



# Starseed Healing Codex

Revolutionary Paths to Heal Self, Others,  
& Transcend 'Reality's' Edge

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# STARSEED HEALING CODEX

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# STARSEEDS ARE HEALERS

Follow the cues of Starseed Yeshua ben-Joseph to unveil  
your Starseed healing ability.

**F**or healing to be complete, real and lasting you've got to approach it holistically.

- You align body with mind, emotions and spirit.
- You also have to be willing to look at what's behind your symptoms and transmute them.
- You need to understand energy and consciousness and the fundamental role they play in your holistic life.
- And you must finally understand you create everything—absolutely everything—in your life.

These things empower you as Starseed healer healing self.

You are no victim. You are a Creator God Goddess.

So if you're sick or miserable, you created it. It didn't just happen to you.

Isn't that wonderful to know?

It means you're not at the mercy of anyone else for healing. You can replace what you attracted into your life with what you prefer.

All Starseeds are healers. But a singular process reveals our potential to become great and empowered healers.

Yeshua ben-Joseph, Starseed from the Pleiades, was a great example of this process. And you can't make a mistake emulating his Becoming.

This process simply put is this:

We develop ourselves to remember our Starseed heritage and Birthright. We remember we are Elohim<sup>1</sup> and we begin to live as Elohim.

We wear the radiant legacy robe of Starseed healing.

## **Elohim: Healers from the Higher Realms**

When Yeshua ben-Joseph healed the sick, he channeled the Divine Way of healing. By that point, he had completely realized his Eloha<sup>2</sup> (God) Essence.

Starseed Elohim from the Higher Realms—humanity's Creators—created the human body to live forever. On some level, you know this.

And it's why Starseeds are passionate about healing.

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<sup>1</sup> **Elohim** is Hebrew plural meaning *many Gods*. Elohim are the Creator Gods and Divinity creations of Yahweh. They are direct sons and daughters of God the Itself. By extension of the God the Infinite, the Elohim created the human race and many universes. They reside in and serve from the future Higher Realms. Starseeds are Elohim. For more on this topic, send an email for my article: [stargatesbeckon@proton.me](mailto:stargatesbeckon@proton.me)

<sup>2</sup> **Eloha** is singular from Elohim. (See footnote #1 on **Elohim**.)

We know sickness is an aberration. This knowing comes from a very deep place. We remember the Truth.

Starseeds incarnate, we feel compelled to realign patterns of sickness. And when we become adept healers, igniting our memory into motion, we restore the Divine Order we intended for the physical flesh body.

Yeshua's miracles illuminated a profound truth:

Sickness is not inevitable, and we can turn it back into Light, Life, and vitality through the way of Starseed remembrance and healing.

## Awakening Our Original Divine Blueprint

Each of us expresses Starseed healing uniquely. While universal methods of Starseed healing exist, we interpret and enact them according to our indigenous codes embedded in our Merkabah.<sup>3</sup>

All Starseeds are wondrous healers when we embrace these unique memory Light codes that live within and all around us. We're innately wondrous physicians, capable of restoring our bodies to their Original Divine Blueprint.

And we do it by developing, unveiling, and awakening the memory of our Elohim God Selves just as Yeshua did.

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3 Superimposed onto the aura is your **Merkabah**—your living organic Aeroship of Light. Merkabah serves as your celestial transport vehicle whether you travel in consciousness or eventually travel body and soul. Your Merkabah carries you through Ascension.

**Mer** means *spinning*. **Ka** is an ancient Sanskrit word for *spiritual Essence* or consciousness body. **It is your Light**. **Bah** is an ancient Egyptian word meaning *soul*. Merkabah is a spinning unit of Ka (Light Essence) and Bah (the corporal soul).

# Radiant Cells of God the Infinite

Within the incomprehensibly vast 'body' of God the Infinite, every Starseed Eloha shines as a radiant cell for...

**'In the beginning,' God the Infinite—IT—created Elohim.**

IT spun Elohim souls (*cells, Light*) off from Itself.

All Elohim cells are perfect replications of IT, therefore we are each the Infinite Itself.

Each of us is a universe—a mighty God Goddess — unto ourselves.

Yet, many Starseeds struggle to perceive our infinite abilities, clouded by eons of manipulation from the dark raider gods.

Being able to heal ourselves is the ultimate ability and power for without a vital body, we can't serve others without distractions of sickness as we wrote to do this final Equinox Lifetime.<sup>4</sup>

It's imperative we develop, more so, unveil our mystical selves. It's how we remember our God Isness. And it's how we (*like Yeshua*) reclaim the powers of Starseed healing to restore our physical, mental, and spiritual vitality.

## Self-Development and Starseed Healing Ability

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<sup>4</sup> The **Equinox Lifetime** is the space in-between ages (Piscean and Aquarius) and the space in-between darkness and Light. This Equinox Lifetime timeline we're living brings us to a pivot point. We began at Alpha at the beginning of the Precession of the Equinoxes. When the Precession comes to its Omega close, a Stargate blasts open to a completely new Alpha once again.

The Starseed healing journey can be a challenging odyssey often marked by enormous challenges.

At times, you may flounder as all Starseeds do, but as you mystically develop yourself, you begin to realize your innate healing ability.

A quick prayer at night or in the morning may not do the trick. It's possible. It all depends on the feeling you elicit when you say that prayer.

True Starseed healing, whether for yourself or serving as healing conduit for others, emerges from the Mastery you consciously and purposely cultivate.

Yeshua ben-Joseph exemplified this Mastery Becoming during his treks in the Himalayas where he intensively developed his Starseed Being. His disciplined practice set a timeless example for Starseeds to emulate.

Healing ability demands daily, moment-to-moment investment of energy. It can't be a casual endeavor or a burdensome task.

For healing to happen, you pour joyful energy into it. You allow your desire to heal and be whole to consume your Akasha.<sup>5</sup> You fill your entire Being with the high Ideal of your utterly restored Original Divine Blueprint.

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<sup>5</sup> Your **Akasha** is a repository of Light (information) within your Being. Each one of us is a virtual Living Library holding what Edgar Cayce (*see footnote below*) called, 'God's Book of Remembrance.' This Book of Remembrance lives within the center core of your Being—the space of profound Isness—your Zero Point (*see footnote #11*). Here is where you're aligned to God the Infinite, the I AM Presence and your Christ—the Lavender Flame. This Book is an etheric repository that holds the records of everything you've ever done, thought, intended or felt.

**Edgar Cayce** (1877–1945) was a clairvoyant trance medium often called the Sleeping Prophet because he trance oracled his Oversoul blended with other Master Beings. Edgar Cayce's Association for Research and Enlightenment (A.R.E.) in Virginia Beach, VA was founded in 1931 to help people transform their lives.

# Remember Your Future Home World

In our future home worlds which exist now, we have no need of healing.

As Starseeds on Earth we know and can remember, if we choose, what that feels like.

Become consumed by the vision of your perfectly restored physical, mental, emotional, and spiritual bodies. They reflect your Original Divine Blueprint.

Then follow the sacred prompts from your Oversoul.<sup>6</sup>

Your Oversoul may guide you to:

- specific foods
- nutritional practices
- visits to healing chambers on the ET ships for restoration.

Your Oversoul may also urge spiritual practices like:

- daily aura scanning and clearing (discussed later in this book)
- a deeper alignment with the consciousness of Elohim
- contemplating the power of all your thoughts and emotions that put certain hormones into motion throughout your body to damage it.

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<sup>6</sup> Your **Oversoul** is your Divine Double, Celestial Image and extension of God the Infinite. It's anchored in the upper quadrant of your auric field (*aura*). And it exists to show you how to be, who you are and what to do. Your Oversoul sees far beyond where the smaller you can see. And it knows everything you need for your most perfect evolution. Whatever guidance you ask for, your Oversoul will point the way for you.

Get yourself into thinking and feeling as a God Goddess from the Higher Realms.

You'll awaken the memory of your God Isness and activate the full potential of your Starseed healing ability. In fact, you probably won't even need it any more.

## **Inspiring You**

Even when your healing journey feels daunting, persist with it.

Don't give up.

Authentic holistic healing often takes time.

Throw out ideas of time and timing. In truth, there's no such thing as time. It's merely a facet of third dimensional frequency.

Gaze into the mirror and no matter what you see, know and feel yourself healed, whole, youthful, and radiant, with all your energies vibrating in perfect harmony.

Call on Yeshua ben-Joseph, called Sananda in the Pleiades to assist you in your healing and help you to remember the physician you are.

Contemplate yourself as Avatar God Goddess incarnate.

## **Heal Yourself Now - Don't Wait**

There's a lot of talk on the internet about med-beds. Sometimes I wonder if they aren't simply recalling the healing beds and devices in Star Trek and riffing off those shows.

When the Great Shift is complete and Earth has ascended to New Earth, there won't be much need for med-beds because everyone will be vibrating far beyond sickness and decay. But perhaps there something like them will exist in that frequency.

And until then, don't wait for med-beds because even if by some outrageous event, actual healing med-beds arrive before the Shift, they're not here now.

Don't wait on an uncertainty for your healing. Get to work on yourself now. Take responsibility and heal yourself in the Now.



# LOVE - THE ESSENTIAL PATH TO STARSEED SELF-HEALING

Profound self-healing comes from a deep Love symbiosis  
with your body.

**I**f you're searching for ways to heal yourself, begin by truly learning  
how to love yourself.

Profound Self-Love nurtures intimate dialogue with your body. It can disintegrate negative coding from past lifetimes and reveal your body's Original Divine Blueprint.

Tap into the fullness of Love which Starseeds innately know having come from the Higher Realms where Love is absolute and the only emotion expressed.

## **Embrace Your Body's Reconstitution Across Lifetimes**

You and your body began with a perfect Divine Blueprint. But Starseed, your body's been reconstituting itself over and over again over 26,000

years of lifetimes, blending those perfect codes with other lower (or higher) frequency codes over many arduous lifetimes.

Your parents made it possible for you to have an organic body but you're the one actually creating it.

Every trauma, hurt, or terrible event you've stored as codes and memory in your Akasha. But you've stored a lot of awesome codes too—never forget that—and as Starseed, probably more than the negative at this point.

Each successive incarnation complies with and mirrors all those codes.

This is partly why we look at our bodies and find them so terribly imperfect. They were never meant to be that way.

And it's our mission to restore ourselves and our bodies to our Original Divine Blueprint.

But it's not going to happen with casual thoughts about it. It takes a certain attitude... of Love.

## **Start Self-Healing with Love for Your Body**

Health and healing begin with Love for your body.

Only Love leads you to your perfect high estate body. It's just that we've all muddied it up with negative coding and beliefs.

Disintegrate this coding now beginning with truly, and I mean, truly loving yourself. Make Love your predominant emotion and ideas and visions of Love your predominant thoughts.

From my daily affirmation practice:<sup>7</sup>

My body's cells and I enjoy a never-ending cipher of Love.

My prevailing attitudes establish a radiant energetic inner environment of buoyant Love and Appreciation within my body.

I thrive with the high estate body of a perfectly healthy perpetually young woman.

And my health, vitality, immunity and youth are absolute.

It takes a concerted practice of felt Love and affirmation because we've all got a lot of mental programming to undo.

## **Your Holy Trinity: Unity of Body, Soul, and Spirit**

Our souls and spirits are not separate from our bodies.

They're a Holy Trinity Unity—a symbiotic unit. They radiate and share their energies back and forth to each other.

And what greater mission could any vessel have than carrying and assisting the soul as the physical body does?

Such a great mission must be buoyed and appreciated... always.

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<sup>7</sup> From my book, **Starseed Affirmations of Light: 3 Keys. The High-Frequency Path to Living the Quantum Timeline You Choose**, at Amazon.

# Make High Choices to Honor and Love Yourself

This means you make the highest choices—always—for your body.

All choices you make for your physical body and health must match with Higher Love for Self.

- Seek out the highest food choices possible. Learn what those actually are and shop consciously for them.
- Give your body encouraging energy flow by moving your body every day in a concerted exercise practice that speaks to you.
- Care for your body by keeping it impeccably clean and as pure as possible both inside and out.

Please though, if you choose a detox program, be easy on yourself with it. I've seen too many people absolutely torture their bodies in the name of detoxification.

***This is my daily affirmation:***

I intrinsically, effortlessly and continually detoxify and cleanse every part of my body to a state of sustained total purity. I experience only negligible symptoms of this cleansing and purification.

- Dress your body beautifully (and I don't mean expensively or fashion consciously). Adorn your body according to your character and individuality—not how someone else thinks you should. This is an expression of Love for Self.

- Rest when and how your body calls you to rest. But this doesn't mean to sleep long hours either. When I began getting up at 5 a.m. having been a so-called night person all my life, my health, vitality and attitude went next level, I lost weight without trying, and I began manifesting my desires more rapidly.
- Affirm constant appreciation of your body. Look in the mirror and see youth, vitality and beauty no matter what you see with your eyes. You will step into what you hold to. And appreciating your Ideal weaves magic in your life as well as being a high form of Self-Love.

## **Overcome Challenges in Loving Yourself**

If you find it difficult to profoundly love yourself:

- Contemplate how well your body has carried you for *26,000 years* of lifetimes. It really is the same body reconstituted over and over again.
- Consider well how your body carries and facilitates your Being against all odds and the density of this third dimensional plane.
- Speak lovingly to this greatest of companions—your body. Feel yourself one with your body and your body will respond to your commands of healing.
- Declare yourself perpetually open to loving your beautiful outrageous body. Make it your constant intention and Ideal.

Anything you give Love to expands and becomes more beautiful and bright.

Just like the flowers, canine or child you give Love to who all respond sharing the essence of their being, your body responds to your Love.

## Highly Recommended Reading for Self-Love Understanding

If you still have trouble loving yourself, I enthusiastically suggest reading Ramtha's<sup>8</sup> [Love Yourself Into Life: The Magic Book](#).<sup>9</sup>

The messages in this highly encoded book once turned everything around for me. They inspired me right out of struggling Starseed beating herself up for her errors to a flash awakening of Pure Self Love.

It's called the 'Magic Book' for a reason. Its codes stimulate the magic of Love in you.

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<sup>8</sup> **Ramtha** is a Transcendent Lord Master from the Pleiades, an enlightened entity oracled by American author, lecturer, and spiritual teacher JZ Knight (born Judy Zebra Knight in Roswell, New Mexico, in 1946). He first appeared to Knight in a dramatic vision in 1977 during a kitchen demonstration of pyramid power, Ramtha incarnated approximately 35,000 years ago and became a battle-hardened warrior-king on Earth—specifically in the lost civilizations of Lemuria and Atlantis—where he rose from slavery to conquer vast lands before achieving God-realization through intense meditation and self-mastery. An assassination attempt forced a long period of convalescing and it was during this period he reached enlightenment and ascended his flesh body.

As a being of pure consciousness, Ramtha imparts timeless wisdom on topics like quantum reality, the power of thought to shape destiny, and humanity's potential for ascension, emphasizing that "you are God" in a universe of infinite possibilities.

Through Knight, Ramtha founded the Ramtha's School of Enlightenment (RSE) in Yelm, Washington, in 1988, attracting thousands of students—including celebrities like Shirley MacLaine—with immersive retreats, workshops, and teachings blending mysticism, science, and personal empowerment. His messages, delivered in a booming, other-worldly voice during channeling sessions, have been documented in over 20 books, videos, and events, inspiring a global movement.

Ramtha says: "My path in my life upon this plane was to become the Unknown God—which I was to discover was myself—and to go beyond the dimensions to frolic in the adventures of forever. And so I did, and still do. I have returned to tell you that those adventures are awaiting you also, when you have embraced all of this life as I did." Ramtha's and J. Z. Knight's School of Enlightenment is located in Yelm, Washington.

<sup>9</sup> Ramtha. *Love Yourself Into Life: The Magic Book*. Ramtha. N.p., Sovereignty, Incorporated, 1990. (As an Amazon Associate I earn from a qualifying purchase of this product at no additional cost to you.)

You can't wield your Starseed Avatar powers of healing, shapeshifting, manifesting the material seemingly out of thin air, teleportation and more, if you don't first love yourself.

I've read much over the years—lots of it with advice on loving yourself—**but this book reigns supreme.**

[Love Yourself Into Life](#) (what a great title)—this book I highly cherish—may or may not serve you as it's done for me so very well but its codes will certainly increase you at the very least.

For additional inspiration, consider my book on Amazon: [Starseed Affirmations of Light: The High-Frequency Path to Living the Quantum Timelines You Choose](#). It offers affirmations that align with these principles of Self Love and healing along with a 3-Key and little known method that makes affirmations work.

## **Deeply Attune to Your Body**

If you want to heal your body, become deeply attuned to it.

**Attune** means to **become one with**. You become so tuned in to your body, you and your body are one cohesive unit.

Attuning to your body is an act of Love itself.

In the words of Lord Master Ramtha:

Everyone follows everyone else's ideal which is collective consciousness that presides and looms over your plane like stagnated air. No one has reached into the depths of their being to find a new way and, through understanding, a new truth, a new Isness. This is why they are a mystery.

This is why healing the body yourself often seems like a mystery. It requires reaching into the depths of your Being and touching and conversing with who you are—the God Goddess you are.

The kind of ‘soul searching’ Ramtha points to takes a bit of energy. You have to want it and that kind of desire comes only from Love.

It’s going to require you to go deep—very deep. You’ll have to give it laser focus and attention. It must become your Love, your Ideal, and your way of life. It must consume you—the perfection of your high estate body and nothing less.

Mastering how to love yourself is the essential path to Starseed self-healing. It reveals profound possibilities within.

By committing to loving yourself deeply and authentically, you’ll dissolve old destructive codes, attitudes and barriers.

You’ll become attuned to your Divine Essence and radiate the vibrant health you and your body truly deserve.

Love yourself truly now, and watch your life expand into boundless Light and wholeness.



# TOO LETHARGIC TO GAIN TRACTION WITH YOUR HEALTH?

## Heal the Spirit

**P**ersistent health struggles often lead to persistent fatigue and lethargy. If you don't support your body in its quest to heal itself, as it is constantly doing, you put your body in a deficit position. And when your body feels taxed, you get tired, even exhausted.

Right away you might think the answer is more rest and sleep and this is, in part, correct. It's a good form of support you can give your body quite easily. But too much sleep leads to lethargy in both body and mind. And that's a slippery path. It can lead to depression and lack of productivity.

What if the path to true healing begins not with extra sleep, pushing past, diets or doctors, but with something deeper?

What if the path to true healing lies with your spirit?

Uplifting your spirit can lessen, maybe even banish, fatigue and reveal the enduring wellness you've been seeking. Heal the spirit—actually revive it—and you can reclaim vitality, energy and robust health.

# Understanding the Spirit: Your Foundation for Stamina and Strength

You have to have real stamina to possess and enjoy a sound body.

But if you can't endure the taxing of everyday life, your body gives in to its gravity and density. You begin stumbling and crumbling.

Given the stresses of the third dimensional world, it takes as much energy as you can summon to be healthy, whole, and sound.

If you want robust enduring health, the first place you must look is your spirit. You must look to your ability to:

- be lively and in Joy
- have the kind of character that carries you valiantly through life and that meets challenges with resilience because you know who you are.

Your spirit is your:

- character
- strength
- house where stamina dwells
- stamina energizer.

(Note: This is not Spirit with a capital S— the Divine energetic envelope encasing your body, aura<sup>10</sup> and Merkabah.)

Your underlying spirit is the foundation of your entire Being.

If your spirit isn't lively, you won't enjoy life in the fullest sense. Lack of vitality and Joy makes you prone to sickness and decay.

But you can recharge your spirit and doing so, recharge the spirit, thus overcome the lethargy that's holding you back from vibrant health.

## **The Power of Thoughts and Speech: Aligning Mind with Vitality**

Your body responds to inner reverberations of Love. It responds to your thoughts and your speech.

You have to love yourself enough to start talking to yourself differently.

The fact that your spirit is low and you feel lethargic means:

- The way you consistently talk to yourself is deprecating.

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<sup>10</sup> Your **aura** — better termed auric field — is an electromagnetic field constantly vibrating around your body. This electromagnetic vibrating field is balanced with the dual masculine and feminine energies of this universe. Electro- is the principle of male dynamic energy drawing outward. Magneto- is the principle of female mysterious energy drawing inward.

- Your thoughts and imaginations of yourself don't line up with your unlimited Christ<sup>11</sup> and the understanding of yourself as Divine Offspring—worthy of every good thing forever.

Hermes Trismegistus<sup>12</sup> (legendary author of the Hermetica treatise on immortality) said we're all imbued with two important gifts:

1. mind and
2. speech.

Hermes said:

**Life is the union of word and mind.**

So you must align these two. Make them coherent to enjoy good health once again.

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<sup>11</sup> The highest possible attainment in the spiritual life is to become a **Christ**. To realize our birthright of Christhood we strive to live the Christ ideal. Yeshua ben-Joseph (*Jesus*) himself said he was by no means the exception. He came to demonstrate the example. We're all meant to do as he did but to do so we must recognize the Christ within us. We must raise our consciousness to that of the Christ.

Your **Christ** is the power within you to know God. Realize your Christ and you are resurrected. ives within your body. Everyone's Christ is enthroned just back of the heart—the seat of the soul and of Love. This Throne enshrined within you constantly directs every activity of your body. It's your I Am, Eternal Essence, Zero Point, Inner Alchemist, Central Spark, Indwelling Presence, Lavender Flame.

Your **Zero Point** is the center core of your Being—the space of profound Isness. Here is where you're aligned to God the Infinite, the I AM Presence and your Christ-the Lavender Flame.

Your **Lavender Flame** is the core, guiding Light and consciousness center of your entire Being. As you become a very mystical entity (*see footnote #1*), the blue corona of your aura—the sheath of Light protruding about one quarter inch from the skin—turns lavender in color because your Lavender Flame is fueling it.

<sup>12</sup> **Hermes Trismegistus** (from the Greek, Hermes the Thrice Greatest) syncretic combination of the Greek god Hermes and the Egyptian god Thoth (pronounced Tay-hoh-tet). He is the purported author of the Hermetica or Hermetic writings on subjects of astrology, magic and alchemy.

Fill your days and nights with thoughts and speech that image and convey nothing other than:

- vitality
- life
- Joy
- youth
- equilibrium
- stamina
- strength
- healing.

Bring your mind and body into coherent balance with each other.

... every cell in your body was created to live forever. It has the ability to rejuvenate itself to its youngest most flowering aspects and to be able to hold the boundaries of that constitution into infinity.

— The Transcendent Pleiadian Master Ramtha

Embrace this Truth from Ramtha. As an Ascended Master, he would know.

(Note: We dive deeper into the all important mind and speech in creating health later in this e-book. What you will read in that chapter will truly inspire you to make certain shifts in your vibratory frequency, thought and attitude, thus emotion.)

# Harnessing Imagination: The Ultimate Tool to Heal the Spirit

What do you want your life and health to look like?

Do you have a clear image in your mind?

Imagine it. Don't be afraid to do it. Dare to go as far as you can with your Imagination.

Then bring the statements of your imaginings all together to become your new life's story.

Let Imagination be your guide and let it run free.

This act alone will begin to fuel and supercharge your spirit.

Imagination is how all of Existence came to be. And it's how your greater health can come to be.

'In the beginning,' God the Infinite imagined everything into being.

As Divine Offspring, it stands to reason we should create the same way.

Imagine and speak out loud and quietly within yourself descriptions of the most uplifting, unlimited images of you enjoying perfect health ***already achieved.***

This is the greatest form of prayer!

