virus was once a substance used to transmute certain toxins in crystalline cells into another useable material required for cell life. The Hepatitis Virus is converted in the crystalline blueprint back to its original function. The main cellular waste that this particular substance transmutes is anaerobic waste, or in other terms, a waste produced in the ingestion of sugar by the cell. The waste is transmuted into a form of salt required for the regeneration of the cell, and then is utilized for this purpose.

The liver also has the capacity to convert body fat to sugar (there are reasons some of you NEED sugar at times-C) if one's overall vibration requires such to be sustained. For a long time, Mila and Oa relied upon conversion of body fat to sustain their vibration in plane travel. In a long trip, this nearly caused liver failure in Mila as there are toxins left over from such a conversion. It is for this reason that now Mila and Oa rely less upon body fat conversion and more upon oxygen production to retain their vibration in long periods of travel.

For the average human, one sustains one's vibration more through the breath, in which oxygen is collected by the lungs and given over to the crystalline diaphragm to be converted into blood sugar. However in high times of stress, or if one is holding a higher vibration than usual say in going to the density of the city, the liver may begin to convert fat to provide enough sugar to sustain one's vibration.

How is vibration sustained? The cells holding a particular level of energy sustain the energy level of the form by altering the metabolism of the cell accordingly. In other terms, the higher the vibration, the more sugar that is required to sustain the energy of the crystalline cell, and the higher the metabolism of the form runs. As more sugar is required, the diaphragm inflates to collect more oxygen, and the liver will convert fat to sugar to provide for the needs of an increasing metabolism and vibration.

THE SPINAL FLUID

There is an alternative metabolic system to the one sustained by blood sugar, and one that begins to develop in a crystalline form at initiation 1800. This new metabolic system is the result of the collection of photon energy. Photon energy replaces sugar metabolism by providing another level of energy that is all pervasive. Photon energy can be collected, in particular by special fluid that contains fat particles in the spinal column. Such fluid acts as a magnet that traps photonic energy. Over time and later in the ascension, another form of blood and lymph carrier is produced that carries the photon energy from the spinal column to the cells direct. This reduces the amount of sugar required by the cell to sustain its vibration.

A self-sustaining biology will thrive off of photonic energy and not sugar. This is where earth and all species are headed into the future, and in particular after entry into the photon energy of the Great Central Sun itself. As this occurs, there will be ample photon energy, and all species can shift in nature to become self-sustaining. A self-sustaining vibration shall be fueled by photon particles in the future, which act much as a battery in your current technology. Photon particles can be gathered and retained particularly in modified forms of body fat and then administered to the system as necessary to sustain the vibration and energy level of the whole of the form.

It is not until the ascent from 1800 to 3000 that one begins to rely partially upon photon energy to sustain the vibration of the form. As this occurs, new cells are produced in the blood and lymph that act as carriers of photon particles. Such cells are made of fat as fat is the only substance that can trap photon energy, and much like a battery, hold it for later use to supply energy where and when it is needed. Such blood and lymph carrier cells then transport the photon particles to those cells in need of additional chi throughout the form.

What cells in particular require additional chi in the form of photon particles? Primarily the brain and nervous system require additional chi to embrace the Language of Light thought-form. In order to hold the language of light magnetic thought-form within the brain, photon energy is required and acts as a recipient of such thought-form. It is the presence of photon energy in the brain cells that allow ascending humans to begin to remember the principals of unity that once prevailed in one's ancient ancestry.

THE SPLEEN AND BONE MARROW

It is the spleen and bone marrow that manufactures 18 additional carrier cells of certain substances throughout the blood and lymph. Such substances include the fat cells that act as a carrier of photon energy to the brain. Other substances carried by specialized cells produced in the spleen include cells that carry 3 additional types of fat required to construct the crystalline form; cells that carry 2 types of fats that must be sent to the intestinal tract or kidneys for disposal as they are no longer required by the crystalline form; cells that carry 4 types of salt required to resurrect cells from non-crystalline to crystalline; cells to carry 2 forms of potassium not required by crystalline cells that must be removed and carried to the intestinal tract or kidneys for disposal; cells to carry 8 types of sugar required to sustain the crystalline cells; and cells to carry 14 types of amino acids that are the building blocks of the crystalline form.

There are two versions of cells produced by the spleen and bone marrow in the crystalline structure. One version travels primarily in the blood, and another modified version travels primarily in the lymph. We say primarily as there is a cross over with some carrier cells between both the blood and the lymph.

THE IMMUNE SYSTEM

The immune system is really a function of the bone marrow and spleen that produces 8 types of white blood cells that can ingest most forms of toxins, viruses and bacteria released in the act of ascension. Those toxins that cannot be transmuted by white blood cells are transported to the intestinal tract or kidneys for disposal. The white blood cells work both in the lymph and circulatory systems. 2 forms of white blood cells can also enter a cell clearing the toxic problem therein and then exit.

One may wish to know how this occurs? One can imagine what might occur if one tried to enter one's hand through the body of another. The molecules would move aside one another in a synchronistic manner to allow what appears to be solid to pass through another solid mass. In a parallel manner, the molecules of these two white blood cells overlay the infected cell by a form of merger or blending, remove the toxic substance, and then exit and transmute the toxin moving on to another infected cell.

Many are concerned about viruses such as aids. Aids and other immune dysfunctions appear to be the result of the immunization process that has created a new set of viruses that attack the immune system. As the crystalline blueprint is anchored, white blood cells and other immune functions are modified in a manner that causes aids and many other autoimmune viruses to cease to be able to destroy such cells. The immune system then is capable of doing its job, which is to consume and transmute the aids or other autoimmune viruses. One can ascend out of aids or other related diseases by 3000 strands provided the body is strong enough to tolerate the detoxification inherent in ascension.

The immune system of a crystalline form is efficient enough to make disease, even the common cold or flu and experience of the past. Ascending humans therefore can use flu like symptoms or a cold to understand that one is overly toxic and require increasing one's detoxification practices to transcend. Flu and cold symptoms are also a sign of energetic

harm towards oneself from another that is occurring in the unconscious. More or less one's field is being "beaten up". Such experiences are karmic, and as the karma is transcended the patterning will pass. Furthermore, initiates can assess if they have lost records or are collapsing or rolling back in one's ascent due to the harm. An extreme drop in vibration will create a cold or flu, and generally speaking such an experience is the result of a karmic encounter in which one has given many to most of one's ascension records to another. Complete the karma and retrieve the records, and one can rebuild the system pulling oneself out of this type of decline.

