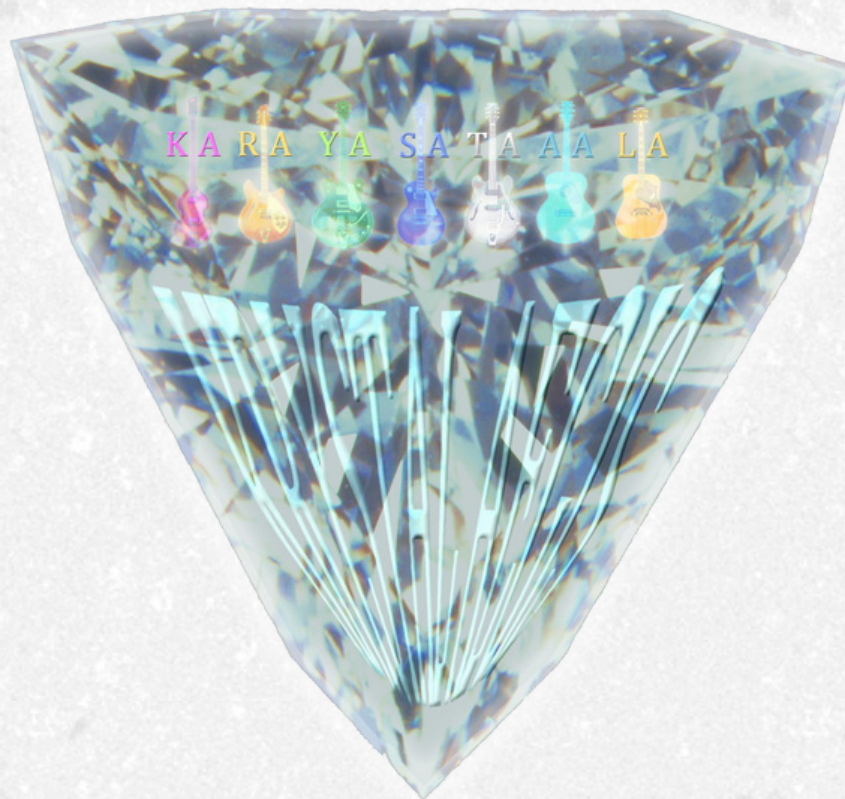




# ENERGETIC SYNTHESIS

## KRYSTAL AEGIS KRYSTAL STAR GUARDIAN SPIRITUAL SUPPORT



*Created as a Collaborative Effort by:  
Krystal Star Guardians, Lisa Renee and ES Community Members*

[www.EnergeticSynthesis.com](http://www.EnergeticSynthesis.com)



# ENERGETIC SYNTHESIS

## Table of Contents

Welcome to the Krystal Aegis.....	3
Step One: The Agreement and Request for Intercession.....	9
Step Two: Preparing the Foundation.....	10
Step Three: ES Core Triad for Daily Use.....	12
Step Four: 12D Calibration for Crux Implant Remove.....	15
Step Five: Building Integrity of Spiritual House.....	18
Prioritizing Spiritual Commitment.....	19
Discipline Mental Body Technique.....	21
Law of One Practices.....	24
Practice of Mastering Relationships.....	26
Nine Steps to Mastery.....	27
Physiology of Fear.....	29
Antidote to Mind Control.....	34
Shifting Mental Pain.....	37
Strategies for Controlling Stress and Anger.....	40
Radical Forgiveness.....	44
Finding Inner Peace as a Lifestyle.....	47
Now Self Affirmations for Integration.....	50
Breathwork Exercise.....	52
Meditation and Mindfulness Practical Tips.....	53
Gratitude Practice for Feeling Happier.....	55
Our Closing Prayers:.....	58



# ENERGETIC SYNTHESIS

## Welcome to the Krystal Aegis

Dear Family,

Welcome to the Krystal Aegis. The Krystal Aegis was born out of the many requests for help received from people who are struggling to free themselves from looping negative thoughts, looping negative emotions, or looping impulses toward addiction, which are considered normal in the current world scape. These are forms of possession, which require our full attention and commitment to get free of. The tools offered in the Krystal Aegis were originally created for the Energetic Synthesis online community and are now being released as a 90 day Intercession and Krystal Star Guardian Spiritual Support System.