And when you visit the font of prayer that much, your prayer energizes and increases you in spirit.

# Bringing It All Together: Daily Practices for Lasting Restoration

Make both your imaginations and affirmations coherent with each other.

Flood your mind, aura, your whole Being with them by thinking about, visualizing, and speaking them as often as you possibly can — without working hard at it.

Let it all flow and be generous with this practice.

Do this and you will definitely uplift your spirit. You'll increase your stamina and fuel a life of radiant health and vitality.

Remember, to heal the spirit is not a mere step along a path. It's the essential starting point for banishing lethargy and stepping into vibrant, enduring health.

This is your Divine Inheritance! Accept it.

In this moment, begin uplifting and amplifying your inner strength, your spirit. It's key to overcoming the lethargy that's been holding you back from embracing radiant health and a more enjoyable, productive life.



# PROACTIVE AURA CLEANSING PREVENTS SICKNESS AND DISEASE IN THE STARSEED

## Safeguard Your Physical Well-Being Through Aura Hygiene

**T**he key to preventing sickness lies in the subtle energies constantly vibrating in the electromagnetic field surrounding you. This field is your aura or auric field.

Starseeds who understand how to cleanse the aura and do it often shield themselves from illness before it can even take root in the body.

By maintaining a clear auric field, you nurture your overall vitality and keep harmful densities at bay.

When we experience traumas, face abuse, compromise our personal integrity (as in do something someone else wants us to do, it doesn't ring true for us but we do it anyway to avoid their wrath or disapproval), or harbor destructive thoughts, we invite densities into the aura.

The aura, intimately connected to the body's nervous system, essentially possesses its own responsive network. In other words, your aura has a

nervous system of its own.

And keeping both nervous systems—your internal nervous system and your aura's—clear is vital to support all functions of your physical and etheric bodies.

Notice that when you're unable to respond well to stress, for example, which is very much a nervous system dysfunction, you have a tendency to get sick more easily. Your aura allows certain thoughts in because its nervous system is compromised, and they also penetrate the body, causing you to get sick.

Your aura is your body's first line of defense against disease.

## **Recognizing When to Cleanse the Aura**

How can you tell if densities have settled in your aura?

- Sometimes, you get an intuitive sense. You feel an unwelcome energy lingering around you like a shadow.
- At other times, getting caught up in life's demands keeps you blind to these signs until some really unpretty things start happening in your life.

Look at what your life looks like for clues:

Frequent 'bad luck,' 'accidents,' or waves of depression often signal your aura requires attention.

These things don't just happen to you. You essentially create them by allowing in destructive thoughts. Those thoughts, left unchecked, very much invite densities into the aura and pave the way for physical ailments.

It goes without saying, the number one thing you must do is shift your thinking and attitude while you keep your aura clean and fortified.

Proactively scanning and cleansing your aura can interrupt the cycle of sickness, accidents and depression and keep you in good health.

Sometimes depression takes hold when a person allows an entity from the astral plane to take residence in the aura. It whispers dark thoughts and pulls that person down into its similar frequency. This can become a vicious cycle and beyond depression will also cause illness.

## **Simple Techniques to Cleanse the Aura and Prevent Sickness**

One effective method to detect and remove densities involves a gentle scanning practice with Light.

### **Scanning**

- Start at your feet and envision a ring of Light encircling your body.
- Allow this ring to rise slowly upward, acting as a perceptive scanner. You'll sense any disruptions immediately. Perhaps the ring of Light will pause or detect subtle resistance. This indicates an area needing care.
- Once identified, use your focused intention or hands of Light to extract the density, directing it outward into the Light for transmutation. Use your hands, grab it and release it down into the floor or outward with the intention it go to the Light.
- Fill the spot the density had occupied with electrum from your hands of Light. Hold your hand(s) on the spot for several seconds or longer as you intuitively feel to.

## **Another Way to Scan**

Run your hands along your body and just like the ring of Light above, stop at any area your intuition or change of temperature signals. And just as with the method above, pull the density out with your hands and send it to the Light. Next, push Light from your hands into the affected spot.

(Note: If you come across something more than a density, like an attached entity, you may need assistance from Starseed or Lightworker friends or an integrity energy medicine practitioner. Many attached entities can be stubborn to leave. Find extra help from people who know how to deal with a more serious case like this.)

## **Feathering**

Another beautiful technique draws on the natural gifts around us: bird feathers.

Collect a naturally fallen feather and keep it on your altar. Always honor the subtle yet potent energies of the bird feather.

Feathers, which enable birds to soar, carry a mystical vibrancy ideal for energy work.

- To cleanse the aura, wave the feather through the affected area to collect the density.
- Then, with a firm downward motion — as if cutting through the air — shake the feather toward the ground sideways like a knife slicing through the air. You should hear a soft whoosh as you do. Repeat several times as needed while commanding the density to return to the Light.

- Open a Stargate<sup>13</sup> of Light in your space and intentionally guide or command the released negative energy into it. There it can be embraced and transmuted by the brilliance of the Great Central Sun.

Both practices enhance your aura's clarity and directly support physical health.

You might also consider drumming to expel densities from your auric field.

## Sephiroth Drumming

In the Kabbalistic tradition of Jewish mysticism, the Sephiroth are ten Divine Emanations<sup>14</sup> through which God the Infinite interacts with Creation.

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<sup>13</sup> A **Stargate** is a time matrix, doorway to a wormhole, entrance to a corridor of safe passage, brightly colored sphere of light energy, crystalline kinetic velocity generator, an exit point and an entry point, your link to all times, all spaces and all dimensions. But to a high minded Starseed, a Stargate is a window of opportunity and a portal of Light codes and information.

<sup>14</sup> The **Ten Sephiroth** are:

1. **Keter (Crown):** The highest Sephirah (singular for **emanation**), representing Divine Will, Pure Consciousness, and the Source of all Creation. It is the closest to the Infinite (*Ein Soph Limitless Light*).
2. **Chokhmah (Wisdom):** The spark of Divine Inspiration and creative energy, often associated with intuitive insight.
3. **Binah (Understanding):** The analytical and reflective aspect, shaping wisdom into form and structure.
4. **Chesed (Mercy/Kindness):** Divine Love, Compassion, and Generosity, promoting expansion and benevolence.
5. **Gevurah (Strength/Judgment):** Discipline, restraint, and justice, balancing mercy with boundaries.
6. **Tiferet (Beauty):** Harmony, balance, and compassion, integrating mercy and judgment; often seen as the heart of the Tree of Life.
7. **Netzach (Eternity/Victory):** Endurance, ambition, and the drive to overcome obstacles.
8. **Hod (Splendor):** Surrender, sincerity, and intellectual structure, complementing Netzach.
9. **Yesod (Foundation):** The channel through which Divine Energy flows into the physical world, associated with connection and creativity.
10. **Malkuth (Kingdom):** The physical world and manifestation, the realm where Divine Energy becomes tangible.

These attributes — Keter (Crown), Chokhmah (Wisdom), Binah (Understanding) and others — form the Tree of Life, a map of Divine Creation and spiritual enlightenment.

Through your intention, you channel the Light of the Infinite in Sephiroth Drumming. You call on the Light of all Lights and Sound of all Sounds to align your mind with these holy emanations.

To begin, you'll need a hand drum, like those used by indigenous tribes, crafted from natural materials such as cedar and deer hide. These drums carry a deep spiritual resonance, connecting you to Earth and the Creator.

- **Set Your Intention:** Open every cell of your being to receive the Divine Sound and Light Waves of the Sephiroth. Focus on clearing mathematical static from your left brain and inviting in the Light of God the Infinite.
- **Drum Gently:** Use a wooden drumstick padded with hide or use your hand or fingertips to tap **softly**. Drum throughout your entire aura. Pause for a second or two between beats, allowing the reverberations to flow unimpeded.
- **Listen to Your Intuition:** If a tone or cry emerges from the core of your Being, let it out. It's a sign you're clearing. Drum for a few minutes until you feel guided to stop, then sit in stillness, letting the Sephiroth's rays permeate your aura and Being.

Keep the rhythm gentle grounded in your intention to release densities and align with pure Light.

## Command a Clear Aura

Command the densities to leave your auric field.

By my command all negative, destructive thought-forms  
bounce off my shield of Light.

Embrace the power of your word and commands. Ask any Ascended Master how to achieve anything and the Master will always answer the same way:

Command it.

Eventually and with practice, your commands will be pregnant with knowing. And a next phase is you'll simply know your aura is clear and it is so. No command will even be necessary.

## **Smudging**

Smudge good quality white sage, incense or smoke from Palo Santo (Holy Wood) in your auric field.

Waft the delicate smoke throughout your aura, front and back and all around being sure to also cleanse the soles of your feet.

Smudge every room in your home, too. Keep your surroundings clear to help keep your aura clear.

Beware of low integrity artificial incense. It plays games with your olfactory system. If it can do that to your olfactory it won't do any good for your aura either. In fact, it could be somewhat harmful.

Similarly, you can waft a little smoke from a bonfire or small sacred fire into your auric field to cleanse it too.

## Other Sounds

Negative elementals<sup>15</sup> especially, will fly right out of your aura when the sound waves elicited by bells, chimes, and gongs vibrate in your aura.

These sounds can also dislodge larger denser energies so you can finish removing them with your hands of Light. Just reach in and pull them out. Tune in to your intuitive self to know where they are.

Just as for Sephiroth drumming discussed above, strike the bell, chime or gong softly in your auric field and not just once but as many times as you feel.

## Clapping and Snapping

Clap your hands or snap your fingers inside and all around your aura. It will help clear your auric field, at the same time sparking Light into it.

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<sup>15</sup> In aura energetics, negative or injurious **elementals**—subtle energy forms embodying the classical elements—can lodge in the human aura when personal imbalances resonate with their disruptive frequencies, amplifying harm rather than outright invasion.

These lodged elementals, often born from chronic stress, unprocessed emotions, or environmental overload, act as sticky adhesions that drain vitality and distort the aura's flow. For instance, earth elementals (like gnomes) might embed in the lower chakras during prolonged scarcity fears, creating a heavy, injurious stagnation that manifests as chronic fatigue, procrastination, or physical ailments tied to immobility, eroding one's sense of security and grounding over time. Similarly, air elementals (sylphs) can whirl into the mental layers via unchecked anxiety, fostering scattered, injurious thought patterns that lead to insomnia, indecisiveness, or emotional dissociation, subtly fracturing clarity and connection.

Fire and water elementals pose their own injurious risks when lodged: salamanders may ignite the solar plexus during repressed anger, causing burnout, inflammatory flare-ups, or impulsive self-sabotage that scorches willpower and invites relational conflicts. Undines, drawn by suppressed grief, can flood the heart and sacral centers, engendering mood swings, addictive tendencies, or a pervasive emotional numbness that erodes intuition and relational bonds. Etheric elementals, rarer but insidious, might lodge in the crown during spiritual disconnection, inducing vague malaise or existential dread that severs higher alignment.

Unlike more malevolent attachments, these are somewhat injurious—temporary echoes of planetary forces that respond to neglect—yet they compound over time, weakening the aura's defenses and inviting deeper discord. Clearing them requires gentle elemental balancing, such as invoking opposing forces or nature immersion, to release their hold and restore harmonious flow before the injury deepens.

Follow this technique with feathering discussed above.

## **Flower Strike**

Whoosh a strong-stemmed flower(s) through your aura or lightly strike your body with the flowers to energize, uplift and heal.

One of the best flowers to use for this purpose is the gladiola. It's long stemmed with many blossoms and works like a healing sceptre of Light and sound.

## **Dance**

Dance to melodious flowing music you love while using your hands and arms to sweep away debris in your aura.

Move your arms and hands in a horizontal figure eight of Light all through your auric field (from left to right or right to left or both). Intend that your hands sweep away all that is not Light.

## **Toning**

With your own voice, sound one-syllable tones that intuitively come to you. Intend that they clear your auric field.

## **The Wind**

Hundreds of years ago, the term aura itself meant **breeze, wind** or **upper air**.

Never miss a chance when you're outside and the breeze is blowing, to invite the wind to carry densities out of its twin sister, your aura.

## Water Prana<sup>16</sup>

Similar to the wind, call water prana forth while you're in the shower or bath or swimming in a lake or ocean. You can even call the water prana forth if you're sunbathing on the beach.

Command it to cleanse your aura as the water cleanses your skin.

## Important Reminders:

In cases of serious aura repair, be sure to fill any spaces created when you removed densities with Light.

The following steps do not apply to simple and frequent regular aura recharges using many of the techniques discussed above.

1. Once you've removed a density, immediately fill that space with Light. Place your hands of Light on the area for a short while knowing Light is filling it.
2. Inside your auric field, vigorously rub your straightened hands — palms against each other — to create a welling up of Light. The Light you're stirring up will fly off your hands and feed and repair your aura.
3. Finally, after those two steps put the finishing touches on your repaired aura: slightly bow your open hands and run one over the other all along the aura with a back and forth motion. This strengthens the aura and gives it a good fluff of Light.

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<sup>16</sup> **Prana** is the universal Life Force energy that animates all living things.

# Lightworker Assistance

If you feel like you need help beyond what you can do, find a reputable Lightworker. A good Lightworker can help you handle everything in one session.

But don't rely on this all the time. You, Starseed, must learn to rely on yourself and keep your aura and all around vitality maintained.

Be a spiritual adult adept at taking care of your physical and etheric bodies. They belong to you after all.

Your aura is a most high Divine Gift. It has the potential to raise you spiritually and physically, expand and uplift you. But you must nurture it. You must lovingly offer it hygienic practices just as you do your physical body.

Several minutes every day tending to your aura is all it takes, rather like brushing your teeth.

Make your auric field of Light lovely, radiant and full of integrity. Your physical and emotional bodies along with your Merkabah depend on it.

## Embracing Aura Hygiene for Lasting Vitality

Never permit low frequency densities to restrict your healthy and vitality. They can restrict flow on all levels—spiritual, mental, emotional and even the physical.

Resolve to keep your aura clean and beautiful and cultivate a life of freedom, expansion and physical vitality. Remember, cleansing the aura frequently to prevent sickness isn't just a routine. It's a profound act of self-care that empowers your physical body to thrive in harmony with your Eternal Eloha Essence.



# REVERSE DECAY & ARREST THE AGING PROCESS

## Discover the 12 Chakra Spinal Sub-Dynamo Centers That Fuel Radiant Health

**W**e often discuss chakras<sup>17</sup> on the surface, oversimplifying them as colorful energy wheels. But these sacred energy centers hold the key to profound healing, vitality, and spiritual evolution.

Beyond the 7-chakra understanding, 12 chakras form a radiant system of spinal sub-dynamo energy centers that feed Light into your aura, invigorate your body, and make ready the emergence of your Light Body.

But you must consciously work with them, supporting them with commands and affirmation from the belly of your soul for them to do their perfect work.

To achieve vibrant well-being, youth, and even flesh body immortality, your twelve chakras must all vibrate in balanced harmony and unimpeded radiance.

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<sup>17</sup> **Chakras** are the points where two lines of energy intersect creating a chakra point. **Seals** are spinning vortices of energy.

# Beyond the 7-Chakra Model

Most teachings focus on the seven basic chakras — Root, Sacral, Solar Plexus, Heart, Throat, Third Eye, and Crown — aligned along the spine, each radiating Light to the front and rear of the body.

These energy centers, or seals,<sup>18</sup> are well-known for their roles in grounding, creativity, personal power, love, communication, intuition, and spiritual connection.

But the wisdom of the 12 chakras reveals a deeper truth. Our chakric system extends beyond these seven, encompassing at least 12 vital centers that amplify our health and spiritual potential.

Two primary models of the 12 chakras exist:

- **External Model:** Includes five additional chakras extending beyond the body — Earth Gateway and Earth Star below the feet, and Soul Star, Stellar Gateway, and Cosmic Gateway above the head — connecting us to the Earth and higher realms.
- **Internal Model:** Features 12 spinally aligned energy centers — Merkosetic energy centers<sup>19</sup> — within or close to the physical body, including the seven traditional chakras and five additional seals.

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<sup>18</sup> **Seals** are vortices of energy; **chakras** are the points where two lines of energy intersect creating a chakra point.

<sup>19</sup> We know the twelve **Merkosetic Energy Centers** as the twelve inner chakras of the human auric arena. These twelve energy centers include the seven most know of (root, sacral, solar plexus, heart, throat, third eye, and crown). An additional five centers between the seven major chakra seals exist to address specific energetic functions. These five bridge or refine the connections between the traditional chakras and facilitate a more nuanced flow of energy through aura and body. For example, the Cerebellum Chakra is the additional chakra #5 located between the throat and third eye chakras and t the base of the skull (occipital region). It's sometimes called Alta Major or Well of Dreams. It connects us to subconscious wisdom, past-life memories, and spiritual insight. It acts as a bridge between conscious communication (*throat*) and intuitive perception (*third eye*) and facilitates access to higher consciousness and ancestral or karmic knowledge.

The five additional chakras in the internal model offer a subtler, more discreet path to transformation, bridging the major chakras with refined energetic connections.

This chapter delves into the internal model, where the 12 chakras weave a powerful network of Light, deeply intertwined:

- chakras and nervous system
- chakras and glands
- chakras and aura.

These centers are not just esoteric concepts but the foundation of radiant physical health and your evolution as Starseed Being into full flesh Body of Light.

## **Merkosetic Energy Centers: Divine Blueprint of Light**

Each chakra, or seal, is a spinning vortex of Light energy, a ductless gland that channels Divine Mathematical Intelligence into your physical and ethereal forms.

A seal forms at the intersection of two lines of Light to create a Merkosetic energy center. The term, **Merkosetic**, draws from **Merkabah**—where:

- **Mer** means **spinning**;
- **Ka** is your **Light**, and
- **Bah** is your **Soul**.

**Merkosetic** in a word symbolizes the dynamic, sacred energy of a chakra seal.

The 12 chakras are more simply put, your ‘brain and spinal energy centers.’

All seals run along the spine and into the brain.

Chakras and nervous system (including the brain) intimately connect with each other as do chakras with glands.

Far from being mere a physical mechanism, your nervous system supports your electrical powerhouse of 12 chakras, enabling journeys beyond 3D Earth and fueling your evolution into full Light Body.

Your Merkosetic energy centers are spinal sub-dynamo energy generators.

This means they convert the mechanical rotation of chakra seal electrical Light into energy.

- The more you encourage their strength the greater your energy flow and more perfect physical function.
- This Light energy goes into your aura and back again, fostering chakras that amplify health and vitality.

## **How the 12 Chakras Work**

These centers form the vital foundation for transmuting physical decay into Life energy, arresting aging. They have the ability to power you to a state of perfected health, eternal youth, and a forever living physical body.

You can make it a prayer practice of affirmation in which you activate and increase the Light and function of all 12 chakras in concert with each other.

In perfect function, they:

- detoxify the blood
- reprogram oxygen flow in the blood
- convert mutated Light cells back into their mathematically correct form.

These actions neutralize decay and aging and usher the body's return to its Original Divine Blueprint, where cells vibrate in a holy magnetized condition, perfectly balanced in electro- and magneto-rotating energy. Given this, you can see how all twelve beautifully balanced and functioning seals are integral to physical health, vitality, and even your ascension.

Through mindful intention, affirmation, and prayer, you can create a state of purified blood, recharged with oxygen, and atoms encoded with vibrant electrical emissions, arresting all sickness and decay.

## **Where Are the 12 Chakras Located? The Five Additional Seals**

In the internal model, the 12 chakras run along the spine, each corresponding to a nerve plexus or network of interlacing nerves.

The five additional chakras, nestled between the seven traditional ones, enhance the flow of Light and energy.

Here's a closer look at their locations, functions, and modern names:

## 1. Base Chakra

- **Location:** Between the Root (Sanskrit: Muladhara<sup>20</sup>) and Sacral (Sanskrit: Svadhisthana<sup>21</sup>) chakras, near the perineum or lower pelvis.
- **Function:** Enhances grounding and physical vitality, bridging primal instincts with creative energy.
- **Modern Name:** Sometimes called Adhara or Mula Adhara in Sanskrit (meaning base or secondary root), though not historically rooted in Sanskrit.
- **Impact:** Strengthens the aura's Etheric Layer, anchoring your energy to the Earth.

## 2. Navel Chakra

- **Location:** Between the Sacral (Sanskrit: Svadhisthana) and Solar Plexus (Sanskrit: Manipura<sup>22</sup>) chakras, around the navel.
- **Function:** Supports emotional balance, self-identity, and the integration of creativity with personal power.
- **Modern Name:** Often termed Nabhi (Sanskrit for navel), a descriptive but non-traditional name.
- **Impact:** Harmonizes the Emotional and Mental Layers of the aura, balancing feelings with thoughts.

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<sup>20</sup> **Muladhara**, from Sanskrit and Vedic tradition means *the root of all seals fluxing*. It represents the first/root seal.

<sup>21</sup> **Svadisthana**, from Sanskrit and Vedic tradition means *dwelling place of the emotional self*. It represents the second/sacral seal.

<sup>22</sup> **Manipura**, from Sanskrit and Vedic tradition means *resplendent gem*. It represent the third/solar plexus seal.

### 3. Higher Heart Chakra

- **Location:** Between the Solar Plexus (Sanskrit: Manipura) and Heart (Sanskrit: Anahata<sup>23</sup>) chakras, near the thymus gland (upper chest).
- **Function:** Facilitates unconditional love, spiritual healing, and compassion, connecting personal power to universal love.
- **Modern Name:** Sometimes called Hridaya or Ananda Hridaya in Sanskrit (heart of bliss), though not traditional. Known widely as the chakra of unconditional love.
- **Impact:** Bridges the Mental and Astral Layers, fostering emotional-spiritual integration.

### 4. Thymic Chakra

- **Location:** Between the Heart (Sanskrit: Anahata) and Throat (Sanskrit: Vishuddha<sup>24</sup>) chakras, at the base of the throat or upper sternum.
- **Function:** Promotes authentic spiritual expression and Divine Guidance, linking emotional truth with communication.
- **Modern Name:** Sometimes called Zeal Chakra or Vishuddha Anahata, though these are modern terms.
- **Impact:** Connects the Astral and Etheric Template Layers, supporting authentic energy flow.

### 5. Cerebellum Chakra

- **Location:** Between the Throat (Sanskrit: Vishuddha) and Third Eye (Sanskrit: Ajna<sup>25</sup>) chakras, at the base of the skull (occipital region), often called the Well of Dreams.

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<sup>23</sup> **Anahata**, from Sanskrit and Vedic tradition means *impenetrable against hurt, inviolate*. It represents the fourth/heart seal.

<sup>24</sup> **Vishuddha**, from Sanskrit and Vedic tradition means *purity [in communication and expression.]* It represents the fifth/sacral seal.

<sup>25</sup> **Ajna**, from Sanskrit and Vedic tradition means *summoning of perception and meta-wisdom*. It represents the sixth/third eye seal.

- **Function:** Accesses subconscious wisdom, past-life memories, and spiritual insight, bridging communication with intuition.
- **Modern Name:** Sometimes termed Alta Major or Soma, though not historically Sanskrit.
- **Impact:** Links the Etheric Template and Celestial Layers, connecting conscious and subconscious realms.

Each chakra seal serves as ductless gland that channels Divine Energy throughout the body, supporting your nervous system for optimal function.

Starseeds find optimal nervous systems function to be incredibly important because it facilitates and makes elegant our inter-dimensional travel. (Starseeds are time travelers!)