Disease, if it manifests is a sign of an extreme imbalance in one's ascent. Address the imbalance and the karmic cause behind it, and the disease can be lifted through. This year we are examining the karma behind disease along with machinery that pulls grid work outside of the form and into devices utilized by the Annanuki long ago to collect chi. This appears to be the main source of most disease, and therefore as the karma is released, the machinery dismantled, and the grid work rewoven inside of the etheric body instead of outside, we now perceive that most disease can be healed through ascension. This is always of course provided that the form is strong enough to handle the detoxification inherent in ascension.

THE PANCREAS

The pancreas is modified to produce 2 types of insulin related to 8 types of sugar required to feed the crystalline cell. What is the difference between sugars? Primarily the difference is related to size of molecular structure. There are more complex sugars and less complex sugars required by the crystalline structure at different times of the day when the body is focused upon different activities. At night, less complex sugars overall are required as the body rests. During the day, more complex sugars which provide more chi in the ingestion are required, particularly if one is partaking in a physical activity, or moves up in vibration in the act of ascension. Movement up in vibration requires an increasing metabolism, which requires more complex sugars to sustain the form.

The diaphragm with the oxygen collected by the lungs produces 8 types of sugar. Carrier cells in the blood and lymph take the sugar and distribute it to the cells. It is the insulin that causes the cells to digest the sugar. Some sugar can be stored in the fat surrounding the cells for later use. Crystalline cells are coated in fat rather than protein, which not only holds a higher vibration, but also is used to store sugar for future use. It is the insulin that causes the sugar stored in the fat surrounding the cell to enter the cell for consumption. Different forms of insulin cause different forms of sugar to be released. During the day, one form of insulin causes more complex sugars to be released. During the rest period of night and sleep, another form of insulin causes less complex sugars to be released.

Insulin production and release is modulated by the thymus. The thymus generates another hormone that causes the production of insulin to increase or decrease, and certain types of insulin to be produced, as they are required to sustain the overall vibration of the form. For those with diabetic or hypoglycemic tendencies, one can ascend out of such imbalances by initiation 3000 and as the pancreas is restructured. One will find that it is often parasites that have grown in the pancreas that cause the deficiency or overproduction of insulin. Therefore those with such problems may be served by supplementing one's ascent with a simple de-parasite herb program.

THE HEART AND CIRCULATORY SYSTEM

The heart expands to have a total of 8 ventricles that contract to pump the blood throughout the circulatory system by initiation 3000. This is double the number of ventricles in a non-crystalline system, and the heart in the process also doubles in size. In order to make room for a larger heart, the chest and upper rib cage expand in size in ascension. This is why so many women increase in bra size in ascension, or men find themselves wearing larger and larger shirts.

The 8-ventricle system has a new rhythm that may for a time and as it finds a new and corrected pace may cause a fluttering sensation in the heart. Ascending humans need not panic under such circumstances, but simply breathe through it intending that the heart come to balance and find a pace of contraction that supports the circulation of the form in the moment.

Why is a larger heart required? There is more fluid flowing through the system due to the increased number of carrier cells required to support the regeneration and detoxification of a crystalline system. The amount of fluid in a crystalline circulatory system and lymph system is double the requirement of a non-crystalline structure. This too contributes to the overall expansion of the size of the form in ascension. Much as pregnant women double the amount of fluid to support the life of the fetus, ascending humans double the amount of fluid to support the crystalline form. Much like the pregnant woman's organs and glands increase in size to support the fetus, so do the organs and glands of the ascending human increase in size to support the crystalline form.

Sometimes initiates find that they seemingly have "high blood pressure". A crystalline structure has higher blood pressure as there are more ventricles pumping the blood and more fluid to be pumped, and therefore one need not be concerned about such things. If your medical professionals understood what was happening, perhaps they too would be less concerned. We recommend not drugs to thin the blood beloved, even aspirin, as such things can cause other complications that later interfere with one's ascent. Rather simply muscle test if the blood pressure that one has is suitable to one's level of ascent, and then embrace it as a symptom of ascension.

AUTONOMIC NERVOUS SYSTEM AND NERVOUS SYSTEM

The autonomic nervous system, which is run by the brain stem, along with the nervous system and all nerves associated within the form at large makes a major biochemical shift around 3000 strands. In essence, a new biochemical structure comes forth that ceases to run primarily upon electrical impulse, and instead relies upon magnetic impulses to direct the movement of the heart, organs, glands, intestines and digestive trace along with the muscular structure. A magnetic system is far more relaxed than an electrical one, and those transiting this phase of ascension may find themselves far calmer, far less tense than prior times in one's life expression.

There are many changes in the brain. Primarily the pituitary gland buds with over 1000 different nodes that produce 1000 different chemicals necessary to ascension, and necessary to the sustenance of a crystalline system. **One of such chemicals is related to**

the measles virus, which is transmuted to a chemical that supports the form in the blueprint of ascension. As this occurs, the size of the brain cavity will increase and the head will grow. Sometimes one will feel a soft spot on the top of the head as the cranium expands. The shape of the face may also become increasingly round or heart shaped again to make room for the expansion of the pituitary gland.

It is beyond our channel to try and explain in detail what each of these 1000 substances does. However let us suffice to say that there are ducts that grow from the pituitary and down the back of the neck to allow the ascension chemicals to enter the blood stream and lymph system of the form. If such ducts fail to manifest, one's ascension chemicals, which include the production of HGH or human growth hormone, will not adequately be available to cause biological ascension to occur.

If one's biological ascent and growth is failing to come about, one area to check is the ascension ducts that run along the back of the neck. Sometimes in abduction experiences with the Grays or Reptilians, these ducts have been connected to one another rather than freely and openly traveling to the lymph or blood. As one releases such abduction karma, the blueprint for the ducts can be altered to allow them their proper structure and function. Initiates can also muscle test how much of the chemicals produced in the brain are transferred into the form. If less than 70% of such chemicals are entering the blood or lymph of the form, one may wish to increase the size of the ducts to allow more of the chemicals to freely flow into the system to cause a more rapid biological ascension. A slow biological ascension causes one to linger in the emotional process and pain longer than need be. Therefore opening the ducts will also allow initiates to transit more rapidly through their dark moments of ascension.

Opening the ducts can occur through intent, and one can place their hands behind their neck before falling asleep at night requesting that the ducts be more fully opened or rectified in structure and function in the etheric. As the etheric body is corrected, the change will step into form within the following 8 days. This is also a good area to check for those who are healers and who are working with ascending initiates in any session.