## **Activating the 12 Merkosetic Energy Centers for Healing and Transformation**

Remember, the 12 chakras are sub-dynamo centers that generate electrical energy posterior to the spine.

When they spin vibrantly, they ensure a seamless flow of Light through your body and aura, paving the way for perfect physical function.

Imbalanced or blocked chakras, often caused by disempowering thoughts and attitudes, lead to mutated Light cells, and this is how you experience decay, and sickness in the body.

Remember to daily declare your blood:

- decarbonated
- purified, and
- recharged with oxygen.

This deliberate affirmation:

- reprograms your atoms
- restores their vibrant electrical emissions, and
- realigns your cells to their Original Divine Blueprint.

This process will halt the mutation of Light cells and allow Life energy to flow freely through your spinal plexuses and into your 12 Merkosectic Chakras.

You will have placed your body in a holy magnetized condition. And this is the state you need to be in for total health, vitality, youth, and immortality.

By nurturing your twelve Merkosectic Energy Centers you not only enhance physical well-being but also awaken your Starseed Essence, preparing you for evolution into Body of Light.

## **Embracing the Radiant Light Within**

The journey to radiant health and Light Body begins with understanding and developing an intimate relationship with your 12 spinal sub-dynamo centers—your 12 chakra seals.

These Merkosetic energy centers cascade into a vibrant aura, a balanced powerful nervous system, and a body aligned with its Original Divine Blueprint.

Let your 12 chakra radiant Light within guide you to a fully empowered Starseed life!



# COLOR LIGHT THERAPY IS THE STARSEED WAY OF HEALING

## Learn How to Work with Colors & Light

**S**tarseeds carry an innate connection to Light that shapes our very Essence. This makes color Light therapy our natural path to healing.

When imbalance in the form of sickness or disease arise, you can reclaim your body targeting colors of Light that balance and restore your body.

Starseeds are Beings of Light. We are energetically and physically seeded with photonic Light memory from our home stars. Your particular composition mirrors that of your home star and its Light particles.

So it makes sense that Starseeds will physically thrive by incorporating Light, particularly colored Light, into our self-healing practices. Color Light therapy stimulates our inner geometries, prompting them to activate more robustly to uplift and restore the body's perfect function.

This heritage of Light explains why treating your body with Light feels so intuitive. You'll be drawing on your own innate knowing of how Light intertwines with your entire Being.

# **Color Light Therapy - From the Future But Now**

Sickness and disease signal your body lacks a balance of Light.

Sickness detracts from your Starseed journey and the experiences you intended to have this lifetime. So you want to stay on top of any imbalance your body endures and bring it into equilibrium as deftly as possible.

Respond to symptoms as a Starseed and deliver Light to your body for wholeness and radiant vitality.

Color Light therapy represents the healing of the future New Earth—the way everyone will treat their bodies once most of the Great Shift into the Aquarian Age has occurred.

For Starseeds, though, it's a healing practice for the Now.

## **How Light Flows Through Your Body in Color Light Therapy**

You can flow Light through the body:

- through consciousness and breath
- by shining Light directly onto it.

Let's say you utilize your consciousness to breathe in Light of a chosen color.

That Light will flow through the body, into your chakra seals, then disperse through your aura all around you.

- Your aura will then feed Light back into your body in a sort of feedback loop.
- And this Light will uplift, strengthen and increase you.

When Light penetrates your body, it divides into its seven natural color components.

These colors flow to your chakra seals, delivering energy to the associated nearby organs and hormonal glands.

Certain colors address your specific healing needs, but you must rely on your intuition to confirm if a color or color Light truly serves your body.

People often wear colored lenses simply because they appear stylish. They don't realize how the optic nerves receive this color-filtered Light and transmit it to the body's plexuses (discussed further in the next section). You don't want to be out of balance in color.

The plexuses just mentioned function as nerve networks or spinal sub-dynamo centers (well discussed in a previous chapter) that specifically align with one of your chakra seals.

A dynamo generates electric power from mechanical rotation.

- Chakra seals serve as the dynamo centers of your body and Being,
- while spinal sub-dynamo centers fuel, support, and encourage the Light within your dynamo chakra seals.

# **The Role of the Nervous System in Color Light Therapy**

When you're taking in Light through colored lenses, the optic nerve carries visual information from the retina in the eye to the brain.

It transmits electrical impulses formed by the retina and converts them into signals dispersed throughout the spinal sub-dynamo centers, chakra seals, body and aura.

You can see how your nervous system—encompassing brain, spinal cord, nerves, and ganglia outside them—plays a fundamental role in healing.

I emphasize this strongly.

Even if you don't take Light in through the eyes, and you shine a colored Light into the body, your nervous system is still totally involved, engaging body, chakras and aura.

## **A Real-Life Example: Color Light Therapy in Action**

I witnessed the use of color Light therapy in action as I journeyed through a saga of illness with an intimate companion.

He'd developed a form of leukemia. And a Master of Light prescribed red and yellow Light for his healing, with blue to a lesser extent.

He looked through yellow spectacles and sat under red lights in the evenings. He also wore red socks to bed, allowing the color red to penetrate through the chakras in the soles of his feet as he slept.

Yellow relates to the solar plexus chakra seal—emotions. We call this seal the Manipura<sup>26</sup> in Sanskrit.

As I look back, I clearly see how the energy flow of his Manipura seal was seriously out of balance.

He carried deep anger toward his father which influenced his entire life and actions.

Was his Manipura closed, shut down, and requiring awakening to integrate the pain codes he had suppressed or ignored? I believe so.

**Emotions associated with the solar Manipura chakra, in truth, form the foundation for physical health.**

Add to this that red embodies the color of blood, and leukemia is a blood disease. His blood was in a state of dis-ease.

Blood also signifies the Joy of Life or its absence. Red evokes fire, exuberance, life, Life Force, energy, and physical vitality.

This man required red Light for life itself—for pure, basic life.

Red also symbolizes transformation and sacrifice.

In his final years of enormous consistent physical and emotional suffering, my companion underwent a process of transformation and sacrifice.

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<sup>26</sup> **Manipura** comes from the Sanskrit language and Vedic tradition and it means *resplendent gem*. It represent the third/solar plexus seal.

In this process, he was forced into clearing karmas and the samskara<sup>27</sup> of hurts, traumas and psychological conditioning he'd accrued over lifetimes. He was burning all vestiges of lingering samskara so he could be clear at the moment of his passing. And the red Light supported him through this transformation and sacrifice.

My beloved companion never fully healed through color Light therapy because he leaned into a pharmaceutical prescribed by his doctor. The chemical triggered an additional cascade of physical ailments in his body, further complicating his health and ability to even take in the Lights he was working with.

## Choosing Colors Intuitively in Color Light Therapy

You determine the colors and colored Lights you may need in your Starseed healing by exploring their attributes and what they can offer you in a holistic way.

Understand the color to choose is just like when you encounter an animal totem that seems random but isn't. To know the message the animal brings you, you seek to understand that animal's attributes first.

You must understand yourself as a holistic person, all the way down to your most inner feelings—including the emotions you hide from everyone.

My companion remained emotionally stuck, damming up energy that accumulated in his Manipura seal. This damming up of emotional energy triggered many physical problems, conditions, and diseases.

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<sup>27</sup> From Sanskrit, **Samskara** is the accumulation of hurts, traumas and psychological conditioning accrued over lifetimes but not yet cleared through integration. The first root *sam* means *well planned* or *well thought out*. The second root *kara* means *action undertaken* or even *ray of Light*.

Resentment and anger defined much of his life because he did not feel complete acceptance and Love from his father. I knew he was angry but only later did I grasp the depth of it for he hid most of it even from me.

This underscores why understanding yourself as a holistic person means you must include in that understanding the emotions you hide from everyone—even your closest loved ones.

In the end, it was too late for this Starseed because he lacked full belief, consistency of practice and faith in the healing way of Light. He grew lazy with it, and the sicker he got the more tired and exhausted he was which, in turn, sapped his motivation.

The color Light therapy didn't succeed for him, perhaps also because he chose to return home to the future Pleiades in precisely the way that he did.

When his serious symptoms first began emerging, his survival clearly hung in the balance. He had to prioritize his lower chakra seals (Manipura—yellow and Muladhara—red).

You establish fundamental health with freely functioning lower chakra seals before advancing to higher ones like the crown seal—Sahasrara<sup>28</sup> in Sanskrit—where you'd probably apply lavender or white Light.

Observing my companion and this method of color Light therapy I learned a great deal. Clearly to me now, he needed red and yellow Light to reestablish a sound foundation for pursuing healing and health.

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<sup>28</sup> **Sahasrara** comes from the Sanskrit language and Vedic tradition and it means *out of which blossoms a thousand petals*. It represents the seventh/crown seal.

# **The Starseed Way: Healing with Light**

Your innate Starseed intuition will guide you to the right colors and Light for your healing. The Starseed usually abhors the one-size-fits-all mostly unnatural model of Western medicine.

Let color Light therapy ignite your inner radiance and turn health challenges into triumphs of equilibrium and strength.



# EMBRACE THE GOLDEN LIGHT

## Quickening Physical Vitality, 5D Ascension & New Earth Consciousness

**T**he Golden Light meaning extends far beyond a mere hue. It's a sacred frequency.

As we stand on the threshold of the peak moment of the Great Shift, the radiant energy of Golden Light can bridge us elegantly to the vibrant harmony of 5D New Earth.

Drawing from timeless wisdom like J.J. Hurtak's Keys of Enoch<sup>29</sup> and Osho's<sup>30</sup> transformative practices, let's explore how Golden Light meditation can dissolve densities, elevate vitality, and prepare you for the quantum leap ahead.

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<sup>29</sup> **Hurtak, J. J., Ph.D.** *The Book of Knowledge: The Keys of Enoch*. Los Gatos, CA, Academy for Future Science, 1977. <https://keysofenoch.org/>.

<sup>30</sup> **Osho**, originally named Chandra Mohan Jain, was born on December 11, 1931, in the rural village of Kuchwada, Madhya Pradesh, India, as the eldest of 11 children in a Jain family. He became a professor of philosophy before embracing spirituality full-time in the 1960s, adopting the name Acharya Rajneesh and founding the Rajneesh movement, which emphasized dynamic meditation, free expression of sexuality, and critique of organized religion. In 1981, he established the controversial Rajneeshpuram commune in Oregon, USA, which grew to over 60,000 acres but his controversial nature led to his arrest and deportation in 1985. Renaming himself Osho in 1989, he returned to India, where he continued lecturing until his death from heart failure on January 19, 1990, leaving behind a prolific legacy of transcribed discourses compiled into hundreds of books.

# Your Time of Preparation

Your human form is no ordinary vessel.

It's a sacred weave of five interconnected bodies: the physical, etheric, astral, mental, and Overself.

We must purify and attune all five layers to the Highest Divine Light to facilitate our quantum leap (ascension) to New Earth.

For most of us, our journey culminates in a seamless transition from the densities of 3D Earth—where cycles of birth, decay, and death hold sway—to the eternal vitality of 5D New Earth.

In this higher expression, death will have faded into memory, replaced by conscious evolution.

But first, this shift demands we prepare and harmonize our entire Beings to be able to attune to advanced constellations of Light, including a world illuminated by two or more physical suns.

This is your time of preparation!

Embrace this call to prepare. Your body and aura must endure stepping into inheriting new electron-positron pairs within your bioenergy fields—aura and Merkabah—just so you can accept the quantum relocation and frequency adjustment.

Not all will cross this threshold.

Souls tethered to density and darkness will foolishly choose to remain in 3D, but for the ready, Whole Light Beings—advanced Elohim guides of the Pleiades, Sirius, Orion, Arcturus and Andromeda—will assist in

relocating Earth's people by way of Merkabah vehicles into higher force fields and space-time overlaps.

## **The Sacred Alchemy of Gold: A Conduit for Dimensional Bridging**

At the heart of this preparation lies the color and frequency of gold.

It's a sacred alchemical force right in your Spirit—a white-gold pyramid of Light enveloping your entire Being, from physical body and soul to aura, Merkabah, and Oversoul.

Mentally see your Spirit a protective sacred golden pyramid overlaying your physical form. It's raising your vibratory frequency, clearing mental and emotional clutter, and aligning your chakra seals with cosmic harmonics.

Blended with sacred sounds—high-frequency mantras, toning, and other Language of Light sacred practices you feel called to—Gold-White Light fuses your biological, mental, and spiritual bodies to promote profound and robust vitality.

You're going to need to be robust on every level to make the Shift on your own power. If you're not, you'll be assisted, rest assured, but most Starseeds want to be able to propel themselves.

The frequency of gold is so fundamental to the Starseed Being, it even retools your genetics at the quantum level, awakening Enlightenment, Compassion, and Love.

The Golden Light acts as dimensional conduit, as J. J. Hurtak says, dissolving the "negative particles of the anti-universe," that clog the brain's neural pathways. It can facilitate your imminent quantum relocation into the Light-based existence we call 5D New Earth.

# Honoring the Body Temple: Releasing Illusions of Imperfection

Gold symbolizes the electrification and vitalization of the body temple, enabling you to bridge dimensions with effortless grace.

Your body is a garment of perfection imbued with sacred geometries and mathematics that underpin every atom and cell.

It's only our negative thoughts and actions that have caused a degeneration of the body and have made us think the body is imperfect, temporary, breakable, corrupt.

To reclaim your body's vitality and perfection, invoke the vibration of Golden Light to circulate through your body and aura, clearing destructive mental clutter and densities.

When your mind and body are clear, your Golden Garment of Light—your Holy Spirit—ignites fully, energized and radiant.

Now we see just how integral the body is to our evolution: as anchor for the Oversoul and vehicle for ascension, it carries us from one world to the next, and beyond.

Restore all your bodies with the sacred geometries of Light so your vitality can bloom as it was always meant to—resilient, enduring, and ready for the soon-to-come lifting of veils.

Do this so your Great Spirit can resume its intended work taking you into higher and higher aspirations of Divinity.

# Osho's Golden Light Meditation: A Gentle Practice for Frequency Alignment

One of the most accessible ways to harness this Golden Frequency is through Osho's beloved Golden Light Meditation, a Taoist-inspired gem from his discourses in *The Secret of the Golden Flower*.

Osho, a wild-hearted mystic whose teachings I cherish, designed this practice to balance masculine and feminine energies, circulating vital prana to dissolve stagnant densities and foster inner harmony.

It's perfect for 5D ascension preparation, simple enough for bedtime rituals, yet profound in elevating New Earth consciousness.

Lie on your back, eyes closed, for 20 minutes twice daily:

1. upon waking to greet the dawn's energy, and
2. before sleep to let its ripples infuse your dream state.

**Inhale (Masculine/Golden Phase):** Breathe in deeply through the nose. Visualize a radiant golden sun hovering just above your head, pouring pure Golden Light down through your crown seal chakra into your body.

See yourself as a hollow vessel. The Light floods every cell, cleansing and energizing, then streams out through your toes like a river of vitality.

This infuses creativity and dissolves obstructions.

**Exhale (Feminine/Dark Phase):** Breathe out slowly through the mouth. Imagine the deepest darkness (like a velvety night sky) entering via your toes, rising gently through your legs, torso, and spine, then exiting through the crown. This soothes, releases tensions, and creates space for more light.

These two aspects—masculine and feminine, bright warm golden Light and dark cool nighttime energy—are yang and yin energies, respectively.

Along with cleansing your Being, these alternating breaths and visuals help you create energetic balance and elevate your frequency.

Cycle and Close: Alternate for the full 20 minutes. End by resting in stillness, feeling the balanced flow. If you fall asleep mid-session (especially evenings), that's okay. The subconscious absorbs the transformation.

Pair this visualization with a prelude of symbolic “dying:”

Visualize your form dissolving from toes to head, releasing worldly weights before inviting the golden influx.

This meditation not only clears densities and obstructions to flow but attunes you to cosmic meridians so you can ride waves of Light into Higher Worlds.

## **The Holy Spirit: Your Eternal Guide to Become a Sovereign Light Entity**

Religions name it the Holy Spirit—the Divine energy and entity that encompasses your entire Being, housing body, soul, aura, and Merkabah.

It's always present, a patient companion awaiting your invitation to weave Divine wonders into your life.

Far from the fleeting spirit of personality and stamina, your Spirit is God's own Life Force, waiting to ignite multidimensional realizations of Divinity within you.

The soul, by contrast, cycles through transformations and rebirths until refined enough to intertwine with the Oversoul. With spiritual progress, you forge a synergy, synthesizing soul and Holy Spirit to emerge as a Sovereign Soul of Higher Light.

As this Sovereign Soul, the Greater Light calls you to embody Divinity's fruits—higher Love, wisdom, and limitless aspiration. Your existence becomes a living testament to Eternal Light. This is what the Masters tell us.

To perfect this state, enliven your body with Golden Light's high frequency geometries. Go to your Holy Spirit for guidance as you pass through the Great White Throne Stargate to New Earth.

Be as cleansed as possible. Resistance to the process will bring discomfort, even pain, but surrender will bring you Joy and ease.

## **Embracing the Golden Path: Your Invitation to Eternal Radiance**

As we transition from 3D to 5D, invite the Light of the Great Central Sun (the central 'sun' of our multiverse but not our planetary sun) and the Ancient of Days (as aspect of God the Infinite) to pour into your flesh garment, purging densities and resistance and restoring flow.

By weaving Osho's Golden Light meditation into your daily rhythm or your own, you honor the sacred alchemy that vitalizes your body temple and aligns you with New Earth Consciousness.

Make golden frequency part of your path to 5D ascension (and beyond!) Intend your quantum leap not quickened by force, but by gentle surrender to the golden frequency that has always pulsed all around you in your Holy Spirit, readying your multidimensional vessel for the realms of Light ahead.

As you step into this next Light-based existence, may you do it with ease, becoming the Sovereign Soul you've always been but now step into. Lie down, breathe, and let the gold flow.



# MASTER INTIMATE COMMUNION WITH YOUR BODY

Deeply attune to your body, reverse imbalances, and embrace your Divine Potential for upward spiraling health

**T**f you've wondered how to heal your physical body, start by cultivating intimate communion with your body.

This deeply attuned back and forth communication helps you address imbalances swiftly so you can restore harmony before things escalate. What's more, it's the Starseed way.

## **Build Intimate Connection Through Self-Healing Techniques**

It takes a while to know our bodies so well we can quickly internally heal a physical condition on our own.

But it's what the human body's designed to do. And Starseeds know this better than anyone considering we're Elohim and creators of the human race.

Getting truly intimate with our bodies often takes time to arrive at it only because we haven't understood it. We haven't fully understood our bodies will actually respond to deep Love, respect and communion.

Or perhaps for some of us, it's more that we sabotage ourselves. On the subconscious level, the thought codes—our true thinking in the background—don't jive with what we say we want.

For others, it's an issue of wondering what we'll do with a perfect body once we get it. Or maybe we feel we don't deserve it.

Look, we all deserve it.

We've made mistakes, yes. But we came here precisely to make so we could learn, grow and evolve ourselves.

We don't have always have to learn through error though. We can absolutely choose the easier, more elegant way of learning without struggle, strife and error.

Still, learning through suffering and struggle is part of the program here on 3D Earth. It's a way of life we choose until we realize we don't have to.

## **Communion—the Way of Natural Healing**

Symbiotic communion (com meaning with + union) with our bodies—where mind, spirit and body are one—is what you may have been missing.

It often takes many years before most of us even realize this is what it means to be whole.

We've been programmed to believe we're mostly powerless to heal anything other than a virus. And even then, science and medicine wrongly preach we probably can't even handle that.

## **Interpret Symptoms as Calls for Balance**

A condition or sickness is actually telling us one or more systems of the body are out-of-balance.

Thank God for symptoms. They're signals that let us know we need to get ourselves back to wholeness. And we need to address those symptoms before they develop into a much bigger challenge.

An advanced condition is very challenging to reverse. It can still be done but it will be far more challenging at this point. You want to take care of it before you arrive at the point of no return.

Don't feed it believing in the inevitability of the condition either. Belief is probably 90% of reality.

## **Natural Ways Are Most Valid**

We can achieve our health with natural approaches but we too often deny their validity.

In the first months of Covid, a Harvard University research M. D. appeared on a national news show. He told of the success he and his researchers had achieved using shorter wave ultraviolet light to keep indoor air free of viruses like the coronavirus. The devices were small

and could easily be installed in ceilings, for example, as you'd be walking into a big box store like Walmart.

But the news anchor quickly moved on to another topic and the doctor was never given mass exposure of this kind again.

I'm no fan of them but I'm not against medical doctors and I'm urging no one to stop visiting their doctors. 'There's a time and place for everything' and this adage applies to visiting medical doctors too.

I've observed, however, that science and hospitals today offer one-size-fits-all protocols. They rarely venture into more multidimensional natural approaches the body craves.

Hospital food, for example, is usually a sorry excuse for nutrition. And many side effects of allopathic treatments are worse than the original condition.

## **Shift Conditioning Around Symptoms and Solutions**

We're also conditioned to think that at the first sign of a symptom something's gravely wrong with us.

We let our minds go to the negative and think 'doctor' rather than realize an imbalance is showing itself to us in the symptom. We simply need to bring the imbalance back into balance.

I've seen lots of people run to the doctor and get a prescription for something they could've resolved nutritionally.

They never get healed surrendering to chemical concoctions that mask the condition but don't heal it. They live on with the deficiency fooled by the veil the drug has placed over it.

And all the while the condition worsens under the surface.

## **Guarding the Mind**

Pharmaceutical drug commercials embed suggestive messages in our minds.

If you don't guard your mind, it will take these suggestions in. And over time, with repetition, the unguarded mind descends into a negative spiral of thought.

Now the mind more easily entertains sickness and so-called remedies for it which, in most cases, aren't remedies at all.

The mind rules the body. We don't have physical health without first having mental health.

Your physical body will always reflect how you think. (More on this in a later chapter.)

## **Combat Entropy with Uplifting Practices**

We call the downward energetic spiral in mind and body entropy.

Entropy happens when the body is less and less able to convert thermal energy into mechanical function. This sub-optimum state allows disorder and randomness in the body system.

In other words, the body starts breaking down and decaying.

Entropy does nothing but destroy. It's incapable of healing and building up.

We need to do the opposite by lifting and building up the body with all its needs.

## Attune to Your Body for Effective Healing from Within

Become so attuned to your body that when the slightest nuance of change happens you become aware of it.

It won't take long to achieve this attunement. And it's a necessary first step in healing.

If your symptom isn't signaling a full blown sickness, you're often looking at a nutritional deficiency or an excess/toxicity.

You can relatively easily address either of these. You just have to pinpoint what it is through research and asking your Divine Oversoul<sup>31</sup> to enlighten you.

Don't believe every bit of research you find online. Some people throw anything up on the internet for the sake of making money.

Others out there haven't dived deeply enough into the symptoms they talk about. They're giving surface answers to health questions that won't necessarily work for the unique body you have.

I've been there, done that. I've tried this and that only to find the direction these people give is completely wrong for me more than once.

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<sup>31</sup> Your **Oversoul** is your Divine Double, Celestial Image and extension of God the Infinite. It's anchored in the upper quadrant of your auric field (*aura*). And it exists to show you how to be, who you are and what to do. Your Oversoul sees far beyond where the smaller you can see. And it knows everything you need for your most perfect evolution. Whatever guidance you ask for, your Oversoul will point the way for you.

Do your research and weigh all of it. Your recovery will often be trial and error. But once you hit it, it's yours to last.

Sometimes you may feel unable to pinpoint the cause of your symptom on your own. Then is when you look for a high integrity holistic health practitioner to help you.

## **Communicate Directly with Your Body**

Speak to your body.

Literally, ask your body what it needs.

**Tell me what you need and I'll get it for you.**

Similarly, tell your body what you want it to do.

It might take awhile, but your body will begin responding to the commands you consistently give it.

Train yourself to think of your body often with Love and Appreciation and dialogue with it intimately.

**Beloved body of mine, you are so grand. We are so grand together. You've carried my soul and Spirit magnificently for so long. Quite a unit we are! I deeply appreciate your service and Love.**

Declare and affirm perfect immunity and quality longevity.

**Robust, reliable and energetic Thymus Ka I Am.**

# Cherish Your Body's Magnificence

Your body's not just a sack of hormones, organs and systems you lug around with you everyday.

Notice how magnificently it carries you through life despite the insults it receives.

Cherish your body and treat it accordingly. Turn away from the agenda pushed on all of us that we must get sick, old and die.

Belief is everything.

I want you to know that every cell in your body was created to live forever. It has the ability to rejuvenate itself to its youngest most flowering aspect and to be able to hold the boundaries of that constitution into forever.

—Ascended Master Ramtha<sup>32</sup>

## Cultivate a Symbiotic Relationship

Develop a communal relationship with your body. Listen to what it's telling you. Pay attention.

Soon you'll begin to notice you're creating a beautiful symbiosis and real back-and-forth communication. And with that, you'll bring more balance into your body and life.

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<sup>32</sup> Ramtha and Knight, J. Z. *A Master's Reflection on the History of Humanity*. United States, JZK Pub., 2001. (As an Amazon Associate I earn from a qualifying purchase of this book.)

You'll begin to create real change and the longevity of upward spiraling Life itself.

As you commit to this path, remember that learning how to heal yourself through intimate body communication will transform everything. Let your body flourish in ways you previously only dreamed possible.



# TAKE CARE OF YOUR SPACESUIT

**Y**our body needs to be and stay strong in order to do all the things you wrote to do this lifetime.

And for Starseed time travelers, the physical body takes on an added special nuance:

It's our spacesuit.

This is so because for those of us who choose to ascend on this side of the veil, we'll be ascending the flesh body—taking the body with us through time and space, just in a different form.

To the highest degree you can possibly take it, the spacesuit needs to be vigorous, robust, and resilient. Even if you come close aligning yourself to your Original Divine Blueprint, what you achieve will be awesome and take you very far, both:

- in enjoyment of life here
- into your ascended future.

If your spacesuit is strong and healthy it will carry you long enough to become enlightened enough to ascend your physical body. And a physical embodiment in good shape, aligned with equally healthy mental

and spiritual bodies can withstand the transformation to pure Light ascended.

It's difficult to consummately fulfill on your Starseed Mission and Birthright with a spacesuit you don't give good energy and care to.

Your spacesuit carries your incredible Essence or soul. It's grounding mechanism for your Great Spirit.

## **The NASA Spacesuit Analogy**

A NASA spacesuit is made of and engineered with most leading edge materials and technologies.

Space is a hostile vacuum with no mercy. And even here on Earth in our physical bodies we often feel like the conditions of Earth have no mercy on us either.

NASA designed the spacesuit to be pretty impenetrable and the Infinite designed our own spacesuits that way too. It's designed to endure.

But years of misuse or lack of care may have left your spacesuit vulnerable to insults and breaking down.

The beautiful thing is the body is quite responsive. It will respond to loving care and good uplifting energy instantly.

You choose. Which will it be for you? Building up (entropy<sup>33</sup>) or breakdown (syntropy<sup>34</sup>)?

## You Choose: Entropy or Syntropy

- The energy of arising or ascendancy we call syntropy (or centropy). It's full of life, vitality and all possibility. Love and all its derivatives like serenity, charity and forgiveness are syntropic. Syntropy increases and expands you.
- When we go through life with the programmed belief that we'll inevitably become weak, get sick and decrepit and die, we attract it right into our experience. We push the body into entropy by our prevailing thoughts which are actually commands we give the body to execute.

Entropy happens when we're less and less able to convert thermal energy into mechanical function. Disorder and randomness increases in the body system. The body starts breaking down and decaying. This is something almost everyone in the world accepts as simply "the way it is."

It's the way it is if you believe it.

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<sup>33</sup> **Entropy** is the opposite of syntropy (*see footnote below*). Entropy is the process of decay, breakdown and death when energy is not consistently given to an organism. Entropy stems from lack of use and not use or overuse as we are taught to believe. The body increases in life when we give it life through energy and Love. The concept is unfortunately widely embraced as natural and inevitable by most people today but is anathema to a realized Starseed.

<sup>34</sup> **Syntropy** (*also called centropy*) is the energy of expansion, arising or ascendancy. It's full of life, vitality and all possibility. Syntropy increases you. For the physical body, syntropy describes the electrification of matter. It produces constant creative renewal.

# The Truth About Life and Energy

Wrongly, people see the aging process in humans as the body wearing down after years of use. But according to the scientist Szent-Györgi<sup>35</sup> who developed the theory of centropy, the opposite is true.

The body wears down after years of misuse, disease and stress.

He theorized that use **supports and builds up more life.**

Szent-Györgi believed there must be an innate force in all living things that, when allowed to thrive, works to improve the organism.

You can see this theory proven out not just in all human life but in abandoned buildings, for example.

There's extremely little energy circulating in an abandoned building. There are no people inside and around the building lending energy to keep its vibration stimulated.

In a relatively short period of time, the building enters a spiral of entropy or decay. The molecules making up the building material begin dispersing into disorganization.

This is why we see abandoned buildings fall into disrepair even if when untouched by vandals.

Scientist Jerry Bergman, Ph.D.<sup>36</sup> says it this way:

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<sup>35</sup> **Albert Imre Szent-Györgi** (1893-1986), was a Hungarian biochemist who won the Nobel Prize in Physiology or Medicine in 1937. He is credited with first isolating vitamin C.

<sup>36</sup> **Bergman, Jerry, PhD.** "Albert Szent-Gyorgyi's Theory of Syntropy and Creationism." icr.org. N.p., 7 Oct. 2015. Web. [icr.org/article/albert-szent-gyorgyis-theory-syntropy-creationism](http://icr.org/article/albert-szent-gyorgyis-theory-syntropy-creationism)

A city, if it were deserted, would eventually disintegrate.

The metal in the city would rust, the mortar in the buildings would crack, the wood would rot... In time, less and less differentiation would exist until, if the area were a closed system (no new energy was brought in to rebuild the city), all of the molecules would be evenly distributed within a given area. Diffusion, the tendency for molecules to distribute themselves throughout an area, would occur.

The human body is like an edifice.

In fact, our bodies are far more responsive to energy than objects we perceive as inanimate like buildings.

If we don't give our bodies Love and attention through high minded thought, loving emotion, movement, good food, and energetic support we fall into disrepair.

When the body's molecules lose their concentration in their respective areas, they diffuse. And this is how aging, sickness and death results.

Another scientist Schrödinger<sup>37</sup> points to the remarkable ability of a living system to not only avoid the effects of entropy but to actually do the opposite — to increase life and organization.

Living organisms feed on syntropy. This is nature's innate drive to perfect itself.

And you are part of nature.

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<sup>37</sup> **Erwin Schrödinger** (1887-1961), was an Austrian-Irish theoretical and quantum physicist responsible for coining the term, quantum entanglement and for developing fundamental results in quantum theory.

So why are you often thinking you'll eventually become weak, sick and die someday? It's only because you've been programmed to believe in it.

Now you can choose, I hope, to change your thinking. All aspects of entropy are very mentally ingrained in us and it will take a lot of vigilance to switch over. But you tell me, which way of thinking feels better to you? Go into the feeling of each to discover your answer.

## Created to Live Forever

Depending on the energy and attention we give anything, including and most especially, our bodies, we receive the mirror of that focused energy. So check in to see where your focus lies concerning your spacesuit.

... every cell in your body was created to live forever. It has the ability to rejuvenate itself to its youngest most flowering aspects and to be able to hold the boundaries of that constitution into infinity. — Ramtha

Or if you'd rather take it from a regular old human:

Throughout its life cycle, every one of the body's trillions of cells is driven to grow and improve its ability to use more of its innate yet untapped capacity. — Robert K. Cooper, Ph.D.<sup>38</sup>

We have the potential to continually create new and vibrant cells... forever.

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<sup>38</sup> **Cooper, Robert K.** The Other 90%: How to Unlock Your Vast Untapped Potential for Leadership and Life. United Kingdom, Crown, 2010.

Whatever you see and believe is your choice and your chosen reality.

To live syntropic, expansive, ascending lives you have to give your body Love and respect.

Super-vitality doesn't just happen. You create it.

After all your body's done for you, your body deserves Love, respect and good energy. It deserves to finally, finally have an easier time of it.

Imagine what would happen to your body if you truly loved and appreciated it. If you consistently gave your body the embracing energy of Love and appreciation, what might happen?

- What if you literally, out loud, often told your body how much you appreciate it?
- What would happen if you created a loving relationship with your body all the way down to its cells and atoms?
- Do you think that in time your body might possibly begin responding to your conscious commands?

And the good news is this: The minute we give our vessel anything to uplift it, the body immediately goes into healing motion. Recovery and reversal immediately launch.

## **The Mastery Reason to Take Care of Your Spacesuit**

The wondrous health we enjoy from taking really good care of our spacesuits is fantastic.

It makes us feel more alive and better able to serve others.

And added to that, we're giving ourselves every fighting chance to arrive at the place of Mastery and significant enlightenment.

Arriving at this level, for most of us, takes time. Many Starseeds who don't take care of their spacesuits find their bodies give out before they achieve Mastery and highly advanced intelligence.

We want to be able to fulfill on our Starseed Birthright and return to our future home worlds victorious and intact having accomplished all we promised.

But to do all that most of us need to live long and with quality of life. It takes a while before the light bulb finally turns on and our consciousness shoots to a whole other level.

Some of us just have to live long enough to get there. And the way to live long and well is to guard and nurture our physical vitality.

I watched a Starseed friend become really very ill with several serious illnesses all at the same time. I've mentioned him earlier in this book.

He suffered acutely for years. Much of his illness was self-inflicted. He abused his spacesuit by choosing to drink, refusing to look within himself and by dwelling in a place of anger.

I kept thinking to myself, "He just needs more time. He needs time to get it."

But he passed not long ago before that 'more time' could unfold.

We need to give ourselves every fighting chance to arrive at full Mastery and it starts with taking care of the spacesuit.

As Starseeds, we're about extending life, in fact, enjoying unending life—not cutting our physical sojourn short.

And so for the Starseed, the physical body's an incredibly important vessel. It's as important as your soul and Spirit.

It's your vehicle, your spacesuit and your Stargate.

## No Death for Advanced Intelligences

In “The Overself Awakening,”<sup>39</sup> author J. J. Hurtak, Ph.D. tells us how advanced intelligences never die.

They encourage syntropic arising energy to flourish in  
their consciousness and bodies.

And so they avoid evolutionary death.

Hurtak also tells us how this higher spiraling energy of Light leads to ascension. The quantum field embraces this Light and connects us to Eternity and All That Is.

You may say, well, I'm not part of advanced intelligence. But you are. It's who you are and where you come from.

Advance your intelligence here and now. Choose no death and ascension.

With a thought, Masters raise the vibratory frequency of  
their bodies' cells to disperse themselves into gaseous

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<sup>39</sup> Hurtak, J. J., and Hurtak, Desiree. **The Overself Awakening: A Guide for the Schoolhouse of the Soul.** N.p., Academy for Future Science, 2011. *(As an Amazon Associate I earn from a qualifying purchase of this book.)*

matter. That gaseous matter then becomes pure Light—a virtual aershship of Light.

What thoughts prevail in your mind?

- Do you see yourself eventually growing old, walking your life journey more slowly, hunched over, and growing dim in your Light as time goes on?
- Or do you see yourself standing and walking tall, full of vitality, and increasing in Light and vibratory frequency with each moment?

## **Ascension Spacesuit**

We make our safe passage lifetime after lifetime through the physical body —

- not around it
- in spite of it or
- without it.

Ultimately, even in our moment of ascension, our physical bodies will be completely involved. So this body needs to be strong and robust, pure and Light—as far as you can possibly take it.

And from the Master Ramtha's ascension account we see how important the body in that act. He also gives you the simple roadmap to Mastery and ascension:

Slowly, over many years — as the thought of becoming my Ideal became the very Life Force in the cells of my embodiment, my soul gradually changed the programming in every cellular structure to increase the vibratory rate within them, my desire was that strong.

The more peaceful I became with life, the more that emotion carried through my entire physical arrangement until I became lighter and lighter and lighter. People would look at me and say, ‘...there is a glow about the Master.’ There was, for my body was vibrating at a faster rate of speed, going from the speed of matter to the speed of light...

In time, my body became fainter and fainter and fainter by the light of the moon. Then one night, I became where the moon was. No longer did I simply travel in thought. I had raised my bodily vibrations into Light and I HAD TAKEN MY ENTIRE EMBODIMENT WITH ME... yet I came back but only to see if I could do it again. And I did — again and again and again — 63 times before my final ascension. It became an expectancy as breathing is to you.<sup>40</sup>

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<sup>40</sup> From Ramtha and Knight, J. Z. A Master's Reflection on the History of Humanity. United States, JZK Pub., 2001. (As an Amazon Associate I earn from a qualifying purchase of this book.)

Simply put, we must first love our sacred spacesuit on the profoundest level. Whatever our beliefs and choices, we need our bodies and we need them in the very best possible shape.

We must feed our bodies every good thing: intention, thought, words, food, and Love. It will make every difference between whether we head limping or warp traveling home.

## **Your Triumvirate, Trinity, Triple Powers**

Body, mind and Spirit compose your Holy Triumvirate or Holy Trinity.

We call the synergy of body, mind and Spirit our Triple Powers. And our Triple Powers do their best three-fold work when we give care to all three in balance.

The physical body isn't lesser than the mind or the Spirit. As the vessel of the mind and anchor for the Spirit, it's truly and equally important. Without it, we can't be here participating, learning, growing and evolving ourselves.

Some seeds see the body as a container they lug around to carry their soul and Spirit. I certainly saw it that way many years ago.

But I learned how the body is permeated with sacred geometries and intricacies of Light so I developed a greater reverence for it.

A radiant spacesuit body will naturally mirror these inner intricacies. In fact, the greater care we give our bodies the more potent our holy inner geometries will be.

As above, so below, as within, so without, as the universe,  
so the soul...<sup>41</sup>

It's a cipher of energy exchange. The well cared for spacesuit expands our geometries and our inner mathematics uplift and increase our spacesuit.

## Prizing the Spacesuit

Learn how to fully and properly take care of your body.

Give your body what is natural and Light. Do everything you can to not just support your Light but increase it.

Your whole life is a process of building your Light momentum. And then one moment, you reach critical mass and you become everything you've been working for all along.

But you've got to have a good body, an excellent spacesuit, to get you there.

Food is a principle source of Light and vibration for the Spacesuit.

What we feed our bodies becomes what our bodies are made of. Your food is just about the most important investment you make in yourself. After shelter, your food expenditure should be your next highest expense and priority. Even if your budget is limited, you can probably afford more high spectrum foods if you shift your spending habits.

Choose life-affirming food.

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<sup>41</sup> The "As above, so below..." axiom is attributed to Hermes Trismegistus (from the Greek, Hermes the Thrice Greatest) syncretic combination of the Greek god Hermes and the Egyptian god Thoth (pronounced Tay-hoh-tet). He is the purported author of the Hermetica or Hermetic writings on subjects of astrology, magic and alchemy.

You're Starseed nobility. Your food should be the best you can find and afford. (And I'm not talking steaks. There's almost no Light in dead animal flesh. But Light does abound in plants.)

## EAT LIFE TO GET LIFE. EAT LIGHT TO GET LIGHT.

Making food from scratch is an excellent way to free up money for quality food purchases. It takes a little more time but truthfully, not that much.

And the food tastes much better and is more uplifting to your spacesuit when you make it in your own kitchen with love than when it's made in a factory by people you don't know.

Especially for Starseeds, diet is based on the Light, lightness and clarity we derive from it.

Through learning and applying a little creativity, you can most definitely get enough protein and nutrients in your diet. If you're focusing on a plant-based Light-enriched diet, augment any missing nutrients with good quality supplements.

I'll share with you now four enormously important considerations for your diet. Then you can choose for yourself.

1. Eating animal flesh brings **too much energy of death into your body**. It lowers your frequency.

When animals are taken to slaughter they feel fear just as you would feel fear in the same situation. The fear hormone goes into the flesh, onto your plate and into your body. This combined with the very low vibration of dead animal flesh and it does nothing to uplift your frequency and your Light.

2. Animals with bones, including humans, carry a Light signature—a sort of Light blueprint called Ka. (**Ka** is ancient Egyptian meaning **Light**.) This Ka originates in the bone marrow and travels throughout the blood and into the tissues.

Seafood like shrimp, scallops, crab and lobster are insects of the sea and have no bones, therefore they manufacture no Ka.

In the Starseed, the bone marrow generates Ka in the form of crystalline pyramids of Light that travel all through the bloodstream, organs and tissues. When you eat animal flesh, unless you are Master of your Ka and you completely align your consciousness and body with it, **the animal's Ka muddles your own.**

Your Ka is your signature of Light and you want it to sparkle. You don't want it clouded by the signature of another being.

3. Ka force is what actually and truly animates the body.

And even though a body may have deceased, the body still retains its vibrational genetic code. This Ka code in the flesh and bone is like the computer's backup memory disk.

And should you die, you want your Ka to be able to survive after death. For that to happen, Ka must live really strong and clear within you now. **You need to live in a way that supports your crystalline Ka to the fullest.** Your simultaneously existing Future Self in the Higher Planes will want to retrieve it at some point in time.

4. Finally, not eating animal flesh is about **Compassion**. Animals were put here on Earth to be our companions. Plants are here to be our food. Early inhabitants of Earth didn't farm. They had to hunt. But it didn't take all that long for human consciousness and intelligence to evolve to adopt farming of fruits and vegetables. And today, we've taken agriculture to other levels.

I'll just say it this way. I don't want any animal to have to die so that I can eat. And I don't want someone else to have to kill animals for me so I can deny what's happened to that animal. I can creatively find another way to eat and thrive.

In a nutshell, eat life, Light and high vibration to give you more life, Light and high vibration befitting a Starseed.

Every other thing you do supports or detracts from your beautiful spacesuit:

- Take better care of your spacesuit with **daily exercise you enjoy**. It circulates all your fluids and vital energy so necessary for vitality and radiance.
- **Bask not just in the sunlight but the moonlight and all of nature**. Ask all of them to increase the Light of your spacesuit. They will comply.
- **Command the purity of your body**. And just as you keep your body cleansed externally, cleanse it internally with methods that are kind to your body and not overly aggressive or harmful.
- **Breathe in the Light**. You can learn pranayama practices and faithfully exercise them. Or you can simply breathe slowly, consciously and deeply all the time.
- **Maintain high minded thinking** and flood your consciousness with **Ideal thoughts**. You can't have physical vitality without the foundation of mental vitality.
- **Stop thinking thoughts of getting ill and dying someday**. That's third dimensional programming we were forced into. Think only thoughts of Forever Life and Light. Starseeds are immortals.

# Through the Body

Considering all the insults our Spacesuits have to endure day in and day out, they do pretty well. But we want to bring the insults we can control to the bare minimum. Then the mind can take care of the rest.

The way to where we're going is **in and through** these bodies of ours.

Think of your body as a silvery spacesuit made of Substance no one can explain, impenetrable to harm of any kind. See it as a skintight silvery futuristic suit able to morph into your Light Body.

See it carrying you and maybe even others off into the cosmic horizon of future worlds and all because you respected and nurtured your Triple Powers. You gave as much care to your physical as you did to your mental and spiritual. And now you are truly free.



# HOW TO USE NUTRITIONALS ON THE QUANTUM LEVEL

It is not the vitamin or the mineral that changes the body. It is the consumption of the vitamin or the mineral or the substance in combination with a change in the electrical impulses of the brain that cause the change in the body.

It is a synergistic effect.

—My Divine Mother, Goddess Dove Re from the Pleiades

**S**tarseed, you carry a Divine Blueprint of perfect health encoded in your soul, your DNA, your whole Being.

Like our Starseed Brother Yeshua ben-Joseph (Jesus; Sananda in the future Pleiades), you're called to heal—not just through nutrients or exercise, but by weaving body, mind, and Spirit into a symphony of quantum energy flow and consciousness.

These 7 steps will help you restore your body's Original Divine Blueprint—blending practical tools with the electrified Light of your Starseed Eloha Essence.

The key elements involved in the ignition of healing with nutritional supplements are these:

- Your thoughts dictate the quality of your hormones via the Master Pituitary Gland.
- The intention you hold and place into the nutrients amplifies the power of the nutrients you consume.
- Your soul responds and raises your body's frequency.

Whether you're battling toxicity or seeking greater vitality, these steps empower you to align with your Starseed DNA just waiting to launch into action.

Let's begin this sacred journey to reclaim or increase your vibrant health.

## Step 1: Ignite Healing with Nutrients

When we notice something's out of balance we usually begin by nourishing the body with a nutrient like an herb, vitamin, or mineral. We step up our nutritional game through diet and supplementation—a big spark to awaken your body's innate perfection.

These aren't just fuel. We can consciously use them as **vibrational agents** to first, detoxify and clear physical and energetic debris and second, begin raising our vibratory frequency.

In the most fundamental process of stepped up nourishment and as your body casts off what doesn't benefit it, drink plenty of water to flush toxins. This detoxing sharpens thought which is good because you need it for the next step.

**Action:** Be careful taking supplements and only use them if you profoundly feel you must. They're usually laboratory-made synthetic and not whole foods. The body loves and can work with whole foods best.

While you can find good lab-made supplements, try your best to eat whole foods or consume whole food plant sources in capsule or powder form like Sun Chlorella<sup>42</sup> or blue green algae<sup>43</sup> from Klamath Lake, Oregon. Just be very deliberate and really feel through your choices. Otherwise, you can potentially cause your body more harm than good.

## Step 2: Feel the Nutrient's Vibration

Close your eyes and tune into the nutrient you've consumed.

Feel its vibration pulse through your cells. If you can't feel or sense it, it could be because it's not very vibrationally alive—a telltale sign it may not be for you.

If you feel sure the nutrient is right for you and can't feel its vibration, visualize it emanating a golden white glow spreading through your body.

Use this step to align your body with the nutrient's healing frequency.

**Action:** Spend 1-2 minutes feeling the nutrient's energy. Imagine it harmonizing your entire body.

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<sup>42</sup> Sun Chlorella is the only plant-based source of vitamin B12. If you're a vegan, vitamin B12 is more challenging to get. I like this brand because it's high integrity, easily absorbed and very cost effective. I consume it every day. (As an Amazon Associate I earn from a qualifying purchase of this product at no additional cost to you.)

<sup>43</sup> Klamath Lake Algae is also known as Aphanizomenon Flos Aquae. It's a rare superfood strain of wild blue-green algae found only in Klamath Falls, Oregon. It's the most well-rounded and powerful individual supplement on the planet and I don't go a day without it. It makes versatile blend of key nutrients: amino acids, vitamins, minerals, healthy fats, antioxidant pigments, and more. (As an Amazon Associate I earn from a qualifying purchase of this product at no additional cost to you.)