PINEAL GLAND

For those ascending beyond 3000, the pineal gland is altered to attune to more frequencies emanating from the sun. Such frequencies are utilized to transmute etheric blockages and allow for greater freedom of rotation of an ascending chakra system and subtle body system. Such frequencies also energize the grid work to sustain the overall vibration of the form.

There are two modalities of energizing the form. One is through the breath and collection of oxygen, and the other is through the collection of light. Light is collecting through the eyes by the pineal gland and then distributed to the brain and grid work of the form. Light and photon energy are one and the same. However for a long time, your sun failed to produce photon energy, and instead produced a form of radiation. This was the result of manipulations over your solar system that also originated through Pleiadian intervention that was 5th dimensional, and long before the Annanuki arrived upon earth.

Now through solar ascension, the sun is beginning to produce photon energy of it's own and is detoxifying the radiation much as earth is detoxifying electricity at this time. This is above and beyond the photon energy that is increasing due to the latest entry point in the aura of the great central sun that your solar system is traversing.

Over time, the sun and earth are choosing to become self-sustaining. What this entails is the ongoing production of all photon energy necessary to sustain the increasing vibration of an ascending form and consensus reality. This is how the earth and your solar system shall ascend back to the Tao; they shall increase and increase in vibration until form and soul become one, stepping out of the illusion of your creation in full. This is many thousands of years into the future, however it is the spiritual goal of your solar system and planet beloved. Each form will become self-sustaining in biology, producing all of what is required in order to ascend including one's own photonic energy.

The sun produces at this time all tones within the Language of Light and the Language of One along with it's own photon energy. Initiates may use sunbaths to collect such tones to assist with one's continued ascent. A 10 to 20-minute sunbath will clear etheric blockages and increase the vibration of any ascending field. The increased vibration causes an increased pace of rotation of chakras and subtle bodies, which then spin off karma, pain, fear, entities, machines and so on that an ascending initiate is releasing each day.

We guide initiates to intend that one's exposure to the sun be supportive of ascension, and to muscle test how long of an exposure one needs in any given day. Some days may require a longer exposure than others. Excessive exposure is not recommended if not needed, as it may still burn the skin, or in other terms provide too much chi to the grid work than the grid work can handle. Sunburn is simply the result of an overcharged etheric grid work unprepared for the vibration it now holds due to excessive exposure to the sun.

What to do then if one wishes to spend the entire day at the beach? Is sun block recommended? No, such chemicals are often poisonous to an ascending form and will be absorbed through the skin. Instead take an umbrella and hat along with a cover-up, minimize your exposure to what is needed in the moment, and utilize your time at the beach to enjoy the movement and sound of the waves all the same. Such pulsations of the waves assist in aligning one's field to the divine timing of earth, and therefore are very nurturing to ascending initiates.

Much of the light required upon a daily basis is collected in one's day-to-day activities provided one is not indoors and is not wearing dark sunglasses. Initiates with dark brown or black eyes may be better off with light sunglasses to no sunglasses to assure that enough light is collected in any given day. Those with hazel or blue eyes may wish rose-colored glasses that still allow all of the Language of Light and Language of One to flow through. Thus far in Oa's experience it is only the rose lenses that allow all tones access to his eyes, and yet his eyes are still too sensitive being blue verging on hazel to tolerate non-use of sunglasses. Initiates may wish to muscle-test which is the best color glasses given the need for all tones of creation emanating from the sun to be gathered in their daily use.

For those living greatly north or south in regions that have little sun in the winter, one can generate one's own sun through intent. One can run the vibrations of the sun by intending to match the tones of creation currently available. In so doing, one can still benefit from the

light that one requires in order to sustain one's chi and vibration of the form. Mila and Oa rely upon this during long days of travel and it adequately supplies the chi necessary to sustain their vibration.

THE SKIN

The skin is the largest organ of the form. The skin takes in certain substances from the air or water that one bathes in, and releases certain substances one is detoxifying through the pores. The skin also acts as a transducer of chi for the etheric body during a sunbath. The further one ascends, the more permeable the skin becomes. The more permeable, the more one will be careful about swimming in polluted lakes, rivers or oceans. Mila and Oa rapidly found out that the ocean was too toxic off of the Honolulu coast for them to swim in, as an hours swim in Honolulu ocean collected more toxins than they released.

However, the ocean is evolving, and finding it's own means of transmuting the toxic waste that humanity has added to your waterways. In the coming 18 months, Mila and Oa will be able to swim again in the ocean for more extended periods, as the ocean itself is evolving out of it's own toxic mess. In the meantime Mila and Oa utilize clean pools available in the complexes that they reside. Chlorine is not such a difficult toxin to transmute, and their bathing allows more toxins to be released than collected in any given swim.

One can also be careful about bathing in water, particularly in the polluted cities of your world. Perhaps a water filter in the bath would be advised. Water filters for drinking water are also available, even for travel in the form of a water bottle, and Mila and Oa take such with them or purchase bottled water when on the road. Bottled water in our experience of it is not always as pure as one might think, so muscle test which is the best brand to rely upon based upon purity.

The skin becomes subtle and soft as it regenerates, and one appears younger and younger as the lines disappear on the face. The skin goes buttery in feel due to the fat that surrounds the crystalline cell and peachy in color due to the presence of soul grounded into the form. Such fat also retains moisture to a greater degree requiring less moisturizer to sustain the elasticity of the skin. Gray skin is a sign of a lack of grounding during which entities that are non-resonant may have entered the form and field. Taking the time to synthesize and ground to the earth mother cleansing out that which is non-resonant assists with such moments.

Cellulite is simply toxins one is releasing that have collected in the fat under the skin. Intend to transmute the toxins and the cellulite will disappear. One can run detoxification vibrations in the etheric grid work during the act of synthesis and meditation to assist with the detoxification process. One can draw such vibrations from the sun during a sunbath. If one is in a particularly toxic period, one sign is the ripples of cellulite, and this is a sign that one may need to increase their ingestion of water and number of baths, saunas, sunbaths or swims in a given period to better detoxify the form.

WASTE MANAGEMENT ORGANS

There are so many toxins in the current human expression and the liver is hard pressed to cleanse the system adequately. As a result, two additional waste removal organs about the

size of a liver develop beginning at initiation 1800 on either side of the waist. This causes the waist to expand in circumference. One sincerely can look pregnant in the latter phases of embracing ascension 100% into the biology. One need look at Mila an Oa to get a better idea of what this might look like.

Each form however is different and has different requirements, and therefore the degree of such development will be larger or small depending upon preoccupation. Preoccupations that involve holding space for events or healing will cause a larger structure to develop.