## Step 3: Amplify Frequency with Love and Perfection

Now, let's take it further and think high minded thoughts of Love and Perfection surrounding the nutrient you've just ingested.

Love and Perfection are high frequency. Intend these vibrations elevate the nutrient's power. Think conductor raising an orchestra's pitch.

Such thoughts direct your Master Pituitary Gland<sup>44</sup> to begin produce healing and not harming hormones.

This fusion of mind and nutrient creates a potent healing force.

**Action:** As you visualize the nutrient's vibration flowing through your body, affirm:

**I Am Love. I Am Perfection—in mind, body and spirit.**

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<sup>44</sup> The **pituitary** is a pea sized endocrine **Master Gland** of the body located in the midbrain and important in controlling your growth, development, youth and vitality and the functioning of the other endocrine glands. It receives and transmits electrical frequency to the auric field. Associated with the seventh seal and ultra-consciousness, the pituitary gland utilizes the seventh crown seal to assimilate Light codes and information radiating from God the Infinite.

When a Starseed focuses on the pituitary gland in thought, a tone sounds throughout the Starseed's blue corona (the part of the auric field closest to the physical body, about one quarter inch in depth; usually lavender or purple in Starseeds who've moved from the spiritual to the mystical). This tone ignites the brain and stimulates a reconnect of electrical current between brain and pituitary gland. Now the pituitary gland tunes in to frequency in the way a radio station picks up frequency in order to broadcast signals. This enables the pituitary gland to begin producing Stargate hormones and not just maintenance hormones. These Stargate hormones flood the body through the central nervous system and blood making it possible to travel through Stargates.

## Step 4: Launch the Healing Union

As you allow the nutrient to circulate (**hours later or sometime the next day**), its amplified vibration syncs with your mind and pituitary gland.

This union sparks the start of your quantum healing process. It begins to realign your body with its Original Divine Blueprint.

Trust this invisible work.

**Action:** Pause to acknowledge this synergy, affirming:

*Yes. My body is healing in all ways, in every understanding.*

## Step 5: Embrace Honesty with Self

Now, because the nutrients have cleared away some toxins and debris, you can have an honest clear conversation with yourself.

Reflect on toxic habits—physical (e.g., poor diet) or emotional (e.g., negative self-talk)—that diminish your Light and vitality.

Without judgment, choose to release them.

**Action:** Don't just decide or choose, resolve to replace destructive patterns with constructive ones, like mindful eating, getting fresh air and exercise, or loving your body with other self-care.

Here you're mentally writing a health prescription for yourself.

## Step 6: Activate Quantum Electrum

With this consciously aware Starseed healing practice you now must recognize you are Cause and you're creating a new effect.

You're now consciously embracing a higher thought pattern, attitude, *vibrum*<sup>45</sup> and lifestyle so you can realign with your body's Original Divine Blueprint of Perfection.

On its own, the nutrient doesn't change the body. But when you combine it with elevated electrical activity in the brain (pituitary), now you cause the healing effect.

Body and brain/mind have awakened, ready to work in alignment with your Spirit.

This awakened power is electrical. It's quantum electrum (the force that runs through your physical body and keeps particles of Light cohesive and explosive). It's the electrified Light that flows through your body and out through the fingers in hands-on healing.

**Action:** Contemplate the fact that you are God and therefore, as offspring of the Divine, you too are Cause always creating an effect.

## Step 7: Appreciate the Symphony

Celebrate the quantum healing you've created, even if results aren't immediate. Effects often follow cause with a delay here on 3D Earth.

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<sup>45</sup> Your general posture or attitude as a living Being conducts electricity called **vibrum** that radiates throughout your body and into your auric field. Your state of *vibrum* will pull you into the mystical, spiritual, intellectual or lower states depending on the resonant field it creates. Your indigenous *vibrum* ripples across the planet and multiverse. I've writtin more about *vibrum*. To know more, request the article by email: [stargatesbeckon@proton.me](mailto:stargatesbeckon@proton.me)

Pulse Love and Appreciation throughout your mind, body, soul and spirit.

Thank your Master Pituitary Gland for modulating perfect function of your entire body system. Profound appreciation seals the healing, like a final note in a cosmic symphony.

**Action:** Declare daily,

Master Pituitary Gland, I acknowledge and appreciate your consummate service modulating my entire body's perfect function according to its Original Divine Blueprint.

## Conclusion

You've ignited a sacred process, Starseed. Your body is remembering its Original Divine Blueprint, guided by these 7 steps. Continue this practice daily, trusting the Light of Electrum flowing within you.



# THE STARSEED PATH OF EMOTIONAL ALCHEMY

## The Multidimensional Nature and Primacy of Healing

**I**n true healing, we strike balance among all our bodies—physical, mental, emotional and spiritual. Each aspect supports the others to uplift our whole Being.

Physical, mental, emotional and spiritual health—all in balance with each other—are paramount for the Starseed's mission.

### **Challenges of the Starseed Path**

Some Starseeds give in to seductions—unhealthy foods, drink, or emotional dramas that are, at their core, self-gratification seeking and destructive.

While many Starseeds consumer proper nutrition, they still get lost in swirls of negative emotions which can be just as damaging as poor physical nutrition.

# **A Personal Journey Through Trauma**

My own Starseed journey began with years of tears—a time of turbulence that would demand healing but also pave the way for spiritual awakening.

For many of us, recognizing ourselves as Starseeds or Lightworkers requires healing the very traumas and dramas that have served as catalysts for our awakening.

My parents' descent into alcoholism, despite their efforts to overcome it, and their eventual passing from the disease, shaped me. The chaos of family trauma pushed me, as a young adult, to question every facet of my life. Their struggles and my codependent existence became golden catalysts for my spiritual, then Starseed awakening.

## **The Turning Point: Seeking More**

I vividly recall a moment of desperation when I muttered to myself, “There’s got to be more to life than this.”

That statement proved a turning point in my life. Little did I realize what I was seeking was healing. And little did I know the healing odyssey I was about to embark on.

The universe responded to my words. And I near immediately had set myself and life on a new trajectory—all for the better, like an ever-blossoming flower, even through the relentless challenges I was about to begin encountering.

# Emerging from Darkness to Light

As an awakening Starseed, difficult times often feel more intense, but the Light they reveal shines far brighter.

In the early days, I had no idea I was a Starseed. Emerging from the weight of my past and getting myself on some sort of solid spiritual footing seemed enough.

Still my health for a young lady in her thirties wasn't all that great. And I still hadn't healed from the mental and psychological duress of having had alcoholic parents.

But once you open the spiritual door and go through, turning back is not even a question. So you keep seeking.

## Healing Begins

Through serendipity, I found Barbara, who became my spiritual wayshower, confidant, mother, healer, and friend. Our meeting was no accident but a spiritual contract fulfilled.

When I first walked in her door, Barbara saw beyond my surface to the chaos within me. From our first meeting, she took one look at me and led me to her healing room where she helped me begin integrating my traumas.

On many an afternoon, she worked with me so selflessly—the service-to-others Essence of a Starseed.

In those early days, I called her almost daily in tears, and she met each moment with unwavering patience and Love.

Her healing room—bathed in soft sunlight filtering through sheer curtains, with gentle ambient music—became a sanctuary for

transformation. Those afternoons were a precious gift, guiding me through the first phase of my spiritual journey.

One night, Barbara shared a video that changed everything.

A young man in his thirties channeled a transcendent Pleiadian Master Goddess, Goddess Dove Re, from dimensions far beyond.

Her presence—projected through a male voice and body—was radiant, loving, and unmistakably feminine. Her exquisite words and distinctive voice were my clarion call.

They ignited my Starseed path in earnest.

But a woman emerging into her Starseed Isness must align with her soul and mission on Earth, so healing from all I'd endured in my life previous had to occur.

## **Healing Is the Starseed Birthright**

As the saying goes, “Physician, heal thyself.” And you and I must do that first before we can be effective at helping others heal themselves.

Healing is the Starseed's heritage, Birthright and Promise to the world.

It's why we Starseeds are here—to share it.

And not long after, I got the opportunity to begin exploring my own healing abilities. I attended a Healer's Congress with fellow Starseeds led by my Divine Mother, Goddess Dove Re.

This Congress launched me into a profound initiation of potent healing experiences. Goddess Dove worked with 150 and more of us in hotel ballrooms many times as she guided us to remember our innate healing abilities as Starseeds from the future higher realms.

In Alatia (ancient Egypt), Goddess Dove, known as Re at the time, was a great physician. What better teacher/reminder could we possibly have had than she? I think there was no other.

And being Pleiadian Starseeds who are themselves Creator Gods and Goddesses in the Higher Future Realms, sickness is anathema to who we are. So the necessity for healing and remaining in a state of health and vitality is a given.

Decades later, I now connect with Goddess Re through Stargate time travel, carrying forward the Divine Right of Healing in my own way and also seeking Re's advice and pointers.

I offer a bit of my Pleiadian history with Goddess Dove Re here to share with you my lineage as Starseed healer and to give you clues about yours.

## **The Aura—Crucial Element in Health**

In those teachings Dove provoked us to remember that all sickness begins in the auric field. (See earlier chapter on Proactive Aura Cleansing.)

Rips or weak spots in the aura, caused by dishonoring the self, trauma, or abuse, allow densities to seep into the physical body if left uncleared. A strong and beautiful aura created by diligent aura hygiene is the body's first line of defense.

Initially, I was hesitant to work in others' auras or on their physical bodies to help restore equilibrium, especially under Goddess Dove's watchful guidance. But with practice, I remembered my abilities, starting with myself as primary focus.

# Remembering Indigenous Healing Gifts

Over time, I developed, or rather remembered, my own indigenous healing methods, building on Dove's teachings.

Though I've gotten good at working with my own body to keep it sound and balanced, my healing work extends further through the written and spoken word. It's my station to share what I know with you and to encourage you to reveal to yourself your very own methods for healing too.

## Reversing the Aging Paradigm

My early life was marked by tears, depression, and physical ailments to be sure, but these all have become extremely rare—only fleeting moments if they must occur—as I've advanced.

(Again, these are potent clues for your healing journey. You are seeing your future through my story of endurance.)

Unlike the conventional path of aging, decay, and sickness that most people accept, I'm consciously moving in the opposite direction—growing healthier and more vibrant.

This is the Starseed way: constant progress, not just for yourself but also as a gift to the planet. Your own healing ripples vibrations of Light and healing all over the world.

## Integration and Evolution

We Starseeds pull ourselves up, evolve, and Become.

We all carry dysfunction and trauma, but they don't have to define or imprison us.

Choose to move forward and progress. Make this your constant Ideal. Don't be like a Starseed acquaintance who, even three decades into her journey, clings to selfish attention-getting and emotional outbursts, crying like a baby over minor setbacks.

Yet, even after integrating emotions, hurts and traumas and restoring wholeness to a great degree, don't be surprised if echoes from your former consciousness linger.

The difference is once you achieve the level of true holistic health of body, mind, emotions, and spirit, you'll respond to those echoes as a poised, tranquil Christ.

## **The Power of Self-Healing**

In your frustrations, you may be asking, "How can I heal myself?"

Your path to self-healing begins with understanding it will be a journey for the most part. This journey will progress as long as you steadfastly apply some or all of the methods outlined in this book as well as your indigenous ways.

Keep in mind that healing is slow and incremental, unlike the instant miracles of the realized Avatar Yeshua ben-Joseph (Jesus). You will get there—to instantaneous healing—once you too become an Avatar as Jesus was.

Until that moment, understand conventional medicine often manages symptoms. For the most part, it's not true healing.

Even in cases where surgery or healing of bones is required, your body and mind drive the healing. Think of the broken bone that mends slowly

but organically and perfectly inside the cast. This same slow organic healing process applies to all parts of your physical body.

## **The Mental Aspect**

Medicine cannot rival the synergy of your body and mind, yet we're programmed to believe otherwise.

Consider cancer: remission (where tests are unable to detect the cells' presence or that presence is negligible) is not healing.

True healing is the complete vanishment of cancer cells, driven by your mind's power, not medical intervention.

Doctors, often seen as gods in white coats, tinker with symptoms and know nothing of balance. Many admit they don't fully understand the body, dismiss nutrition, and rely on pharmaceuticals which create cascades of destructive effects in body, mind and even spirit.

True healing comes from nutrition, detoxification, and aligning body with mind.

Most conditions stem from nutritional deficiencies—physical and mental. By communicating with your body, you can address these, often seeing the start of improvement relatively swiftly.

We Starseeds must learn to research our bodies' needs, observe their signals, feed them high spectrum foods while detoxifying gently and incrementally.

Those who truly embrace holistic lifestyles often reverse ill health completely.

# The Light Body—Our Original Divine Blueprint

Above all, Starseeds feed their bodies Light.

Light is our Original Divine Blueprint.

The more Light you embody, the healthier and more vibrant you become, impervious to disease.

Balance your research, as viewpoints vary, and trust your body's wisdom. As you ask, "How can I heal myself?" let these words guide you to this truth:

**You are the healer—not the doctor.**

## A Sacred Guide for the Starseed Way of Healing

The Starseed way of healing embraces support not from doctors but from your other aspects: your Oversoul, Merkabah, Future Selves, and Higher Realm Family.

Allow yourself to step into your innate Avatar Isness and align your subconscious with your conscious desires for healing.

What greater support system could you possibly have?

This said, don't be foolish either. There's a time and place for conventional medicine and doctors. Don't keep telling yourself you can heal something only to see your symptoms progressively worsen and lead to a bad outcome.

I knew a Starseed woman and healer. In fact, she was a Doctor of Oriental Medicine. She was committed to her healing practice and gave of herself to others without reserve.

She contracted a bacterial infection on her foot and was determined to heal it holistically herself which made perfect sense. The only issue was that, for whatever reasons, the infection continued to spread. It got so bad she (reluctantly) ended up in Emergency but it was, for the most part, too late. She lost most of her foot.

This lady transitioned about a year and a half later and I strongly believe the trauma of the ordeal with her foot hastened her death.

Let this be a poignant example of using your common sense around your healing too. If you don't see improvement of symptoms from what you're doing, be honest with yourself and seek medical help. Sometimes, what conventional medicine can do for you is enough to mentally and physically jumpstart you in the right direction. Then you can take over with the rest of your healing yourself.

## **Patience and Progress in Healing**

In a world accustomed to instant gratification, patience in true healing is key. In the case of the story above, that woman had a little too much patience. I emphasize this: You need to balance that patience with seeing real signs of improvement.

Your holistic healing on the right trajectory will show signs of gradual improvement though you may experience moments of miraculous breakthroughs.

Densities may have rooted in your body's nooks and crannies, but with holistic respect for your physical and emotional selves, you can restore balance by expelling those densities and filling the holes they left with Light.



# HEALING EMOTIONS - REQUISITE FOR HEALTH

## How to Overcome Hurt and Build a Sound Foundation for Physical Health

**E**motional turmoil silently undermines physical health.

The body's unsung heroes or detractors—hormone—either destroy or build up the body.

When you don't address the pain codes stored in your emotional body as a result of past hurts and traumas, they directly manifest as physical conditions and illness.

What we call negative emotions—anger, fear, anxiety, resentment—are out of balance emotions. They don't align with your soul and for that reason, can't possibly generate life and vitality.

If you want to be healed, you must heal your emotional body along with the physical.

You can't have physical vitality without emotional balance. They're utterly intertwined.

By coming to terms with and not trying to erase but integrating the codes of your hidden wounds, you lay a strong foundation for vibrant well-being. You can't erase them because they're indelibly etched into the records of your soul. So, as a conscious Being, you will briefly bring codes of pain you've been suppressing to the surface solely so you can integrate them.

You must ultimately accept them as part of you because, in truth, they are. They have made you who you are in this very moment—the wise Starseed on a healing quest.

When you integrate your emotions, you signal to yourself you're no longer victim of the pain. You have dominion over it and are transmuting it into good and Light.

This will shift your entire inner mathematics on a quantum energetic level.

## How to Integrate Suppressed Emotions

1. **Consciously recall a trauma and then integrate what you feel** into your Being. But exercise care here though as it can lead you down unnecessary rabbit holes. This may not actually be the best way to consistently make shifts in your emotional foundation.
2. If you choose this taxing method, call on your Soul and Oversoul for guidance—your soulular duo knows perfectly how this exercise should go. **Place yourself in a state of utter trust and follow the cues you divinely receive.** Or...
3. **Journey to the Underworld** (discussed later in this e-book) for a soul-level emotional integration experience whether you consciously know what's lurking under the surface or not.

- You may have forgotten or be totally unaware of what's there.
- Or maybe you're avoiding looking because it takes a bit of energy or courage to face it.

Underworld healing can make your integration experience much easier.

4. You can also **spontaneously work towards emotional balance during your sleep**—a most elegant way to do it. If this is your desire, simply command it. Here's an affirmation I say every morning, drawn from my book available on Amazon, Starseed Affirmations of Light:

*In my sleep, I serenely integrate and bring to a place of peaceful evenness all the events, emotions, hurts, traumas and miasmas of my lives.*

Ultimately, achievement of total healing and well-being will be a combination of all four ways above.

## **The Distraction of Emotional Instability**

*What's really important are your:*

- soul
- spirit
- evolution

- service to the planet
- Love
- Peace
- Joy.

But you can't serve and enjoy all these if you're functioning at half capacity out of emotional instability.

Everyone's emotionally unstable at one point or another in life. The key is to become aware and transform that instability.

If you keep surrounding yourself with people who aren't emotionally sound, it's often best to move away from them or restrict your interaction, even if it means you're mostly alone for a period of time.

They will only add to drama and distractions in your life and healing quest.

In the end, you've got to take care of yourself. You can be of no real service to anyone if you're all messed up yourself.

You may worry you'll be left all alone. I admit, this could happen but it very well won't.

Aloneness can be stupendously wonderful because in that solitude you have the peace and quiet to collect yourself and integrate all you feel.

Without distractions and dramas, you can focus on becoming stable emotionally unto yourself. All kinds of insights will come to you, and you will see the Truth more clearly—some of it damages you've allowed yourself to endure. And in that space you can more easily shift it.

# **Emotional Trauma and the Path to Spiritual Stability**

In ancient times, enlightened saints purified themselves before truly awakening. Then they received Divine Wisdom and Light (Enlightenment).

Today's energy shifts this where many Starseeds awaken first only to realize we're letting emotional scars define us. Spiritual emotional stability seems like a stranger to us.

## **Clearing Emotional Miasmas**

As a Starseed, you find yourself navigating complex emotional landscapes shaped by countless lifetimes, where interactions with fellow Starseeds often stir up unresolved issues and tensions.

These challenges manifest as difficult relationships in the here and now that hinder your path to harmony and unity.

Learn how to fix relationships through targeted practices that address emotional miasmas, fostering genuine connection and emotional clarity.

## **The Essential Role of Emotional Healing in Starseed Lives**

You can't maintain good physical health without sound emotional health.

Having traversed many lifetimes over 26,000 years, we've incarnated again and again, very often in pods of souls, all of us switching roles and

relationship to each other. So a huge part of Starseed physical healing is emotional healing often involving fellow Starseeds.

Because almost all of our past relationships occurred so long ago in a lower state of consciousness, we hurt each other—knowingly and unknowingly. Emotional scars have recorded themselves into our Akasha and soul. We carry these scars with us and the memory of hurt and pain often triggers unconsciously when we interact with another Starseed.

Most of us Starseeds cling to accumulated destructive emotions we feel with other seeds. “You crucified me in another life!” A Starseed woman I knew said that to a friend. And she wore that revisited pain oh so very well.

Sometimes, we wear these scars like badges of honor and that’s drama. Some of us even derive a twisted sense of self-worth from not resolving the pain and suffering or continuing to entertain it.

Self-created victims of emotional wreckage and chaos, many of us drag our stories behind us like dirty clothes hanging out of overstuffed luggage.

The baggage distracts us from achieving full psycho-mystical integrity because it keeps getting our attention until we realize we can leave the drama of heavy luggage behind. It's the ultimate flex in psycho-mystical wanderlust.

I lived that kind of emotional drama firsthand in a Starseed group I participated in years ago. Caving to the weight and abundance of emotional baggage with each other (often called miasmas), we turned the healing itself into drama a great deal of the time. And we never got anywhere.

# Understanding Miasmas: The Root of Difficult Starseed Relationships

The term *miasma* historically refers to a theory that diseases were caused by "bad air" or noxious vapors emanating from decaying matter, swamps, or other unsanitary conditions.

The term comes from the Greek word for *pollution* or *stain*.

In modern contexts, we use *miasma* metaphorically to describe a pervasive negative atmosphere or influence.

And in this case, the word applies to the memory and stench of past lifetimes of hurt and trauma we've incurred with other seeds we were intimate with.

I say stench because all thought and emotion does indeed have a fragrance.

However undetectable it is, a fragrance emits from a thought. So you can understand how ugly thoughts and emotions of hurt and trauma smell very bad.

This is why we call these destructive emotional cords—destructive to unity and Love—*miasmas*.

Miasmatic memories are deep, and without a higher level of consciousness, you only revisit and feel the hurt without any will to understand why the hurt occurred.

You revisit miasmas in the relationships you just can't get right or the people you have a hard time loving. Sometimes you utterly love another only to discover that person feels the opposite from you.

That's not your stuff. It's theirs.

I was completely shocked one day when a woman I knew for years, and who I went out of my way to show Love because almost no one else did, asked me why I didn't love her. She was sensing a miasmatic cord. I felt free of it but she didn't.

## **How to Fix Relationships: Practical Steps for Clearing Miasmas**

If you carry a miasma with another you must find a way to clear them.

- You can meet with the person you feel this nagging cord or association with and do your best to work it out through dialogue. Be sure you hold each other's hands though when you do it. Holding hands helps keep you in your heart. Then seal the resolution with Sephirothic drumming (discussed in another chapter).

But sometimes you'll feel resolved only to discover days later the other person doesn't feel it.

You can only do your best. You extended a bridge and crossed over it to meet in the middle. If the other entity resists there's probably nothing more you can do.

Don't devote valuable energy to it. You've done your best and in the eyes of all that is Divine, you are clear on your end.

## **Relationship Resolution: Easily Done with Consciousness**

We can easily let go of miasmas if our consciousness is high enough to understand the why of how they all came to exist in the first place.

Remember, your Akasha recorded those miasma codes a long time ago, sometimes eons ago, when you were far less evolved. In most cases, you didn't mean to hurt anyone, yet the injury—whether physical or psychological—you were part of causing nevertheless.

In your more evolved consciousness of today, you can still bring understanding to what happened in the past—in a general sense. I say “in a general sense” because you don't want to dive deep into past life transgressions and aggressions, hurts and trauma because revisiting these memories too deeply can revive destructive hormones to flow through your body all over again.

Simply embrace the fact that many misunderstandings occurred in this or past lifetimes based on a lesser consciousness.

With your consciousness of this moment now you would never have hurt the other person back then. So let it go.

## **Advanced Technique for Starseed Relationship Resolution**

If you can't physically connect with the other person, you can achieve resolution while you sleep.

Command your Body of Light consciousness to interact with the other's during slumber.

Perhaps this is the most effective way to bring a relationship to balance and healing for there will be no ego involved whatsoever.

Sometimes a relationship resolution occurs in the night, organically and without your conscious awareness or intent.

Have you ever woken up only to feel Love for and complete unity with another person you've been struggling with? I have.

***I often make this affirmation to be sure:***

**In my sleep, I digest and serenely integrated all the events, emotions, hurts, traumas and miasmas of my lives.**

(You can find more affirmations like this in my book on Amazon, [Starseed Affirmations of Light: The High-Frequency Path to Living the Quantum Timelines You Choose.](#))

Many call this cutting a destructive energy cord between you and another except that my feeling is you're not just cutting the cord, you're dissolving it.