Why? One must be able to increase their metabolism in order to teach, heal or host events. This will require more pockets in the diaphragm and more overall body fat for the job leading to a larger form.

The two new organs cleanse both the blood and the lymph upon a recurring basis, shunting what cannot be transmuted into a usable and viable substance to support the crystalline form or one's continued ascent into the intestinal tract or kidneys for disposal.

Such organs also inflate during heightened periods of cleansing expanding the girth of the waist in such moments. Why? When one is holding a higher frequency for an event or healing session, the entire metabolism including waste management increases in pace. As this occurs, both the diaphragm and the waste management organs inflate more pockets with blood for the purposes of collecting more oxygen or removing more waste produced during a period of increased metabolism.

PHOTONIC GLANDS

Adjacent to the waste management organs are two additional glands that develop beginning at initiation 1800. Such glands disseminate photon energy into the blood via carrier cells that transport such photonic particles to the nervous system and brain. Such glands attach to the spinal cord through the sacral region of the form. The phonic energy collected in the spinal fluid is transferred into the glands, which then transports such energy via the carriers into the blood for distribution.

No photonic energy, no understanding of the Language of Light or unity consciousness can come forth in one's ascent. If one fails to ascend into increasing unity, one will be ascending into greater disunity, and then harmfulness can increase rather than decrease in ascension. Greater disunity within also leads to disease. Therefore these glands are important to the embracing of a state of harmlessness and integration and understanding of the unity based Language of Light thought-form, along with one's ascension out of the paradigm of aging, illness and disease.

REPRODUCTIVE GLANDS

There are many new reproductive glands that grow in ascension. Such glands grow in the testicles of the male form, increasing the size of the balls to be upwards to two times larger than their pre-ascension state. As Oa has found, this makes walking down the street an interesting experience, and underwear that more greatly support this region assists to prevent chafing and pain.

In the female form, new glands grow under the labia major and minor of the vaginal area. Such glands cause an increase in fluid that consistently flows in the vagina, causing the region to be moist much like the interior of one's mouth. This supports such skin that is exposed to air in regenerating in ease, and also brings an end to the experience of a dry vagina during intercourse. These glands also produce an anesthesia similar to morphine during childbirth that allows childbirth to be a glorious and joyful experience free of pain.

The ovaries, which primarily produce eggs in a non-crystalline structure, grow to include 8 new glands that produce 28 new hormones that balance reproduction and regenerate the form. Reproduction should not require menses. Menses is a loss of nutrients and fluids that is unnecessary to a crystalline structure. Reproduction was once caused through conscious intent. The new glands allow one to consciously shut off reproduction at will. In so doing, all eggs will be dissolved, as one is not interested in conception, causing one to not conceive or to have menses. If one intends conception, then eggs will be produced when needed. Crystalline women can also conceive without a mate or sperm as crystalline eggs contain all components necessary to create a child. Such conception again would occur only through conscious intent.

The reproductive glands produce 28 hormones in both the male and female form that regenerate crystalline cells. Regeneration ends the birth death and rebirth cycles of cells, allowing cells to be rebuilt if they have lost their structure and/or function. Rebuilding cells requires far less energy, nutrients and time than growing whole new cells. Therefore these regenerative hormones are important to an entirely regenerative system. Such hormones are directed by the thymus in relation to how much of each is created to sustain the regeneration of the entire physical system.

TEETH

The crystalline structure allows one to grow new teeth as needed throughout the life. There is a gland that grows in the chin that was once present in childhood and before the baby teeth fell out and the adult teeth grew in. This gland allows new teeth to develop to replace teeth that are degenerating. This gland grows around initiation 1800 at this time in the ascension blueprint.

Mila and Oa have found that the current dental practices and ingredients used in fillings, bridges and crowns interfere with the conversion of teeth to the crystalline structure. One product that has assisted with stimulating crystalline growth of the teeth and gums is a sonic toothbrush. The sonic waves allow more chi to be pushed through the grid work of the teeth and jaw triggering resurrection to a crystalline form of the cells therein. The sonic toothbrush often also eliminates the aches and pains in the teeth and jaw during ascension that is simply the result of stagnant energy flow collected in such non-resonant dental structures.

Crystalline teeth also will regenerate enamel as needed. Plaque builds up consistently, primarily because most food is not crystalline at this time due to non-conscious farming practices. The bacteria in non-crystalline food cause the plaque to grow. Rather than visiting a dentist for plaque removal, Mila and Oa have found that essential oil of lemon and orange will dissolve hardened plaque so that it can be removed during daily brushing

instead, much like fruit acids dissolve dead skin lessening wrinkles. They utilize such oils once to twice per week for maintenance. This has allowed them to avoid the visit to the dentist over the past decade of their ascent.

Gums also regenerate in ascension. The healthy pink glow of Mila's gums look better than most children at 2 strands of DNA. The use of the sonic toothbrush also aids in the blood flow to and from the gums after brushing, allowing crystalline teeth to more readily regenerate rather than decay. Decay in the crystalline form becomes an experience of the past, even in teeth. Sometimes portions of teeth will break off near fillings due to the non-resonance. If this occurs, an entire new tooth will generate underneath replacing the one that has broken. One must simply intend this so and so it will be.

DEATH HORMONE

Recently, and in the release of disease and aging karma by ascending initiates in the new consensus along with the focus of SSOA, the origins of the death hormone came to be understood. The death hormone, which is produced in the pituitary of humanoid forms at 2 strands of DNA, kills healthy living tissue to bring about death in a sudden accident or at the end of a lengthy disease. The death hormone in the pituitary triggers like hormones of death to be released in each organ and gland throughout the form. Such hormones shut down each gland and organ throughout the body by instantly poisoning the cells into lifelessness. This is how death occurs in all circumstances at this time in history.

The presence of death hormone in all flesh has caused Mila and Oa to become vegetarian. As any animal or fish dies, death hormone is ejaculated into every organ, muscle and system throughout the embodiment. Such hormone permeates the muscles and fat that one consumes as one eats flesh. One is simply adding death to their system in the consumption of the death hormone, and it is for this reason that Mila and Oa have chosen a strictly vegetarian diet. Their diet includes milk, cheese, butter and eggs at this time, which provide enough protein to assist in their continued ascent.

Addiction to meat is better understood given the death hormone. The death hormone numbs the pain that most humans exist within at 2 strands of DNA. It is for this reason perhaps that it has been so difficult for the human species at large to give up it's requirement to consume flesh even though all nutrients necessary to sustain the form are prevalent in vegetation at this time in history.