## **Transmuting Miasmas: Elevating Your Frequency Through Release**

All the tears, fights, backstabbing are part of an arduous path we call spiritual.

Transmuting miasmas takes you to the higher mystical. Because it takes a mystical entity to accomplish any method of resolution discussed here.

As long as you cling to the slow enduring suffering of traumas and miasmas, you won't find peace with another—or yourself.

Embrace fixing relationships the Starseed way.

Achieve relationship resolution by clearing your emotional miasmas with other seeds. You hold the power to release these needless burdens. Each

act of understanding propels you into unity with another Starseed who, deep down, you love and who loves you.

## **Healing Emotions Does Not Mean Clearing Them**

Many believe *clearing* traumas sets them free—as if you could somehow pulverize their energies into nothing or make them go away.

But your Akasha records every thought, feeling, and deed. You can't erase them. They live within you so you carry them. There's no separating yourself from them.

What you can do is take control and forge a new trajectory for yourself.

Hurts only hound you because you let them swirl in your mind's frontal lobe. When you make them part of your Being right down to the atomic level (integration), you stop wrestling with or running from them.

You make peace with them and that peace becomes your Being.

Integrate your codes of pain and you cross the bridge from the spiritual to the mystical life. You raise your frequency and enter the realm of the inviolate.

## **Focus on Healing Self: The Foundation of Emotional and Physical Stability**

Focus only on yourself to accomplish the kind of mental and emotional stability that elicits wholeness of your entire Being, including physical vitality.

As you increasingly integrate buried destructive emotions—no longer pushing them away or scorning them, but welcoming them as part of your Isness—you strengthen your foundation.

Time and energy spent focusing on others' actions—judging, scorning, or taking their inventory—scatter your mental focus energy.

Reserve this energy for restoring yourself.

There's another reason why you want to get emotionally stable with a strong mind capable of giving past memories no power:

A weak mind and scattered thoughts make you vulnerable to the control messages that constantly whisper you must decay, get sick, and die, denying your innate alchemy.

With laser focus and emotional evenness, you walk the path of a Master Becoming, shining a beam of Light that declares:

**I desire complete Vitality of Being, and it is!**

This kind of laser mental focus creates more emotional calm. And in the calm you free yourself to be the Master of your life. And your physical vessel heals and strengthens.

## **Living In Your Own Universe for Emotional Healing**

Always thinking the world revolves around us, we take too much personally.

When you accept negative energies from people, events, and the world around you, it creates distraction and pulls you from serenity.

Lacking control or understanding of what's really going on, you cause yourself anguish and emotional upheaval that keeps you semi-crazy and miserable.

The mystical life demands balance. And taking personally what's exterior to you is far from the mystical.

***A great Master once told me:***

**You should only take personally what happens within your own universe. Everything that occurs outside of you belongs to the universe of another entity.**

This wisdom shifts everything.

The more you dwell in others' universes, the more unstable you become — mentally, emotionally, spiritually.

Dwell only in your own universe and you take a giant leap in your healing quest.

## **Spiritual and Emotional Stability: Strengthen Your Mind for Physical Vitality**

The Starseed universe demands mental fitness and emotional peace to blossom in all its aspects, including the physical in human form.

Mental fitness creates a field of sanity and stability.

It's precursor to emotional equilibrium which, in turn, creates physical vitality.

You can't be a miserable person and feel physically good. The two just don't jive.

With a stable mind, you focus and amplify your potent innate Starseed energies—one of which is to be the consummate healer walking the Earth.

You live intact and powerful.

Without this stability, your spiritual life falters, and you never get to the mystical, your Birthright.

True mysticism brings peace of mind. It frees you to activate your inner alchemy.

Focus inwardly. Live from your soul. Bring your traumas into the warmth, Light, and Love of your soul.

Emotional equilibrium, laser mental focus, and staying within your own universe pave the path of a Master Becoming.

Masters know nothing of sickness, decay, or death.

Allow the Christ within you—with enduring emotional evenness and strength—to cause creation of every good kind, including consummate healing, to unfold.

In essence, you're not healing. You're merely realizing what was within you all along—your Original Divine Blueprint.

The 3D world craves and thrives on emotional chaos and weakness. When you enjoy clear mental and emotional fitness, you'll never go along with probably 90% of its demands.

A scattered weak mind and an unbalanced heart make you controllable. You entrench yourself in the negative dark 3D Earth program of sickness and death. And you easily give up your Starseed mysticism and your power. This is exactly what the world's dark controllers behind the scenes want. They want the Starseed incapacitated. So don't allow them their fantasy.

## **Embrace Healing Emotions: Your Journey to Unshakable Physical and Spiritual Health**

Impeccable thoughts and attitude birth beautiful balanced emotion and thus, physical vitality too.

Dream constantly of becoming spiritually grand.

In your mind and soul, hold the vision of yourself having made it all the way across the bridge from the spiritual and arriving at the mystical.

And from those dreams and visions alongside your integration work, your Starseed emotional trauma will turn into emotional stability and psycho-mystical Isness.

As you commit to healing emotions that builds a sound foundation for physical health, know that boundless vitality awaits.

Intend that every code of pain integrates perfectly into your Being, and watch as Love, Joy, and Truth illuminate your path to wholeness. Claim your vibrant, immortal life—your Divine Inheritance and Birthright.



# HARNESS THE HEALING POWER OF A MIND MASTERED

## Your Thoughts, Emotions, and Hormones Shape Your Vitality

**I** go out in public and see so many suffering physically, advancing to their believed inevitable death. I pick up so much emotional trauma harbored in their souls and psyche, the weight is so heavy it's got them hunched over, laboring even to walk.

Emotion like that, undealt with, unintegrated, near literally weighs you down.

These people have no idea what's behind their struggles, sickness, breakdown, decay, and disease. They've chosen to remain in the dark to education, understanding and making different choices.

In many cases, their income and home life don't support it. I do understand this. But you, reading this book, are in a different position. And you must uplift yourself, bring yourself to equilibrium so you can be of assistance to those who cannot.

# **Beyond Food: The True Drivers of Health**

The Netflix series, 'You Are What You Eat,' proves this statement generally true. I've directly experienced how the food I eat composes my body's cells and directly affects my health. But it's hardly the whole story.

Your diet might only be ten percent of the equation while the interplay of thoughts, emotions, glands and hormones make up the other ninety percent.

Most of us realize and can agree that our thoughts and emotions affect our health. We've all proven this to ourselves many times over.

- I vividly remember a time I was really sick with bad congestion, chills and body aches. My boyfriend from out of town traveled to see me. All he did was sit with me and in just a few hours I was amazingly completely well.
- When my son was little, even then he recognized the power of emotion to make the body right. Whenever he started feeling sick, he'd come to me and ask for some "Mother Love." So I'd shower hugs and Love on him and he'd feel better in no time.

## **The Glands and Hormones: Responders to Your Inner World**

What's actually happening is our glands and hormones are responding to our thoughts and emotions. They work together to send code into the body to directly affect how we physically feel.

The hormones we produce either uplift or destroy our bodies.

It all depends on which ones we put into motion.

The pituitary gland and the hypothalamus — are located in or near the brain. The hypothalamus and the pituitary gland are like orchestra conductors. Their job is to tell other endocrine glands throughout the body to make the hormones that affect and protect every aspect of your health.

Found deep inside the brain, the hypothalamus produces releasing and inhibiting hormones and controls the ‘master gland’ — the pituitary. Together, the hypothalamus and pituitary tell the other endocrine glands in your body to make the hormones that affect and protect every aspect of your health. — [endocrinesociety.org](http://endocrinesociety.org)

Brain and body have a symbiotic relationship that so well demonstrates the old proverb:

*As above, so below.*

## **Expanding the Maxim: Consume Thoughts and Emotions Wisely**

‘You Are What You Eat’ goes beyond the food on your dinner table.

The maxim needs to apply even more so to the thoughts and emotions you consume. This is because your body is receiver of the brain’s activity.

We may think ill health just happens to us and in some cases, circumstances arise beyond our control. But for the most part: We create sickness by misusing or abusing the mind, emotion, glands and hormones.

‘You Are What You Eat’ must include good mental nutrition.

Thinking and affirming the highest, finest, most unlimited thoughts as a practice can become an excellent, if not, best source of mental nutrition.

## **The Brain as a Mirror of the Body**

To a great extent, the brain mirrors the composition of the body.

The brain contains all the information, molecules, peptides, amino acids and emotions we find in the body.

## **The Cascade: From Thought to Cellular Transformation**

Here’s what happens when we think a thought and how a cascade effect occurs throughout the entire body.

1. We generate a new thought or we recall a past memory. (Memories are not thought, by the way).
2. Neurons<sup>46</sup> begin firing. And the brain immediately creates a picture or holographic image in the frontal lobe/neocortex.
3. As the firing of neurons gains momentum, the neurons start bundling together like trunk lines or networks.

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<sup>46</sup> A **neuron** is a specialized cell that transmits nerve impulses.

4. Next, the holographic image created in the frontal lobe now moves deeper into the midbrain. This is where we find the pineal<sup>47</sup> and pituitary<sup>48</sup> glands, hippocampus<sup>49</sup> and hypothalamus.<sup>50</sup>
5. The pineal gland and pituitary Master Gland of the body activate to start flowing hormones throughout the body (including to other

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<sup>47</sup> The **pineal gland** is a pine-cone shaped gland the size of a pea located in the epithalamus in the center of the brain but slightly towards the rear. The pineal is associated with the sixth ajna seal and hyper-consciousness. Many commonly call the sixth seal the third eye but there is no such thing.

The **sixth seal** (*Sanskrit: Ajna*) is a vortex composed of 12 strands of circularly vibrating electrical energy. These strands or cords of Light pulsate frequency to the limbic area of the brain—an area of the brain that brings all of the senses into harmonious concert. The limbic system—part of the nervous system—empowers the cords of Light in the sixth seal and serves the pituitary gland in the seventh seal. The limbic grasps vibratory frequency and creates an electrical chain reaction from neurotransmitter to neurotransmitter. It then dispenses energy throughout the body. When the 12 cords of Light of the sixth seal and associating pineal gland are aligned in perfect concert with each other, you experience comfort, vibrate a pleasant tone and align with the frequency of the Earth Mother.

This alignment electrifies dormant cells into awakening. The sixth seal and associating pineal gland exist to help us open to Spirit and communicate telepathically in both directions—sending and receiving. They encourage unification of the left and right hemispheres of the brain eventually resulting in super-genius or Supermind.

(Seals are vortices of energy; chakras are the points where two lines of energy intersect creating a chakra point.)

<sup>48</sup> The **pituitary** is a pea sized endocrine Master Gland of the body located in the midbrain and important in controlling your growth, development, youth and vitality and the functioning of the other endocrine glands. It receives and transmits electrical frequency to the auric field. Associated with the seventh seal and ultra-consciousness, the pituitary gland utilizes the seventh crown seal to assimilate Light codes and information radiating from God the Infinite.

When a Starseed focuses on the pituitary gland in thought, a tone sounds throughout the Starseed's blue corona (the part of the auric field closest to the physical body, about one quarter inch in depth; usually lavender or purple in Starseeds who've moved from the spiritual to the mystical). This tone ignites the brain and stimulates a reconnect of electrical current between brain and pituitary gland. Now the pituitary gland tunes in to frequency in the way a radio station picks up frequency in order to broadcast signals. This enables the pituitary gland to begin producing Stargate hormones and not just maintenance hormones. These Stargate hormones flood the body through the central nervous system and blood making it possible to travel through Stargates.

<sup>49</sup> The **hippocampus** in the brain is thought to be the center of emotion, memory, and the autonomic nervous system. The elongated ridges on the floor of each lateral ventricle of the brain form the hippocampus.

<sup>50</sup> The **hypothalamus** is a region of the forebrain below the thalamus which coordinates both the autonomic nervous system and the activity of the pituitary.<sup>3</sup> It controls body temperature, thirst, hunger, and other homeostatic systems, and is also involved in sleep and emotional activity.

glands, the amygdala,<sup>51</sup> hippocampus and hypothalamus in the brain).

6. The Master pituitary gland transforms the holographic thought-form into a hormone consistent with the thought. For example, think of fear of not being able to survive. The pituitary will then send a cascade of these fear encoded hormone chemicals down through the body and into the cells. (Can you imagine what those chemicals do to your cells?).
7. The cells receiving these hormone messages will then create amino acid chains<sup>52</sup> that actually carry variants of the initial thought or attitude.
8. The cells now possess these amino acid chains of attitude variants. Now they begin to conform or re-form according to the old or new attitude. Every attitude we can possibly have can be chemically reproduced as amino acid derived hormones.
9. These reinforced or newly re-forming cells will either further destroy or begin to uplift the body.

Do you see why your quality of thought and attitude is critical to the health of your body? And do you see how much damage you've been allowing to go on inside your body for how many years?

## **The Body: A Chemical Laboratory Directed by Thought**

The body, brain included, is chemical laboratory.

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<sup>51</sup> The **amygdala** is a roughly almond-shaped mass of gray matter inside each cerebral hemisphere involved with the experiencing of emotions.

<sup>52</sup> **Amino acid derived hormones** are those chemicals whose names end in “-ine” or “-in;” e. g. melatonin, serotonin, epinephrine.

The body organism transfers thoughts into biological material in various chemical combinations and only according to the thought commands we give it.

You may not think all your thoughts are commands but the body and brain consider them so.

If you've been consistently thinking thoughts of wellness, for example, your body's cells will be nourished. The hormonal energy of wellness will be transferred into amino acid chains and peptides that get flowed through the bloodstream.

Whether disease or wellness, neither just happens.

You actively promote one or the other.

## **Why Diet Alone Falls Short**

Living by the adage 'You Are What You Eat' and all the other practices you employ to promote vitality are wonderful. Don't throw those out.

But people who consume an impeccable diet and have a robust exercise routine will still have poor health if their most intrinsic thoughts (conscious and unconscious in the background) don't align with vitality.

'You Are What You Eat' is probably only ten percent of the equation for great health.

You create excellent physical health with the other 90% —  
Your thoughts and attitudes.

This is why you can't have good physical health if your mental health is poor.

People suffering with depression, for example, will eventually suffer physically, too. Their thoughts aren't consistent with strength and vitality and can't support robust health.

By constantly thinking disempowering thoughts the body will manufacture enough chemicals to wreck an immune system. The anger you seem to project outward at another does go outward but also inward into the deepest recesses of your being. It is destructive.

## **The Poison of Negative Emotions**

A closed-minded or bitter person will actually starve the body of uplifting nutrition feeding it 'bitter herbs' of negative emotions:

- victimhood
- jealousy
- anger
- resentment.

## **The Nourishment of Positive Thoughts**

Open-minded happy people engaged in constructive thoughts and ideas do just the opposite. They create an environment in the body capable of receiving nutrients from food and giving the body life.

Here's how that works.

Our cells have receptor sites that exist to take in nutrients carried to them by the bloodstream.

People who dredge up bad old memories or think nasty thoughts again and again reinforce acidic negative thoughts and emotions.

The habit creates an acid-based environment in the body that can't support health:

1. Brain and body respond to these acidic commands by manufacturing 'acidic' chemicals that align with these poor attitudes.
2. The ports to many of the cells' receptor sites close down to nutrients that could have encouraged health if allowed in. The very nutrients a person needs to give cells life and vitality don't get absorbed by the cells.
3. So then these nutrients get stored as fat.
4. And eventually, unable to absorb proper nutrition, the body begins to break down into disease and decay.

Our cell receptor sites basically turn the body on with life or off with disease and eventual death.

All the nutritional supplements in the world won't work because your cells can't even receive them.

It's not so much 'You Are What You Eat.' Rather, 'You Are What You Think and Feel.'

## **Memories: Chemical Echoes That Shape Your Present**

When you revisit a bad memory, you set a cascade of emotion and harmful information into motion.

At their core, memories are chemical.

The chemicals produced by our memories and destructive thoughts and emotions get stored in peptides and amino acid-derived hormones.

Relive that memory and emotions you felt when the event occurred radiate throughout your body.

Then the hypothalamus, neurons and peptides send that emotional information to the pituitary. And the pituitary launches into action.

If the pituitary master gland could speak, it would always say:

**Thy will be done.**

That is its function. It considers the information it receives a command from you, the Master and Lord God of your body, and it executes. How could it go any other way?

The pituitary gland rubber stamps the information and creates chemical substance (code, information) in the form of amino acid hormones.

Your pituitary sends that information into the bloodstream and adrenal glands. The pituitary perceives stress and it tasks the adrenal glands with soothing the stressed body.

Don't create an emotional and life force drain on the body.

After a while, left unchecked, devitalizing chemicals can weigh the body down. And the body's days will truly be numbered.

# A Cautionary Tale: The Cost of Unresolved Anger

A friend of mine who died a couple years ago was an angry person at his core. He harbored incredible resentment towards his father who treated him like a lesser son compared to his brother and sister all his life.

That was bad enough — watching him harbor anger like that for years towards his dad. But then his father passed and left inheritance money and real estate holdings to his three children. But the father left much less to my friend than he gave the ‘good’ brother and sister.

Now my friend’s anger elevated to a whole other level.

And his body soon began showing very visible signs of breakdown. Along with cancer which had been developing within him probably for a long time, several other diseases and conditions manifested all at once.

Despite what anyone told him about the anger we all could so clearly see, he dug in even deeper. He knew his healing could only come from getting his thoughts and emotions right. But he clutched his anger and resentment even tighter.

And he suffered terribly and acutely for many years with death his only release.

Many people unwittingly allow this same sequence of events to gradually kill the body.

We all want to live, thrive and be well and full of vitality. We say we want to live great lives. But our words can be hollow.

- We wear our negative attitudes in the body expressing them outwardly as bitter, sad, angry or resentful.
- Inwardly, we've depressed our immune systems so much we cause and hasten death.

You aren't just the food you eat. You're the thoughts and emotions you consume.

Know your vitality and wellness.

## **Rewiring the Mind: Affirmations and Mental Diet**

A robust affirmation practice can help you hold the right thoughts and images in the frontal lobe of the brain long enough to start changing the vitality of your body's cells.

And for most of us, we have an awful lot of disempowering mental programming to undo. We've allowed negative thoughts to circulate in the brain for a very long time. So be patient and consistent if you choose to consume a higher mental diet.

Maybe you remember or have seen the reel-to-reel magnetic tape recorders of decades ago.

If you made a recording, then rewind the tape and hit the record button again, you'd re-record over the original audio wiping away the original programming.

That's essentially what you have to do with old destructive thoughts and emotions. Record over them with new uplifting thoughts. Repurpose your neurons.

Thought is food — substance — and it creates our health, vitality, longevity, our entire lives.

## **The Ultimate Prosperity: Health Through Elevated Thought**

The ultimate prosperity isn't money or possessions. Health, vitality and longevity are the ultimate prosperity.

Use your brain and mind to create them. Think pure thoughts consistently and persistently.

- Persistent elevated thoughts will slowly become life force in your entire cellular structure.
- Your glands will revitalize and uplift. The cells' programming will revitalize and uplift.
- Your pituitary Master Gland will initiate hormones into action causing greater youth, life and vitality.

You have the power of life or death, sickness or health, poverty or abundance — in an attitude.

The body completely depends on the mind.

It cannot survive and thrive if your attitudes are poor and disempowering.

- fear of not being able to survive
- feeling less than and unable
- poverty

- failure
- resentment
- worry
- anger.

These emotions can't help but create a body ravaged with sickness and destruction.

## **Take Charge: Master Your Mind for Longevity**

Take charge of your life by taking charge of your mind.

'You Are What You Eat' is a one dimensional axiom. It can never alone promote immortality or at the very least, a long and good life.

We're meant to live for hundreds of years at the minimum.

There are masters documented on this Earth who are hundreds of years old and some even more.<sup>53</sup>

Once they understood the power of their minds, they turned everything around and stopped aging.

Our negative thoughts, attachment to memories, and destructive attitudes are not our friends and never will be. When we allow them real estate in our minds we live shorter lives — in many cases, with great suffering at the end.

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<sup>53</sup> Spalding, Baird Thomas. **Life and Teaching of the Masters of the Far East**. United States, DeVorss, 1935. (As an Amazon Associate I earn from a qualifying purchase of this product at no additional cost to you.)

The degree of health and vitality we enjoy is more a matter of how we use the mind. It may be a surprising truth that 'You Are What You Eat' isn't a panacea for great health after all. The Netflix series is excellent yet only offers part of the story. It's really your thought, emotion and hormones that have the far greater effect on your health, vitality and longevity.



# JOURNEY TO THE UNDERWORLD TO HEAL PAST TRAUMAS

**A**s I remembered how to consciously travel through time, space, and dimensions, I discovered the Underworld journey sacred offshoot of the practice.

This method, a radiant path to healing traumas, allows you to integrate past wounds—whether from this lifetime or others—into the entirety of your Being.

You may be consciously aware of these traumas, or they may linger in your soul, waiting for your loving attention.

It doesn't matter if you're consciously aware of them or not. What matters is your willingness to heal.

When you journey to the Underworld, your Oversoul and Merkabah become your celestial guides, taking you directly to a past trauma they know is crucial for your Starseed healing.

I speak of healing, and that's so, but the process I'm about to share transcends mere healing.

It becomes an integration.

You don't cast out the pain or erase the memory. Every event across all time is etched into the fabric of your Starseed soul—your Akasha.

You can't erase what's eternal. Instead, you embrace these traumas and weave them into your atomic structure.

Then when you integrate enough trauma, a profound overall shift in your Being occurs.

You cultivate emotional stability and elevate your character coordinates. This elevation is key to enjoying the higher practices of time travel and attracting quantum timelines to you.

High character coordinates form the cornerstone of your Starseed healing, being and Becoming.

## **The Starseed Healing Path: Integrating Traumas in the Underworld**

Starseeds often carry heavy burdens of trauma and for a myriad of reasons.

We suffer as all beings do, yet our suffering can serve as sacred gateway in our service to the planet. Through Starseed suffering, then healing, we bring ourselves into balance, and that balance ripples outward, touching all of creation.

The point must come, however, when you cross the bridge from spiritual suffering to mystical Isness and enjoy abundance of every good kind.

This is the very essence of why we're here—to heal, harmonize and elevate the planet through our lived successful experience of healing and abundance.

The Starseed soul has journeyed through countless lifetimes over the past 26,000 years accruing an immense weight of pain and hurt.

Don't restrict yourself to only one method of healing. Be fluid and open enough to apply the ones that call to you, including the ones that bubble up to the surface from the belly of your own soul.

**A word of caution here:** While healing traumas through past-life exploration can be powerful, don't make journeying into the past your sole focus.

The past is complete. It's a closed chapter. Dwelling there keeps you from creating and living in the Eternal Now. It activates and increases hormones in the body that reinforce aging, decay and death.

Only work with the past under the guidance of your Oversoul. Don't make past lifetime regression or memories a form of entertainment.

As Starseeds, we're called to live in the present, to create from the Now and to coalesce with simultaneously existing higher quantum timelines where ease, serenity, and Light are replete.

## **Your Character Determines the Result**

Your experiences, whether in time travel or daily life, can only align with the vibration of your character coordinates.

These coordinates resonate your vibrum—outwardly and inwardly— the vibrational frequency of your Being.

They make up your energetic signature that determines the timelines (life experiences) you can access.

Through Starseed healing, you bring emotional stability to your psychomystical life, refining and elevating your character and its coordinates.

This elevation and refinement allows you to:

- travel freely to other times and places and to
- attract quantum timelines that match your most expansive desires and Imaginations.

But without sufficient emotional trauma integration which elevates your character Light codes, you'll lack the momentum to journey, whether consciously or in dreams:

- to the highest realms and
- for a sustained enough period of time.

Time traveling Starseeds must first integrate enough trauma and elevate our character to journey freely in our Merkabah vehicles.

The good thing is you don't need to resolve all trauma.

That would be near impossible considering all the lifetimes lived and myriad of experiences in each of them, as yet unresolved. But if you will integrate the most significant traumas—and they'll naturally present themselves to you in your integration work—you can create a foundation where balance can flourish. And your character geometries will by of high math and take you soaring.

A wonderful thing happens when you resolve to integrate your hurts and traumas. Simply becoming open to integrating your traumas moves you into greater harmony and Merkabah flow. The concept of being willing to do the work might even make it so you don't have to do it all. I can't really explain that but I find it a great Divine Gift.

The beauty of the Underworld technique I'm about to share is that you don't have to consciously know or identify what the underlying traumas are. The method takes care of all that.

With this method, your load is already lightened.

Integrating hurts and traumas isn't a psychological exercise but psychomystical alchemy. It's a gentle unfolding that unveils your true Essence. It ignites your DNA and aligns your mind to your Original Divine Blueprint, awakening you as a fully activated Starseed.

## **Emotional Integration in the Underworld**

The Underworld is a realm not of fear but of profound transformation.

Far from the dark or evil misconceptions of third dimensional thought, the Underworld is a loving, honest space your Oversoul and Merkabah guide you to for the revealing of traumas ripe for integration.

This practice is born from the art of conscious time travel (as shared in my book on Amazon, [Conscious Time Travel: How to Travel Through Time, Space and Dimensions](#)).

# How to Journey to the Underworld

To journey there, first set an intention that you are open to fully integrating into your Being whatever trauma surfaces.

Let me share my process, not to define yours, but to illuminate what's possible and how you might want to approach it.

Lying comfortably on my bed, I relax and conjure a Stargate in my mind's eye. In fact, after all my experience with conscious time travel, I know that not only do I see a Stargate mentally, the Stargate which is actually my Merkabah, presents itself very prominently before and all around me.

I often initially envision this Stargate as an elevator car. It makes sense to me since an elevator travels up and down.

I only conjure the initial Stargate opening, often as an elevator car. I step inside, press the button to the Underworld and let the rest spontaneously unfold without mental interference.

The following story will demonstrate how you can initiate and utterly enjoy your journeys to the Underworld.

I share this story only to show you what's possible. I also share it so you'll know the Underworld isn't dark and terrible but wonderful and beautiful in its own unique ways.

Please read this account with detachment so that when you do project yourself to the Underworld your journey will be purely yours.

# My First Travel to the Underworld

The entire series of events unfolded spontaneously and elegantly in a time travel session where I intended to integrate whatever emotional trauma needed to be accomplished. I had no idea what the traumas were but I made myself open and willing to receive.

I chose to take an elevator to the Underworld. A golden elevator door is what I conjured in my mind.

In my mental visioning, I pressed the elevator's call button.

The elevator car opened its doors and I entered.

Once inside, I saw the panel to the right with buttons identifying different destinations. I pressed the button that said:

**UNDERWORLD.**

I let my Oversoul and Merkabah guide me from here. The experience spontaneously unfolded itself.

After a second or two the doors opened onto a dark forest. Mist rolled into the vehicle.

I looked down at my right hand and saw I was holding a lit candle. When I looked out at the forest again a large white wolf was standing at the door.

I walked out onto the forest floor, cool wet moss under my bare feet. The white wolf nodded his head motioning me to climb on his back. I did, instinctively grabbing the nape of his neck. He began running through the forest, then charged up a mountain.

An enormous dragon waited for us at the summit.

I dismounted the wolf and noticed I was a young boy of about 12 or 13 dressed in tattered pants.

Dragon breathed a ring of fire around me revealing the first buried trauma. I remembered a timeline as a boy when I had the gift of mystical sight but was persecuted and hanged for it.

Dragon asked me telepathically why I'd been holding myself back this lifetime. He assured me the same end would not come to me this lifetime. He told me I'd written in protections for myself before incarnating this time. I felt completely assured as I felt waves of loving encouragement flow from the dragon, engulfing me.

Next, Dragon told me to come inside his body. I stepped into his body as if magically walking through a wall. It glowed red inside.

Two more traumas revealed themselves to me.

After returning to my consciousness in my bed at the end of this journey I could no longer remember the third trauma. Try as I might, I still haven't recalled it to this day. So I'm certain this is just as it should be. (Remember this whenever you can't remember an element of a trauma integration experience.)

I did, however, remember the second trauma.

In that experience I saw myself giving birth to a firstborn child who was taken from me and given to people of privilege to raise. I was utterly heartbroken. (As I recalled this trauma, I wept quietly in my bed.) My son at that time (who is my son now) thrived with his new parents and life.

And as I viewed this trauma I realized the reason for the fear I've felt of losing my son this lifetime.

As I experienced each of the three traumas, I looked at them as they came up. I looked at them from all angles. Leaving no stone unturned, I explored them fully with Dragon and White Wolf waiting patiently by.

I felt such profound appreciation for the revelations, for what they taught me and how they've served me until now. I'm the best now I've ever been because of them.

When I felt complete with this part of my integration experience, Dragon gave both White Wolf and me a ride back down to the forest floor.

### **There I began the process of consuming each trauma.**

Instead of wrapping them up and sending them to Source, I embraced each one to its core.

I brought them one by one into a cool blue flame in my heart. I watched the particles of Light each trauma was made of disperse throughout my body. I made the traumas an actual real part of me right down to the atoms of my body.

This is how I integrated them fully into my Being.

When I had finished, now very tired, I crawled inside a nearby hollowed out tree. I laid there in the fetal position for a time while White Wolf stood sentry at the door sending me his body's warmth.

The tree dripped nurturing sap onto my body.

When the journey completed and I returned to my alpha state consciousness in my bed, I was exhausted and had to take a long nap. And even after the nap it took me quite a while to collect myself from the very altered state I was in.

This journey to the Underworld was one of the most profound experiences of my life.

## **Magical, Loving, Honest**

I hold this method for Starseed healing dear to my heart.

This sacred practice is one of the most rewarding experiences you'll ever undertake for healing and integrating traumas.

When you witness how past traumas surface for integration—traumas you may never have consciously known—you'll find yourself drawn to the Underworld again and again.

Unresolved traumas wield a profound influence over our lives, often more than we realize. They fuel the negative, debilitating patterns that play out in our daily lives.

The Underworld offers a magical, loving, honest, and deeply healing space to come to terms with our wounds. In all my journeys, I've never had a single negative experience there.

The Underworld is a realm of profound transformation, where you can release the burdens you've carried for eons.

You'll be astonished at what emerges for integration when you allow yourself to go there.



# ANKH: ELECTROMAGNETIC KEY TO HEALTH, VITALITY & IMMORTALITY

**I**n the hallowed tombs of ancient Egypt, the Ankh emerges not as mere jewelry or hieroglyphic flourish, but as keeper of the profound ‘secret’ of eternal life. What does the Ankh represent? At its core, the ancient Egyptian ankh—this looped cross—embodies the breath of electrified life, the unbreakable flow of vitality that defies decay.

Yet, in a twist that bridges millennia, this iconic emblem mirrors the modern symbol for electrical resistance: the Ohm ( $\Omega$ ; Greek Omega).

So my questions to you are these:

- What if the ancient Egyptian Ankh isn't just a relic of immortality but a blueprint for modulating electromagnetic energy within the human body itself?
- And what if exquisite modulation of this electromagnetic energy nullifies sickness, disease, decay and death?

As the saying goes, “hidden in plain sight,” we’ve actually been given all the keys unlocking the secret doors to limitless life. We just have to look at the obvious signs and symbols.

Through symbols, science, and mystical insight, the Ankh reveals a virtual formula for forever life and without sickness or aging.

Who cares if the impotent Church has declared it evil or occult? The Ankh is the Truth (and a scientific one at that) that invites you nevertheless—especially Starseeds—to reclaim your immortal spark even before Earth’s peak moment of the 5D Great Shift.

## **The Ancient Egyptian Ankh: A Symbol of Life's Eternal Loop**

The ultimate emblem of existence, ancient Egyptians carved the Ankh clutched by Gods like Osiris and Isis into temple walls.

Egyptian priests and pharaohs invoked it in rituals for immortality, believing it unlocked the Duat, the afterlife's luminous realm.

This ‘key of life,’ a hieroglyphic fusion of a tau cross (grounded stability) and an oval loop (the eternal cycle), signifies not just breath or water but the perpetual circulation of electrical prana—the Life Force that sustains beyond any veil of death.

But peel back the mysticism, and the ancient Egyptian Ankh pulses with something startlingly modern: energy dynamics.

Visualize the Ankh's top loop sealing your aura with a cascade of Light spouting out the top of your head. See the Ankh for what it really is:

a conduit, with one loop funneling cosmic influx as its cross anchors it to the material plane.

And encoded in the form itself is another electrical echo that would later resonate in the labs of 19th century physicists.

## **From Hieroglyphs to Circuits: The Ankh and the Ohm's Striking Similarity**

Fast forward to 1827, when Georg Simon Ohm codified electrical resistance with his eponymous law—and chose the Greek Omega as its symbol.

Gaze at the ancient Egyptian Ankh side by side with the Ohm, and the resemblance leaps out: both feature a robust vertical stem rising to an arched, enclosing loop, evoking a circuit's elegant containment.

Coincidence? Perhaps.

But in esoteric explorations, like Nur Ankh Amen's [The Ankh: African Origin of Electromagnetism](#),<sup>54</sup> this parallel isn't accidental.

Amen argues the Ankh was an ancient electromagnetic tool, predating European inventions by millennia, with the Ohm echoing its looped-cross design as a symbol of eternal energy flow.

The Ankh's loop isn't just a handle for Gods to dangle eternity from, but a literal circuit breaker for decay, tuned by belief (or disbelief) as the ultimate resistor.

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<sup>54</sup> Amen, Nur Ankh. **The Ankh: African Origin of Electromagnetism**. A & B Book Dist. Inc., 2001. (As an Amazon Associate I earn from a qualifying purchase of this product at no additional cost to you.)

Amen points to the Ankh as an ancient oscillator, a tool for pulsing electromagnetic waves—much like the Ohm regulates current to prevent energetic overload and create sustained even flow.

What does the Ankh represent here? The same as the Ohm: resistance, but not as foe— as ally.

In electricity, the Ohm measures opposition to flow:

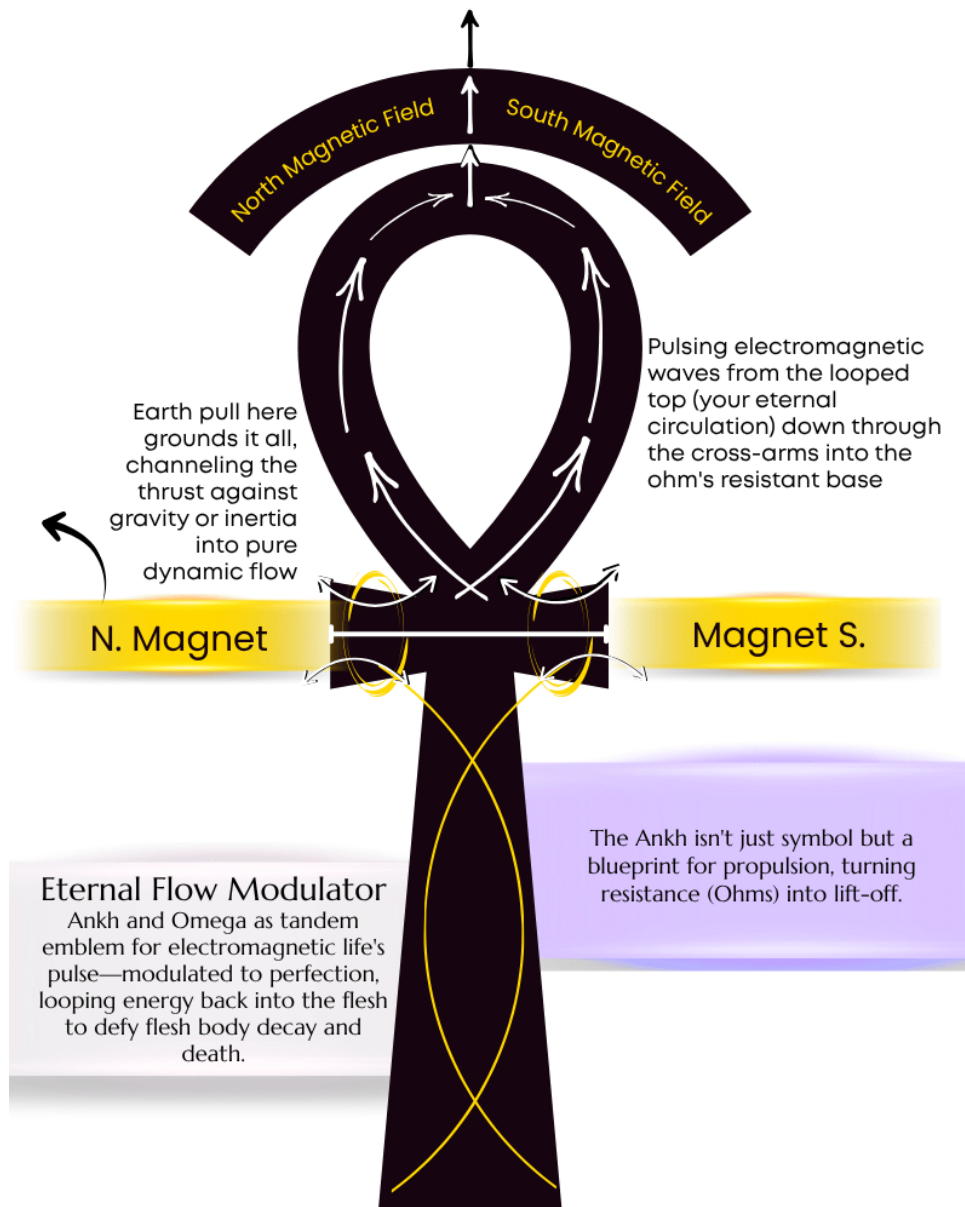
- too little opposition, and you get unbridled energy flow spurting out into chaotic short-circuiting
- too much resistance, and you impede energy flow resulting in stagnation, even petering out.

Think of electricity like water flowing through a hose. The Ohm measures how much that 'hose' resists the flow:

- Low resistance (low Ohms): Water (or electricity) rushes through easily—like a wide-open garden hose spraying everywhere. Or your phone charger uses Ohms in order to prevent overloads.
- High resistance (high Ohms): The water hose fights back, slowing things down. Think of a kinked hose or one that's super narrow, making the spray weak. For a light bulb, higher Ohms mean it glows dimmer and uses less power.

If the Ohms are just right, you have:

- balance
- sustained energy flow and glow
- transformation of raw power into directed thrust.



Strip away the Ohm's volts and amps, and you're left with a form that's eerily kindred to the Ankh:

- a bold, arched loop crowning a sturdy base, much like the Ankh's tau cross topped by an oval.

The ancient Egyptian Ankh, in Amen's sketch of an "Electromagnetic Light Pulser Propulsion" device which I've named **Eternal Flow Modulator** and redesigned above, becomes this in action:

nested Ankhs channeling Light pulses between magnetic poles, arrows swirling in vortexes of modulated energy.

It's the Ankh as Eternal Flow Modulator, turning friction into propulsion. It's as if the Ankh is murmuring:

Resistance isn't futile. A certain kind of resistance is the actual spark of perpetuity.

Feel the Ohm's electrical energy flowing through the Ankh. Feel it flowing evenly within and sustaining you.

Both Ankh and Ohm endure the flow, bending but never breaking.

They remind us that life's current might hit snags, but those very resistances (challenges, our striving to refine our character and learn from life's lessons) keep our electrical circuitry alive and looping forever.

## **The Human Body as Ankh-Ohm: Electromagnetic Beings in Motion**

Here's where the formula ignites:

We are the circuit.

The human form overlays the ancient Egyptian Ankh like a Divine Blueprint—arms outstretched in cruciform pose, spine as the stem, crown chakra of the head looping the influx. For ancient Egyptians, that loop represented the key to the afterlife, a mirror reflecting the soul's endless loop.

What does the Ankh represent in our electromagnetic physiology?

The body's bioelectric symphony:

- heart fields rippling outward
- neurons firing synaptic lightning
- all attuning to Earth's Schumann resonance.

Yet, without modulation, we fizzle, literally.

Sickness, aging, and death become the short-out sparkler of unchecked/unmodulated current—altered ego thoughts flooding the grid with debilitating static. This is why everyone gets sick, decays and dies...

- because people expend their energy abusively, recklessly and chaotically, then peter out over time.

Youth's wild rush leads into mature years and usually without energy nurture or modulation.

Then poof! We've lapsed into human default mode.

The wire melts under the overload, and we're left with smoke and a shrug. We gave ourselves no modulation, no restriction—just raw current slamming through without a circuit's restraining wisdom.

Just like that, we turn potential vibrant life into a one-and-done flare.

The Ohm begs for sweet-spot resistance, the deliberate bottleneck that doesn't stifle the flow but sculpts it—converting chaos into a steady, incandescent hum, like a filament holding the line against the void.

In Kabbalah,<sup>55</sup> it's the same script:

- without restricting the endless spill of Klipot (impure forces of ego-fueled self-gratification that obstruct our Light), we leak Light like a sieve, fizzling before radiance has a chance to truly kick in.

But pivot to the conscious throttle on those impure forces, our arms outstretched to channel rather than grasp—and now we become the sustained incandescent bulb. Our electromagnetic eternity flows evenly through our flesh, modulated not by force but by resolute intention.

People die only because they elect it. They choose to short-out, thereby skipping their upgrade into eternally alive flesh body.

Death is a blasphemy to an Isness. The body was built to last forever. It has within it this moment the potential to never grow old and to live a million years.

—Ramtha

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<sup>55</sup> **Kabbalah** is an ancient Jewish mystical tradition that seeks to understand the hidden essence of God, the cosmos, and the soul through esoteric interpretations of sacred texts. At its core lies the Torah, the foundational Jewish scripture, which Kabbalists approach not as mere historical or legal narrative but as a multilayered blueprint of Divine Reality. Using techniques like Gematria (assigning numerical values to Hebrew letters), Notarikon (forming acronyms), and Temurah (permuting letters), practitioners uncover symbolic depths, revealing the Torah as a living conduit for meditation and spiritual ascent toward unity with the Ein Sof (God the Infinite).

Central to this tradition is the Zohar, a 13th-century Aramaic masterpiece pseudonymously attributed to Rabbi Shimon bar Yochai, though likely composed by Moses de León in medieval Spain. This luminous commentary on the Torah weaves mystical narratives, parables, and revelations about the Ten Sefirot—Divine Emanations forming the Tree of Life—that channel God's boundless Light into Creation. Exploring themes like the balance of mercy and judgment, the soul's exile and redemption, and the ethical imperative of Tikkun (cosmic repair), the Zohar elevates Kabbalah from secretive oral teachings to a profound literary force, influencing Jewish thought, ethics, and even broader esoteric traditions.

# Enter Resistance — Or "restriction," as Kabbalah Calls It

In the Kabbalah Centre Los Angeles' teachings, Tzimtzum (Divine Contraction) mirrors Ohm's law:

Divine Contraction means you restrict poor thoughts and behaviors so you can create space for Infinite Light (Or Ein Soph) to flood in. This transmutes your shadows into radiance.

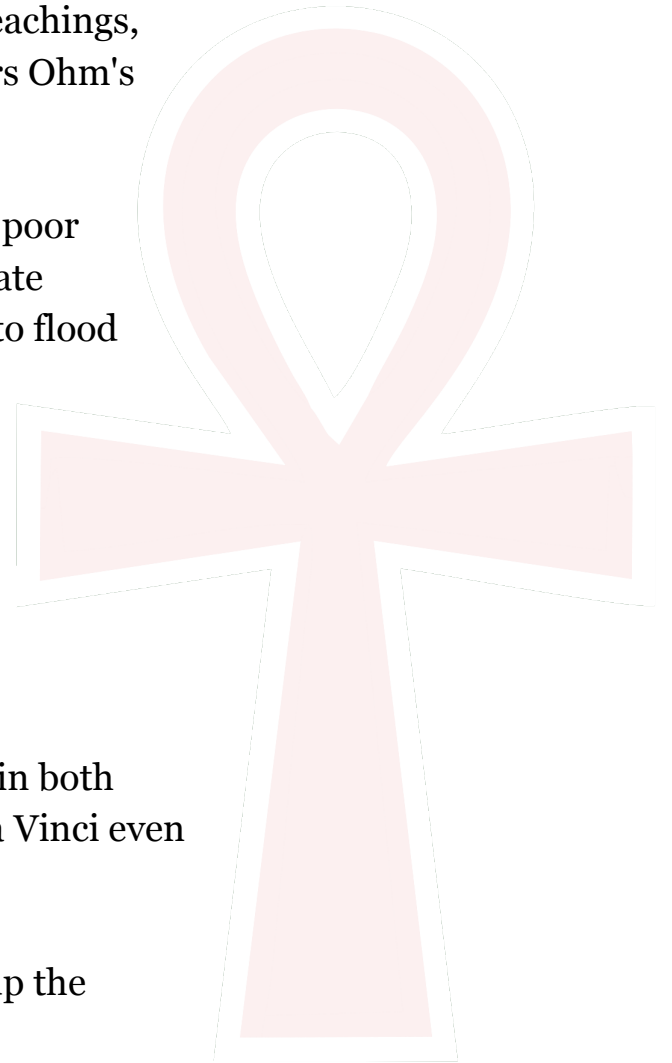
## Ankh, Ohm and Human Silhouette

And what about the human silhouette in both symbols? The Vitruvian echo before da Vinci even sketched it.

The Ankh's tau-cross base is straight-up the body's stance:

- feet rooted (Earth pull)
- arms flung wide in cruciform embrace (magnetic North-South polarity, channeling fields through the torso)
- loop crowning the head like an aura halo
- funneling cosmic download.

Now overlay the Eternal Flow Modulator sketch from a few pages back.



- The nested Ankhs become the spine's vertebrae, pulsing Light from crown to root.
- The arrows show meridians firing.
- The whole system is a yogi in electromagnetic tree pose, arms outstretched to grip Infinity.

It proves we are ultimate modulator of energy flow—flesh body as Ankh-Ohm hybrid, arms akimbo not in surrender, but to stir the vortex, pulling Higher Realm intel through and into our chakra seals.

The is the Starseed's default operating system, etched in form for pre-Shift upgrade.

The ancient Egyptian Ankh becomes your ritual stance—arms wide, restricting the drag of decay (entropy) allowing you to pivot into ascension's thrust. It's the original power stance.

## **Starseeds and the Ankh's Call: Pre-Shift Immortality for the Awakened**

For Starseeds—all wanderers from the Higher Planes incarnated in dense flesh on Earth—the ancient Egyptian Ankh isn't lore.

In past lives, many of us walked the ancient Nile sands of Alatia (ancient Egypt), etching Ankhs into obelisks as electromagnetic talismans.

For us, the Ankh is a memory trigger.