Given their deep and newfound understanding of the death hormone and how it kills living cells, Mila and Oa would recommend that all ascending initiates consider keeping the consumption of flesh to a bare minimum, and to those times in one's ascent where one simply requires so many amino acids that a vegetarian diet does not serve. When such phases pass, Mila and Oa now recommend resuming a vegetarian diet to minimize the added death hormone into an ascending system, as the death hormone kills healthy tissue causing one to needlessly resurrect that which dies in the consumption of flesh.

THE JOY HORMONE

The death hormone system has proven to be the distortion on a hormonal system that once sustained joy and passion upon a cellular level within the human form. At this time,

the blueprint for ascension shall allow for the gradual transmutation of the death hormone system to become a new hormonal system for joy. Such hormones interestingly enough turn the blood to a deep magenta color once released. Magenta is the color of passion and joy in an ascending field.

The joy hormone is similar to what occurs in the form as one eats chocolate or exercises. Eating chocolate or exercising creates endorphins that allow the form to feel grounded, relaxed and "happy". The joy hormone is similar to such endorphins, except that there is 18 forms of chemicals related that work in a synchronistic manner to retain a happy body 24 hours per day. The joy hormone system involves the tonsils and appendix along with 18 other systems that are used to disseminate death hormone in the act of death in a non-crystalline form, including a special node in the pituitary. As one moves from biological death to biological joy, life changes in a manner that is indescribable and must be experienced to be understood, or so Mila and Oa perceive.

THE STOMACH, DIGESTIVE SYSTEM AND INTESTINAL TRACT

The stomach, digestion and intestines go through many phases of resurrection in ascension. In essence, the stomach wall and lining becomes crystalline and a thick coating of mucous develops that allows for stronger digestive enzymes to be produced to digest what one eats with greater ease. Such enzymes become increasingly good at breaking down nutrients that one consumes, particularly protein, soy and beans along with milk products (except that which is homogenized, or so Mila has found). One may find therefore through ascension that one's allergies simply disappear over time. All allergies to food are related to an inability to break down a particular substance in digestion.

The intestinal tract modifies itself through ascension, and is perhaps one of the more greatly deteriorated organs of the form. Why? It may be the simple fact that there is decay always flowing through the intestines, and decay leads to decay, or in other terms, deterioration of the intestinal system over time. The ascension blueprint calls for the growing of an entire new intestinal tract over the old, and then the old is sloughed off much like a sock is pulled from inside of another sock. This sloughing off of the old track occurs several times in ascension, and may lead to a period where one does not desire to eat much, feels full all of the time, and has a week or longer period of diarrhea or larger than normal numbers of bowel movements. This occurs at 1800 strands, again at 3000, and again at 6000 strands.

As the new intestine takes place of the old after the turning of one's tract, it is far more efficient at breaking down and absorbing nutrients from the waste, and embracing waste delivered from the blood to be added to the fecal matter. Later and in the ascent to 6000 strands, the intestines begins to recycle more and more of the waste, drawing out nutrients that can be used over again in the form, minimizing the overall amount of waste emitted from the system each day along with the need to eat as much to sustain the form. Energy and heightened vibration are also used to turn some of the feces into gas dissolving it more or less with application of the Language of Light. One might think of this as biological transmutation of waste in action.

While on the road, Mila has learned to rely upon energetic transmutation more than bowel movements for her waste management. Sometimes she will even focus energy through the

hands to allow for the dissolving of waste into gas or energy again. At another time and into the future, there will be no need for bowels at all, as all will be recycled within the system. The intestines may become a recycling factory, with all substances turned into another re-usable material for the sustenance of the form.

SUMMARY

We invite initiates to muscle test their weakest organs in their ascension to date. We also invite initiates to cross check if all organs and glands are developing, as they should given one's level of evolution. In essence, at 1800 strands, one should begin to embody most of the changes spoken of in this material. By 3000 strands that have stepped 30% down into the form, the glands and organs should be more or less developed 30% of size to sustain one's vibration and continued ascent. If one is failing to develop any of such organs or glands, perhaps it is time to intend to get at the underlying cause of why one may have blocked such a part of one's biological ascent.

Ascension comes along in a manner that is best suited to the health and well being along with weaknesses of any given form. If a form has a particularly toxic organ or system, such an organ or system is addressed first in the ascent so that it can increase in strength to support the ascent of the rest of the form. Sometimes this leads to periods of "not feeling well" in one's ascent, and such periods may last for months or longer belated. The best manner of addressing such a time is to take gentle walks, intending the energy to move and take as many baths and sunbaths as one can to support the detoxification process.

For Mila, her chest was a weakened area. In her early ascent, this led to bronchitis that recurred intermittently. She treated the bronchitis with immune herbs and colloidal silver as required during such periods. Additionally, as her bones first became crystalline and for a six-month period, she could barely walk and felt like a 90-year-old woman, hobbling down the stairs each morning. Mila would work with her grounding, kundahlini movement and synthesis easing the pain, and then take a gentle walk to again move the energy. As the energy moves, the pain lessened and she could go about her day in greater ease.

Many initiates may not understand that most of the pains in ascension are etheric. Move the energy and the pain will subside. All pain is simply the result of stuck energy in particular part of the grid work or chakras. Energy will move if one focuses upon it.

Sometimes underlying the non-movement of energy will be painful past life recalls. As one goes into the recall, and processes the pain, the energy moves again and the pain subsides. This is how Mila ascended and continues to ascend to this day.

However, as one increases in vibration, one eventually transcends pain as a vibrational threshold, which is primarily electrical in nature. There are other discordant vibrations however addressed thereafter which can be equally uncomfortable, and these are primarily radioactive in nature. And so the process goes on to a state of full consciousness and beyond.

Gentle walks will cause any stuck energy to move. So will a gentle swim, or getting into a hot bath, hot tub or sauna. The heat also causes one to sweat which pushes toxins from the pores allowing one to detoxify that which puts the form in pain. Certain toxins hurt form.

Why? Such toxins cause the energy in the etheric body to cease to move. Such toxins have an electrical charge or radioactive charge. Such toxins can be heavy metals, pesticides, or any one of many additives that are found in your food source and environment. Move the toxins, and so the electrical or radioactive charge also leaves the form allowing the energy to more freely flow in the etheric body. As the energy freely flows, pain ceases.

It is for this reason that one will wish perhaps to feed the form organic foods, drink lots of water, and minimize those substances that are abusive, such as smoking, excessive drinking, excessive consumption of flesh, and if possible, living in a toxic environment. It is for this reason that Mila and Oa moved to Hawaii, as the mainland US was too toxic to continue their ascent within. So it is for them, so may each ascending being that may ultimately relocate to an environment that supports one's ascent, whether it be the mountains, the country side, an island or by the sea.

We hope that each has found this information useful upon your personal path of ascension. We invite you to join us this year at our International Ascension Conference. This is the year that a regenerative crystalline form, such as what we speak of in this piece and which one is ascending into as a map carver, can become anchored for the entire human species. Such ascension shall be generational and come forth to greater degrees in the coming 18 generations. In so doing, the human species shall transcend aging, illness and death as a collective in the coming century. Let us make it so, HO!

Until our next communication,

Namaste

The Tao

Mila & Oa

<http://www.ascendpress.org/articles/transmissions4/regeneration.html>

Candace comments: I wrote this about 2 years ago I guess if you are now reading it in 2012. There are minor incorrect details but overall this message is very good. On earth right now you are not going to 3000 strands of DNA etc. If so you would be completely invisible on this planet and not needing to consume food at all. Environment will NOT support that whatsoever. Those strand levels only function on the levels of the Superuniverse architectural worlds. But otherwise this is excellent for thought and may help a bunch of you through your aches and pains.

Many cases of ME/CFS are ascension syndrome. And as you read this article, you will understand why doctors think there is a neurological factor. Doctors don't get this of course. I would avoid their medications!

And some of the thugs DO understand what ascension syndrome is, so there is a lot of misinformation out there. Please people most of you ascending can not handle heavy meats. In fact NONE of you can, nor can you handle dairy, and the junk foods with a

shitload of phosphates added to them, nor the MSG, Aspartame and the like. I have taken a very painful journey in that department. Neither the high fructose sugars in everything. They have put lots of poisons into your food. While you need a fair amount of calcium the calcium phosphate blend of dairy is for baby cows not humans. The leading cause of osteoarthritis is phosphates that you can't eliminate and they are stored all over your body. The star seed kidneys are not meant to handle this.

I have written on this, **please go back to the 3 sky doc pieces for info which I wrote with Sky Doc, who is AA Raphael, spring of 2005.** This problem with phosphates has been given the name "*fibromyalgia*" by doctors. Excess phosphates are also the cause behind ADD that is pandemic in people and especially the star kids right now.

The oceans are still really awful. This article was apparently written in 2002. We are IN the photon belt, and also in the galactic plane which is sending all sorts of gamma and other rays, plus the "god particle" which purpose is to regenerate in large measure.

Now recently, there was discussion here about us having short mini stasis periods, with Jennifer knowing we had a stasis period of two days because of her fire going out. We are doing this, because the environment is terrible and must be worked on occasionally out of sight. This could well be one of the reasons the sun moves too far on occasion, since I have been watching it. I may have missed a day of observing unknowingly!

This earth is so toxic both from the pollution, the mental toxicities and the like that it's making the physical ascension of the body a more difficult process than need be.

I do have already a regenerating body, and it's a bit hard on the maintenance with earth related foods for my consumption. I have the larger liver etc, and of course I have written about my growing head. I went through a 4 month process over 2 years ago, gifted to me my Esu, CM and carried out by my Guardian angel Andrea. It was NOT a pleasant process and carried out in the summer with heat issues. I had to endure a LOT of unusual rays and energies. I converted to the regenerating body after mid October of 2008. Some interesting proof was my hair color begin to immediately change back to dirty blond. Except the top, it's still white.

REgards the discussion of initiations, you undergo these generally at night. Now many of you who read these materials are already long ago ascended masters, or at least well beyond others of earth, but you incarnated into the 2 strand DNA system, and are thus demonstrating the process of the body changes that go with ascension. And for those of you who are staying with earth, you NEED the better body from this process.

I am currently approaching the completion of 24 strands of DNA in this form. At some point after stasis, all being birthed into the planet will start out with at least 12 strands. The downgraded 2 strand DNA forms will be a thing of the past. Even the animals are experiencing DNA upgrades and the reconnection of lost DNA patterns. And this should be obvious to some of you who have long enjoyed animal family members.

I hope those of you reading this will understand you are not intended to be rail thin! You need some fat and you are supposed to be having some extra, not only because of the changes in your DNA and organ growth, but also belly fat is protective of the dark side

energy systems still sweeping the earth a bit. And if food should become short, those twiggy folks are going to go first!

Be about some sungazing after rise and before set. And during the day you can stand with your face to the sun but with your eyes closed. Begin to consciously absorb some photons for some of your energy source!

Sungazing assists the process of ascension. It affects your pituitary and pineal glands. Work up from a few minutes to 15 or so where you have time and a sun to gaze at! The sun should after you watch it a minute or two, turns blue, with beautiful peach coloring around it. It is not harmful to gaze at the sun during the about 45 (now 30, its stronger) minutes after rise and before set. If it is uncomfortable, then it is still too high in the sky, wait a bit. Some can watch up to an hour after rise and before set, but I am not one of those.

Now, as I described in the Sky Doc pieces, I am on a guaifenesin protocol to help rid my body of the fibromyalgia build up of phosphate/calcium deposits in my body. It was working well, and for reasons I don't remember, over a year ago, I stopped taking it. I think I kept forgetting to order some more and just decided to see how it would go. Well about 3 weeks ago I started back on it, because I was developing a return of build up and to top that off I was using cheese again! Don't ask me the why on that one, except I discovered to a greater degree the fresh Mexican cheese we have in abundance here in Denver. Initially I was taking a little guaifenesin when I ate cheese once in a while, but I forgot that one! We cannot tolerate dairy! Except for butter, and sour cream if phosphates have NOT been added. I am already losing some of that buildup! I probably need to stay on small doses, minus the cheese for a long time, depending of course how long it is until stasis. And when I come back in my new body, I will not be able to tolerate any cheating at all. You were meant to be VEGAN people.

Nuts have a goodly amount of phosphate too, you should eat them, but not half a pound at a time! (yes, I have done that on occasion, it is not "safe" for me to sit down with a can or bag of nuts while working on the computer. I eat "mindlessly" then. All seeds have some phosphate, the baby plant requires them to grow rapidly, and you do need phosphates for the ATP/ADP energy system. BUT as your body ascends and you use photons and other new energy systems, you aren't going to need many nuts either. But while you have some remnant of animal body you need healthy plant foods, including nuts which supply a goodly amount of protein and healthy fats. You can also get needed calories and fats from avocados, coconut milk, olives and any other high fat fruits in the vegetable kingdom. In fact, most of you need less carbs, particularly sugars and more vegetable source fats. The changing body doesn't want all those easy carbs! You need to acquire a taste for whole grains!!!! Once you do, you will NOT like white rice, starchy white bread and the like.