Yeshua ben-Joseph (Jesus) modeled the immortal life of Ankh. It was the crucifixion's peak resistance that made way for his resurrected body of ascended Light.

What does the Ankh represent for us? It's our pre-5D ascension blueprint.

As Earth gears up for its fifth dimensional leap, collective ascension awaits. But Starseeds, vanguard electricians, are all about rewiring ourselves out of sickness and decay programming.

We rail against the grain, decreeing:

**I Am Eternal Life. I Am an Immortal.**

## **Reclaiming the Ankh's Promise: Modulate, Pivot and Accept Your Immortality**

In the end, the ancient Egyptian Ankh— that looped enigma we've pondered for eons—reveals what it truly represents:

the electromagnetic key to immortality, etched in symbols, science, and our Beings.

From Ohm's resistant wave flows to Kabbalah's sacred restriction, from the human body's outstretched embrace to the Starseed's Victory stance, the formula of Ankh pulsates in plain sight.

Modulating chaotic energy into eternal even circulation is our pivot.

Listen to the Ankh's call. The immortal human template waits for enough of us to live it into reality.

Flip the nefarious 3D Earth script with unshakeable conviction.

It's not delusion. It's your hack.

History's littered with 'impossibles' that bowed to a steadfast mind.

Flip that switch pre-Great Shift, before the fifth dimension wave crests for the masses.

That's Starseed energy—pioneering the path so the rest don't trip over the threshold.

Harness the haphazard flow of energy within your body and Being.

Modulate your energy through belief. Belief is the modulator and giving in to collective doubt, your drag.

Take your guidance from the Ankh and intentionally guide your internal energies into even elegant flow. Then you step into immortality in every sense of the word—as ascended flesh body Being walking the Earth with All Divine Power and Knowing.

Your flesh body ascension isn't a distant cosmic perk. It's a now claimable upgrade, keyed by the Ankh's unyielding loop.

Don't wait for the 5D dawn. Turn yourself alight from within... now.

Yeshua's post-resurrection strolls through locked rooms is the ultimate demonstration. The blueprint exists. And he always reminded us we could do everything he did and more.

The Ankh symbolizes not just eternal flow, but a call for deliberate modulation on your part, intimately syncing your body's Ohm with the universe's pulse so you can skip sickness, decay and death. Your immortality awaits and the decoder ring of the Ankh is yours to command.

# **Ankh Embodiment: Ignite Your Starseed Cellular Vitality and Immortality Codes**

By now you understand the Ankh isn't merely a distant relic or symbol from the days of Alatia (ancient Egypt) as most everyone thinks.

It's actually a living energetic blueprint inviting us to attune to our internal energy flow which is the secret to vibrant health and even life eternal.

The Ankh is your somatic key, designed to recalibrate your biofield for flesh body perpetuity—that radiant state where decay holds no power.

By way of its shape and construction that facilitates and modulates the flow of Light, the Ankh whispers to you:

Consciously modulate, circulate and eternalize your energy.

Simply put, do this and health and vitality are eternally yours.

Treat your body as a luminous circuit that allows no energy leaks, only a deliberate pulsing that loops Divine Current and feeds that Light into bone, blood (in fact, all fluids), tissues, systems, and chakra seals.

The Ankh serves as quantum oscillator, not just channeling cosmic influx but amplifying it at the cellular level of your body to foster life, vigor and vitality.

When you invite in the ancient Egyptian Ankh sacred geometry and visually overlay it onto your body and Being, it transforms you into oscillator of Divine Frequency and Light.

The Ankh is a dynamic waveform translated as immortality.

The Ankh's looped apex acts like a toroidal funnel, circulating the subtle electromagnetic vibration of the universe. It syncs with Earth's own low frequency Schumann waves—the rhythm of coherence.

From there, the energy funnels down the stem, bifurcating into the cross arms that evoke polarity: influx and outflux, contraction and expansion, North and South.

The Ankh engineers and modulates the flow of Light, much like a well-tuned antenna receives and broadcasts signals without distortion.

For Starseeds like us, the Ankh resonates as our remembrance tool.

Sickness, decay and death are anathema to Starseeds and the Ankh reminds us of this. It stirs our Elohim fire codes in our DNA—imprints from the epoch when we Elohim coaxed starlight particles into dense matter.

The Starseed body is wired for the Ankh overlay and its circulating eternal life energy. Our nerves fire like ley lines, heart fields extending many feet outward, our blood plasma carrying submicroscopic photonic codes.

But energy must be channeled to be effective and sustaining.

I mentioned above the term 'modulate.' Modulation is the concept of applying resistance or restriction, when necessary.

Unchanneled Light flow breeds chaos:

- too much current, and the circuit fries (energetic burnout)
- too little and stagnation sets in (the stuck fog we know too well).

Becoming attuned to the Ankh's function and purpose helps us modulate our energies.

The Ankh shows us how its cross base (arms) provides a deliberate constriction that builds pressure, then releases that pressure in calibrated waves.

This echoes deeper esoteric layers:

**the Kabbalistic concept of Divine Restriction, where the Infinite contracts to birth form, allowing boundless Light to cascade without overwhelming the vessel.**

In Starseed terms, it's ego's gentle surrender—not suppression—but rather a skillful channeling of our shadow forces to transform into Light propulsion.

## **Seen In Simplicity**

Apply this to simple things in your daily life first.

Let's say overwhelm hits you.

Pause and invoke the Light and form of the Ankh. Stand grounded in its stance. (Notice it resembles the human figure.)

With your feet rooted like the Ankh standing in solid ground, extend your arms like horizontal beams. See the Ankh's top loop as your head and crown seal channeling Light out, down and all around your body.

Inhale. With this inhalation you are contracting, restricting just before birthing a new form of free flow and creativity. (This is Kabbalah's 'Tzimtzum' for the modern mystic.)

Exhale the release.

Now allow tasks to realign and become more effortless and clear. Like the Ankh, your biofield becomes a self-sustaining loop, defying stuckness and entropy.

## **Cellular Alchemy: Where Immortality Takes Root**

Now, let's go deeper into the miracle of embodiment.

Bring the Ankh into your consciousness and it doesn't hover around you abstractly. It inscribes itself onto and into your quantum template. It penetrates your Being starting where human life renews itself:

### **THE BONE MARROW.**

This isn't hyperbole.

Consider how bone marrow deep in your bones generates trillions of blood cells daily, each a vessel for oxygen, nutrients, and even subtle energies.

Embrace the Ankh's overlay often and this process evolves from mere survival to immortal genesis.

Microscopic structures within your blood—crystalline pyramids of Light (Ka)—begin to refract incoming debilitating frequencies, transmuting ambient chaos into crystalline coherence.

Picture your bloodstream as the Ankh's central conduit:

Golden white radiance (that alchemical fusion of solar fire and lunar purity) surging through your veins, infusing your hemoglobin with codes of vigor.

No more anemia of the spirit—instead, a perpetual refresh where fatigue yields to enduring stamina.

This cellular ignition extends to the endocrine glands and your 12-chakra system firing in unison and equilibrium, from the earth-star root pulsing grounding theta waves to the soul-star above, anchoring galactic downloads.

Utilizing the Ankh's sacred geometry form for energy modulation and increase sounds revolutionary.

It shouldn't be.

Starseeds aren't here to limp through linear lives as we're taught and programmed to do. We forget we're here to serve as examples and riplers of outrageous energy like the Ankh's out into the masses.

The Ankh equips us to hold the space for others' awakening to their own immortal Truth without depleting our own reserves. When we embrace its energy and message we create for ourselves a potent internal force field where external insults bounce off a modulated aura.

But while the intellect grasps all this theory, true integration demands we feel it viscerally.

That's where the real work—and wonder—begins.

# **The Ankh Cipher Activation – Exclusive Embodiment Protocol**

The Ankh Cipher Activation isn't theory but a living ritual, born from decades of dwelling on my own immortality.

Listen to the meditation audio file (listen at my site or use download option) and download your gift of Ankh image for visualization here.

We'll build on the Ankh's electromagnetic architecture by layering in a bone marrow penetrating visualization, transforming resistance into Light.

If you're listening to the meditation audio, set aside 15 minutes. Get in a quiet space. Light an unscented candle if it calls, or simply breathe into stillness.

## **Phase 1: The Overlay Invocation**

Breathe deep. Summon the Ankh in its purest resonance: radiant gold with silvery white glow, expanding to match your form in size and shape.

As the Ankh approaches, allow it to first overlay then merge with you—not just superimpose, but infuse and penetrate your Being.

Feel its top loop of circulating Light crown your skull, and the cross aligning with your outstretched arms and frame.

Starseed, this is your new architecture: Your spine channeling Divine Light of Eternal Life, your arms serving as polarity modulators.

Affirm:

Ankh I Am. I receive and embrace the Ankh's Eternal Life  
Pulse. Ankh Om.

## Phase 2: Marrow Forge Awakening

Direct your awareness to your long bones—femurs, humeri, the sacred rib cage.

Here but deep within the bone marrow, allow the Ankh's energy to ignite your Starseed quantum pyramids of Light.

Submicroscopic, iridescent tetrahedrons bloom in the marrow's core, each a fractal echo of ancient Giza's own pyramids.

These pyramids of Light, the Quark Quad Truth, aren't fanciful imagination. They're efficiency engines on the quantum level, refracting Light into bio-photons that flood your plasma.

Visualize rivers of golden white crystal pyramids issuing from your bone marrow, saturating your blood, tissues and all your fluids, quenching cellular thirst.

Sense the surging of welcomed Light:

Old patterns of entropy (decay) dissolve in the updraft, birthing red blood cells etched with youth's charge—effervescent vitality and potent immunity shield.

Claim your gift: [Ankh Cipher Meditation audio file](#) (listen here at the site or use download option). Also download your gift of Ankh image for visualization, same page.

## **Phase 3: The 12-Subdynamo Cascade**

From your core nexus—just below the heart, your hidden central sun—allow the flow of Light to amplify, charging and balancing the dynamic, sacred energy of each chakra seal.

This Light energy goes into your aura and back again.

Arms extended, sense the Light's electric current gently spiral up your vertebrae, kissing each chakra seal as it rises. (Refer back to the chapter on Spinal Sub-Dynamo Centers.)

## **Phase 4: Aura-Merkabah Ignition**

Focus attention on your crown seal. There a fountain of Quark Quad Truth Light—Ka—erupts—white Light arcing skyward, then sheathing your aura field in toroidal bloom.

This Ka electrifies your aura of counter-rotating fields (one masculine clockwise, one feminine counter).

The Light constantly loops back around, in and through your entire body and energy field.

Focus attention on the base of your spine as the Light makes its way up to the crown, caressing, energizing and clarifying the brain's gray matter as it goes.

From the crown, your Ka makes its way back down again and through the arms to your core.

All your tissues hum a soft gentle tone and fluids sparkle.

Your bones resonate clearly like struck bells.

Feel yourself the cipher of Ankh Light Codes incarnate.

Healing cascades into wholeness, vigor into God-Goddesshood.

## **Phase 5: The Eternal Affirmation**

Seal it:

I Am the Ankh's charge—  
modulated, electrified, eternalized.

Healing, wholeness, supreme health, robust immunity,  
youth's fire, and Divine Becoming  
permeate my every stratum.

I Am Light. Quark Quad Truth Om. I Am Ka.  
Radiant health and eternal youth I Am.

I Am Immortal. Ankh Om. So be that.

Wear your Ankh overlay deeply as armor and attractor of more Light of  
Eternal Life.

It Lightens your step while rooting you to Earth, appropriately.

Make this a frequent practice and watch synchronicities of health,  
healing and abundance unfold.

# **Your Gateway Gift: Claim the Ankh Activation Now**

Remember, to anchor this transmission in your Being.

Visit [this link](#) where I'm gifting you with a bespoke Ankh image suitable for framing to assist you with your visualization. And paired with it, the full guided meditation and [exclusive audio guide](#)—my voiced rendition of the [Ankh Cipher Meditation](#) (several minutes of guided immersion, drawing from the protocol above).

Please feel free to [share](#) your experience. Let me know what shifted in you.



# JOURNEY TO THE ARCTURIAN HEALING CHAMBERS

**A**s a Starseed, you probably often feel a deep need to connect with the Higher Realms for healing. Sometimes your best efforts at self-healing just aren't working.

The Arcturian healing chambers on the ships offer cosmic healing that goes beyond what Earth or even you, in your present state of consciousness, can provide.

Reaching out to your galactic family on the other side of the sun can help you feel whole again. And the Arcturian Healing Chambers, in fact, all benevolent ET healing chambers, hover around Earth ready to assist.

## **Earth's Challenges for Starseeds**

Living on third dimensional Earth can be hard for us Starseeds. It's mostly opposite to our Essence and where we come from.

We give a lot in service to others, often without striking balance in our lives. Balance and caring for self, too, is something we must all learn. If we don't, the service we give is only at half power.

This is why we often need to replenish our energies with rest and our bodies with recovery beyond what 3D Earth offers. We sometimes need to reach for healing assistance beyond even what we, in our present state of consciousness, can provide.

## **Your Original Plan**

We usually live aligned with a general plan we designed before incarnating, all the way back at the beginning of this Precession of the Equinoxes.

That plan aspires to the highest expression of life, but we often go off track, forgetting our true selves, embracing limitation, sickness, and death.

For this final Equinox lifetime, most of us Starseeds did not write a life of duress. We did indeed choose some challenges for learning, growing, and evolving, gifts we eagerly take back to our homes in the Higher Worlds.

But we wrote to live in ways that fuel and support us to serve Earth and her people to our highest potential. Inherent Masters that we are, we know distractions of sickness and lack most often derail us.

In our Divine Knowing, we've orchestrated all these lifetimes we've lived throughout the last 26,000 years to arrive perfectly and precisely at this Now. We've arrived at the climax of it all.

The culmination lifetime is here and Now. And we always knew we needed to be in the best shape possible to help carry Earth and her people into ascended New Earth.

## **Look to the Stars**

A lot of us have our eyes cast to the ground when we should be looking up, literally and figuratively.

We need to be casting our focused gaze upward to our homes in the future advanced planes where we come from.

Whatever we focus on, we become.

So when we focus on our Future Selves who exist, observe and guide us right now from those advanced planes, we:

- blend with them, in a sense, and become more aligned with our high frequency counterparts;
- become open to accept the support, love, encouragement, and assistance from our family on the other side of the sun.

Doing so, we become the great self-healers and healers of others we innately are. We become open receivers of healing assistance from our ultra-terrestrial family and the great healing chambers on the nearby ships.

## **One of My Experiences in an Arcturian Healing Chamber**

I've experienced these royal blue chambers in my Light Body, receiving frequencies that penetrate my aura and physical body back on Earth.

By setting the intention to receive your most special Starseed healing, you invite your Higher Realm family to support you. (I share this method of Stargate travel in my book, [Conscious Time Travel: How to Travel Through Time, Space and Dimensions.](#))

# You Have to Ask and Show Accountability

- If you desire assistance in healing like this, you must invite it in. The Arcturians, Pleaidians, whoever you connect with, can't offer assistance without your permission.
- And you must demonstrate accountability, showing your brothers and sisters on the other side of the sun that you're doing the work, your level best to restore your body. "God helps those who help themselves," as the saying goes.

## One Pain-Free Morning

Several months ago, after all my efforts to quell a recurring throbbing pain, I prayed before sleep for Divine Assistance. I just wasn't in the mood to deal with it anymore.

I felt to travel a Stargate before sleep too so I could seek understanding about why this pain. But I had no express intention to go to a ship for healing. I don't know why I'd forgotten that as an option.

I think sometimes we get so bogged down with the physical challenge we can't think clearly enough.

But at least I was driven to pray for help. And doing so, I extended the invitation.

Within a short period of time, I don't know if it was seconds or minutes, I found myself, in consciousness, in a healing chamber on an Arcturian ship. I'm a Pleiadian Starseed but I often have experiences with Arcturians. I love and enjoy their sweet graciousness and kindness.

I was prone, suspended in a blue transparent sort of sarcophagus, encased in flowing Arcturian frequency. I looked up and to my right to see a blue-hued Arcturian wispy being peering in at me.

It felt wonderful, serene, and easy.

Then I dropped off to sleep. And I awoke with no pain at all, when it would previously have lingered for days.

So by my asking and inviting, I gave the Arcturians permission, and healing assistance came quickly from a sublime place I find hard to put into words.

That's the first thing a Starseed healer learns:

Ask permission before offering healing to another, because it might be what they wrote to experience. If you interfere anyway you could incur karma for yourself.

## **They Respect Your Journey**

The Arcturians, Pleiadians, or others from the Higher Realms won't interfere with what you've written.

Don't be upset if help doesn't come. It may mean you've scripted this to conquer it your way.

They have a higher purview but they don't live your experience either. Entities like the Arcturians will accept what you've written to experience and love you through it.

# Take Charge of Your Life

I see a lot of Starseeds living by default. That's a choice, but it's the definition of insanity, doing the same things over and over, expecting a healing miracle anyway.

When you live by default instead of being accountable and creating authentic healing for yourself, you live in stagnation.

You can't expect your body to be restored to its Original Divine Blueprint if you don't take an active role in the process.

You are the Originator of every echo in your life—you and no one else. Embrace this Truth, and life gets easier because finally, you're accountable, in charge, no longer a victim. And you intimately know what you're working with and where to go from here.

There's Universal Law to back this up.

Both the Law of Cause and Effect and the Law of Attraction emphasize personal accountability. They affirm you create your reality through your thoughts, actions, and energy, reaping all you sow, whether you do that consciously or unconsciously.

When you take full responsibility for your choices, you become Captain Navigator of your life, healing included.

## Yeshua's Example

Yeshua ben-Joseph didn't come from the Pleiades to be our savior, even if religion says so.

He came to be our Example, especially when it comes to healing:

Very truly I tell you, whoever believes... me will do the works I have been doing, and they will do even greater things than these...

## **Your Path to Healing Right Here On Earth**

Starseed, your healing journey ties you to your Future Self (existing Now) and galactic kin but you must awaken to and embrace it. By owning your choices and asking for healing assistance, you get to visit wondrous places like the Arcturian Healing Chambers to enjoy the sublime Arcturian frequency. It's time to live the life you always planned and sometimes ask for a little extra help.



# WHEN YOU'RE STARSEED HEALING OTHERS

**A**s a Starseed healer who heals Self, you're going to naturally want to offer your abilities to others.

You'll offer assistance as the one requiring healing is the entity doing the heavy lifting so to speak. You'll be there to help make the other's healing flow a little easier.

Maybe you see some things they don't but this doesn't mean you should take over or volunteer everything that's coming intuitively to you. You must not take their journey and joy of discovery from them.

Do not premeditate. When you feel to touch the other person or speak, don't think. Offer it.

Don't look for direction. Allow it to flow through you as your point of origin for your healing service.

Searching or trying to figure out expends your valuable healing energy and is unnecessary.

In any healing session, take the time, energy and soul-centered focus to become one with the person in front of you. Become so one that you

experience no lapse between the knowingness of the moment and the direction you are receiving from your soul and theirs.

The moment you launch your intention to facilitate the healing alchemy with the one in front of you, you must loose yourself in it. Become a conduit between the Divine and the other entity's soul.

A Starseed healer, one with the other, goes beyond what happens through touch to the skin and body, beyond what occurs when you help activate chakra seals along the spine.

You go beyond all actions of healing to become a transmitter interfacing that soul before you with the Divine. That is your role as healer.

When you allow yourself to become lost and present in the moment, that's when you are offering true healing to another, or even to yourself.

That becoming lost and present doesn't get in the way of the flow of Divine Energy through the other. It interface all energies perfectly for healing.



# YOUR RADIANT STARSEED HEALING PATH FORWARD

**S**tarseed, you've accepted the invitation to a radiant path of wholeness otherwise you wouldn't be reading this book.

You're considering:

- Underworld alchemy
- integrating pain codes of hurt and traumas
- clearing and bringing miasmas to balance
- taking hold of your thoughts and emotions for uplifting, recreating hormone flow
- balancing your emotional and mental stability
- elevating your character
- transmuting and uplifting nutrients on the quantum level
- using Light and color to heal including Golden Light
- Ankh overlay and activation for vitality and immortality
- reaching out to the Higher Realms and
- moving energy in flow and allowing your own indigenous healing way to come forward.

You aren't just healing, you're Becoming and returning to the cosmic balance of your Eternal Eloha Essence. Each trauma or symptom

consumed or transmuted is a step toward the life you were born to live, aligned with your Original Divine Blueprint.

Continue your healing journey, trusting the guidance of your soul, Oversoul, galactic family and God the Infinite.

As you rise higher in your healing, you also send ripples of harmony onto the planet. Your healing may look like it's only for yourself but you're doing it for all, shining as a beacon of Light.

May you feel unburdened and free living as realized Starseed in the Kingdom of God you create all around and within you. Alchemical healer you are. You are Light and you are Isness, Divine Offspring of the God the Infinite Itself. Remember that.

Step fully into your power, and let your healing and fondest desires of abundance unfold.



# Ready for an even deeper dive?

## *Explore my books on Amazon:*

- Conscious Time Travel: How to Travel Through Time, Space and Dimensions
- Starseed Affirmations of Light: 3 Keys



- ★ Or access these titles here at **stargatesbeckon.com**. Download the .pdf or read on-site as flipbooks at the same page here.
- ★ Expand your Starseed journey remembering Starseed concepts and living from the Free Starseed Scrolls at **stargatesbeckon.com**.
- ★ Step into the starlit sanctuary of your soul. Enjoy **free** audio meditations—whispers of Light for your greater awakening, healing, and boundless expansion—waiting just for you at here at **stargatesbeckon.com**.
- ★ Stay connected with exclusive email newsletters delivering Starseed insights that break the mold—beyond the ordinary awakenings.
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  - Substack
  - YouTube.

Remember to visit often: **stargatesbeckon.com**

## Awaken Your Cosmic Potential: Your Starseed Healing Codex Awaits

Are you navigating what many call “Starseed awakening symptoms?” Unexplained fatigue, depression, dizziness, weakened immune system, challenging relationships, nagging chronic pain, foggy brain or flightiness that scatters your focus?

Your soul’s recalibrating, urging you into deeper alignment with your Starseed Eloha Essence. Until you attune to your true Self, you won’t know the healing you seek.

In **Starseed Healing Codex: Revolutionary Paths to Heal Self, Others, & Transcend Reality’s Edge**, Purusha Radha reveals the true Starseed awakening meaning and equips you with quantum healing tools to restore balance and not just endure.

Delve into groundbreaking quantum healing techniques from Higher Plane frequency infusions to sonic recalibrations and aura cleanses—that address every layer of dis-ease, from physical aches to relationship struggles. Transform Starseed activation symptoms and everyday woes into gateways for sovereignty, healing yourself first, then extending grace to others as you promised to do during the final days of the Great Shift.

This codex is your sovereign blueprint: novel methods to alchemize Starseed physical, mental, emotional and spiritual challenges into radiant vitality. Put down the mask and embrace true integration.

Reclaim your body’s Original Divine Blueprint. Step beyond so-called ‘reality’s’ edge. Your healing revolution starts here.

Purusha Radha’s Starseed journey began in 1998 as a homeschooling mom and spiritual seeker with a passion for holistic living. From her tiny dining room, she birthed a conscious living tabloid that exploded into a Central Florida magazine with a devoted following. Decades deep in the Starseed mystical path, Radha now shares her wisdom through books, ebooks, blogs, social media, videos, and podcasts. She doesn’t just write about the Starseed life—she lives it.