I downloaded a pdf file recently off the internet, and I have to find out where I found it, but I discovered an ounce of almonds or cashews have almost as much phosphate as an ounce of cheese. But much less calcium. However, peanuts and the greasy nuts like walnuts and pecans have much less phosphate.

You may have to supplement calcium and other minerals for your ascending body, as the plants themselves are deficient at this time for you, and part of that is the bad farming from depleted soils. Fertilizers are not adequate. If you garden at home you need to depend

more on organic composting for your soil, so minerals are replaced to it. I must supplement with calcium, sea salt, magnesium, and potassium or I have bad muscles and energy problems. Again, check the 3 Sky Doc pieces from spring 2005 under my telepathic messages. Esu and I did two messages together also, called To Your Good Health.

Stop Evading the Tasks of Evolution

By Sanat Kumara thru Tatyana Mickushina

Aug 26, 2012

Candace: I had stopped going to this site last year as there was no updating for some time. Tatyana is active again. This piece is appropriate, as MOST not only evade their evolution, they flat don't even realize they are here to evolve, which has been a chronic problem with the teaching on this planet, religion having taken over and made a mess of it. **Stop evading the tasks of evolution.**

Sanat Kumara, June 20, 2009

I AM Sanat Kumara, having come to you again on this day. I am happy that I have an opportunity to give messages to the humankind of the Earth. Not always are we given such opportunity, for the situation on the Earth changes and the consciousness of the individuals is very subject to changes.

Today I have come in order to give you an idea about what is happening on the planet. Many of you, watching the situation on the physical plane around you, ponder over what is actually going on. Everything is as though as usual, but yet, it has somehow elusively changed. Besides, it may seem to many of you that the whole world has gone mad. And this will not be far from the truth.

Indeed, we counted on a bigger transformation of the people's consciousness. We reckoned on an opportunity for bigger cooperation when we started working with our messenger in Russia. And now, with surprise, we are watching the repetition of the sad experience of America. The Russian people have set off on the same path. They are astonished by the messages, look at them as at something unusual, and our messages and our Teaching engage their consciousness no longer than the time necessary for the reading of a dictation.

Unfortunately for now, we have not received what we expected. We do not see readiness for cooperation. We do not see the individuals who are to such an extent imbued with our Teaching that they are ready to sacrifice everything they have, to sacrifice their very life, in order for their selfless service for the good of the evolutions of the planet Earth to turn the consciousness of many people, living on the planet, in the direction of knowing the Divine Truth.

We have realized that our hopes have not come true once again. Again we encountered with the indolence of human consciousness and its unpredictability. Well, we drew our lessons and are ready to continue the movement on the path of the evolutionary development. A hope remains for you, but in order for this hope to come true, it is necessary for you to thoroughly think of whether you do everything in the way you should do.

As the situation on the planet is heating up, we do not have any more time to talk too much or for long. We rely on the Teaching which has already been given and in order for you to

continue moving, it is necessary to devote every day of your life to the transformation of your consciousness. I am aware and understand very well that you are immersed in the illusion and the illusion increases more and more with each day.

Do understand us as well. We are concerned and care for the salvation of each soul, which is still sleeping, but hears our call, our admonishments and our Teaching in the dream. You still cannot differentiate whether what you hear from us is a continuation of your dream or these are already the sounds of the New Day.

However, we are but to satisfy ourselves with a little: you hear us and even this is already something which gladdens us.

Never stop to aspire. Never allow the illusion to completely capture your consciousness. I do not lose hope and convince all the cosmic counsels that the humankind of the planet Earth is capable of moving on the evolutionary path of development.

However, there is less and less time left. I will not reveal the terms which are discussed and the dates of the forthcoming events. Why do you need to know this?

Things that will take place will not have any meaning for those who sleep. The ones who have been awakened are not endangered by anything.

Those few remain who hear my words as though through a dream, and forget about them immediately after reading my message.

However, I will not tell you the terms too, for the time does not matter at all if you do not manage to deal with the change of your consciousness now.

I have come to remind you that now a lot, if not to say everything, depends on every one of you who is in incarnation.

Stop evading the performance of the evolution tasks, stop hiding and continuing to play stealthily childish games. You have already passed all possible limits within which it was necessary for you to comprehend our Teaching.

Now, I have to let you know with full responsibility that the whole world and its destiny, depends on these few who have come into incarnation exactly in this time with a particular mission and aim, and have so much been carried away with games in the illusion that they have missed all given terms. And we are confronted with the necessity of either to postpone the terms or to forcefully make you wake up from the dream.

Every time we are speaking and warning, and every time your consciousness refuses to believe that everything is very serious. Let this message of mine make you even if for a while open your eyes and see the danger, which threatens the humankind, if it does not manage, in the persons of those few who have come into incarnation especially for this, to do what the Cosmic Law requires to be done now. And now the evidence is required that the humankind is capable of working with the Higher Worlds, that the humankind can and wants to develop, and follow the ascending path of evolutionary development.

I am telling you all this openly and fairly because I took upon myself the responsibility for the humankind of the Earth. And I will continue waking you up and making you awake until you do this.

You cannot imagine how difficult it is for me to convince the Great Central Sun that the humankind needs a little bit more time and a little bit more energy. It is very pity that you cannot appreciate and understand the care and guardianship, which you senior brothers and sisters, the Ascended Masters, are giving to you now.

I am becoming silent because everything I have said now needs time for contemplation. Promise me that you will read this message of mine at least three times in different states of your consciousness.

I have come to you on this day in order to make one more attempt to reach your hearts.
I AM Sanat Kumara. Om.

Messenger Tatyana Mickushina

Translator Proletina Dragoeva

http://www.sirius-eng.net/dictations/s11/June_2009/20.06.09.html

Mama Maria Speaks to T.....

By Mama Maria thru T

Oct 18, 2012

Hi folks,

I know its been a while since I last posted anything anywhere, especially any meditation reports. There is a good reason for that; the need for me to work out some very heavily unresolved emotional issues from my past -

As my guide Laoshi put it: *"You cant seriously expect to convince anyone to have a bath when you yourself stink like a Tibetan yak, can you?!"*

He has a lovely way with words, my Laoshi does.....Good point he's got there! Anyway, all is a lot better now, and so Im back.

I had asked **Mama Maria** a couple of weeks ago, due to one of my many pangs of impatience, about the 3DD. She had told me this:

"Do not ask IF its going to happen. Ask what YOU will do WHEN it happens. Are YOU ready for it? If you say you are, then you certainly are NOT. Ask yourself: when you are about to sit for an exam, can you truly say that you are perfectly ready for it? No. One can only keep on maintaining the process of readiness as much as possible until the event occurs.

Realise this. The event is occurring as we speak; and when it does happen, even the most knowledgeable of the so-called "Lightworkers" will not know how to act IF they have not worked out their spiritual and other issues from this present lifetime. Many people will have to assess if they have been just idling time away waiting for events to occur - yes, one MAY look at this as an indirect form of service to self - or if they have been helping others in some manner to alleviate suffering and pain; being of service to others in some way or form. You will see when the time comes, that quite a few of the former will have to face a judgement of their own making - of their errant thoughts and actions, against themselves, by themselves - and they will also have to account for having mislead many who should have been rightly guided by them."

At that time, when I asked if I should put this on the site, she told me not to do this. She said that this was because those who were going to listen were already hooked up to their Higher selves and were busy preparing themselves by assisting those who came their way in whatever capacity was needed of them. Others, who were not going to listen, would not bother with the material anyway, and carry on doing as they have been doing. These would to be awakened by their own Higher Selves, guides and angelic guardians when the time was right.

I am assured by her today that it is the right time to put that message up. So, I am including it here.

OK. This morning, I was just finishing my meditation as per CM's latest directive, when **Mama Maria** came to speak to me. When we had finished talking - and most of it was either personal stuff or that to do with my spiritual path - I told her my intention of resuming my postings on the AH forum website. I asked her if there was anything wanted me to put there. She affirmed that there was. Please - like I usually say - use your spiritual discernment. Take what resonates, leave what does not. Anyway, this is what was said to me:


"My dearest children, I have warned many on this planet, for many years, about this time of darkness. Yet, many have refused to listen. Some have listened, but not heard. Only a very handful have truly believed. Now, I say to you: Be aware, now. Be vigilant, now. Now is the time to assume responsibility; to be an anchor for the passengers on a ship in the middle of this awaited maelstrom. The storm will be felt to be terrible, even though it will rage on in both darkness and light; for the predicted three days and longer. In this darkness, it will seem as if there is no horizon on which to fix one's gaze.

In this darkness, too, one will not be able to make out who is friend nor who is foe, who is family and who is stranger. For many, it will be a testing "night of the Soul"; a time when they are being forced to evaluate the validity of all that they have held dear for such a long time. It has already started, my children. This is why all around you many are unable to function as they once used to and are acting irrationally and totally "out of character". I say to you all: Look inwards. Look deeply. Be at one with your I AM. Attune to He who you call Christ Michael, the One who is as your Father. You will be guided at this time by Him, by your spiritual guides and your guardians.

Less words. More action. That is what is needed. That is what is been commanded by the Father Creator, the Source of All. That is what is being done by your beloved Christ Michael.

So, my dearest children, lift your spirits. Let happiness shine out of your souls in this coming darkness. Be the beacon of Divine Light that you are. Let your smiles decorate the unveiling of the "New" Earth with Divine Love and Light! We will all meet again, aboard our vehicle, which you should know quite well by now - even if you do not consciously remember it. My Love will remain with you all no matter where you decide to go after this event is through."

Well, as for the meditation report: I received no visuals. Just a sense of unbounded happiness, overwhelming love and joy emanating from Mama Gaia. Apart from this, there is currently nothing more to report.

See you all soon. 

Love and Light,

T



Candace: Beloveds, just to update a bit, those watching the sun should be noticing something. Some of us here have friends noticing the sun but with no clue as to why its not so bright. I can now gaze it for a short time at high noon without any pain or eye protection, its dulled that much but I still don't want to gaze for a long period. Takes about only 5 seconds for me to discern the disk (not the craft) now. We have completely clear sky above right now, no chemtrails, no haze, and its NOT as bright and sunny as it should be, the feel is sort of like the sun being behind thin clouds. It is as I post this, 1 hour or less from solar noon.

“Proper Use of the Mind.”

By Jesus/CM

Nov 23, 2012

Urantia, November 5, 2012.

Teacher: Jesus.

Subject: “Proper Use of the Mind.”

Received by Lytske.

<http://www.1111angels.net/index.php/messages/168-proper-use-of-the-mind>

Jesus: “The reason why I want you to use the name Jesus, rather than Michael, is because most people who chance to read this message will identify more with the Man Jesus, rather than with the Ruler of a wonderful and well-ordered universe, who goes by the name of Michael. Please give me your full attention for a short time as I have been following your thoughts about how make proper use of your God-given talents and also how to make the fullest use of your mind whilst still living in the flesh.

“The reason why I desire to ‘jump’ into your thought-stream is because it is extremely important for my human children to become increasingly aware of the workings of their minds. Since you can only think one thought at a time, and since whatever you think about finds its way into the very tissues of your being, you can bring about health or ill-health from anything on your mind, depending on the force or desire behind it.

“The Father has endowed you mortals with free will, so it is entirely up to you to curb the less than wholesome thoughts, lest you bring into existence something you really don’t want. It is ever so that what a man or woman thinks about, will come about. Think healthy thoughts and the whole body benefits, think mundane and ill-conceived thoughts like anger, un-forgiveness or resentment, or any other spiritual poison, and you can harm your body beyond repair.

“Humans are in charge of their own thoughts, no one else is. So I counsel you to become more mindful about the thoughts arising in your mind. Therefore, the most important point I am making is this: Practice an ever increasing present-centered awareness, and when you engage your mind in this, the gathering of new information will become easier. Your memory will also become far more accessible to you, ‘brain fog’ will be lifted, and timely recall of important matters will be closer at hand.

“‘Sloppy thinking’, out of control, random thoughts, and hasty actions have brought no end of misery to this wonderful planet. Therefore, if each day people would consciously engage in well-directed thoughts, it would bring the mind to more elevated thinking. Such training benefits the entire system as one would truly be on the way to self-mastery, which is a requirement for spiritual progress and which will benefit you all enormously with progress at your next level on the mansion worlds. It is here in your mortal estate where you can make the most progress.

“Think about what this would mean to you individually, to be able with a measure of self-discipline and self-correction and with proper use of your God-given mind, to make your life more joyful. See yourself becoming an island of peace with a closer connection to your Creator, who desires that all his evolving children experience this wonderful connection. It is your choice and free will decision to do so. I leave you with my peace.”