If you are unfamiliar with the work of Energetic Synthesis, this may provide a brief context for when these tools are most needed. As many of us wake up and begin to build our light bodies, we run into interference. Sometimes the interference is internal, stemming from undisciplined thoughts and emotions. Sometimes the interference is external, stemming from forces that do not want another star-seed to fully embody. In either case, dark arts training has begun and building one's spiritual house and foundation becomes a crucial step in learning how to command one's space, as a God, Sovereign and Free being. If you are new to Ascension, you may want to review the Ascension Glossary pages to familiarize yourself with Ascension terms and language.

### **Possession is Common**

Most people do not realize that we must take the steps to participate with our consciousness and energetic intelligence in order to experience the tangible support and presence of our guidance, mentors and Universal Intelligence. Many people from their veil of confusion have forgotten who they are and how to communicate with their inner spirit. This disconnection, itself originating in the control mechanisms of stolen light described above, has made many humans vulnerable to a host of manipulating entities that desire to create anxiety, pain and fear in that individual in order to harvest those energies. When we are making decisions and guiding our life from the basis of fear, we become tormented and attract more of these dark forces. We may also be unaware of the lifeless or dead energy flow in our physical body and develop disease or chronic pain as a result of that blocked energy flow. From this perspective I have personally viewed many unconscious human beings totally unaware they are carrying dead energy, displaced entities, negative alien implants, unaware that they are soul disconnected and mind controlled to limit further consciousness expansion. In other terms, this is enslavement of the person without their consent.

If this persists, combined with continued destructive behavior to the self and others that are repeated as life patterns, the person becomes sucked into a density of painfully low self-esteem, phobias, fears and addictions. Most of the time that will include layers of astral debris, displaced entities, impersonal elemental forces, and sometimes, includes full demonic possession. Being possessed does not generally mean you are levitating off the bed or acting



# ENERGETIC SYNTHESIS

“demonic”. There is absolutely no shame or guilt applied to this state unless the suffering person applies it from their own state of fragmented confusion. It is through the possession of one’s body of which the suffering and pain is greatly increased, until this possession is removed and cleared from your person. There are a million different variations of possession possible; however, the only possibility to evict these possessions is to get clear within yourself, and learn that you have the power to heal yourself and claim your energetic sovereignty and freedom. When one learns to create the space inside to communicate clearly and embody one’s spiritual source, one can begin the road to personal freedom and permanent release of suffering.

The planet is undergoing recalibration of consciousness frequencies that will require many human beings to transform in order for each of us to become in alignment with our true inner spiritual nature. As of January 2013 our planet has shifted not only in vibration but in the core energetic structure in the planet itself. The Krystal host is now making changes within the core frequency structures as well as the instruction set on our planet, which has great impacts upon our physical, mental, emotional and spiritual well-being. These core tones are KA RA YA SA TA AA LA.

These changes will continue to amplify polarities in the environment and create ascending and descending hubs on the planetary surface. This means that if a person has not broken through self-destructive behaviors, such as mental and emotional addiction, obsession, compulsions, and extremely negative belief systems, (i.e. possession of thought forms or entities) all of these severe mental imbalances will exacerbate and root even deeper like an invasive weed or parasite.

At some point in our personal spiritual ascension journey, each of us will be met at a crossroads where we will be responsible for a choice and an energetic direction to be made. Only the individual will know when that choice becomes an imperative. That choice dictates our future timeline and the journey beyond this incarnation and physical body. That choice is a nonnegotiable change in where we choose our authority, and that authority will be chosen through our participation with that personal choice, OR it will go the path of least resistance as an unconscious choice. If we are unconscious and allow ourselves to be swept in the world of forces from our own misaligned thinking, or negative belief systems, or use of influential addictive substances, we will be swept into those lower matching vibration into holding patterns. The key is that this choice is about the requirement of becoming responsible for ourselves in every way, to be responsible for where we place our body, place our mind, attention and focus and what emotional state we allow to flow through us.

If we do not learn how to be self-responsible, if we do not learn how to be in our body 100%, if we continue to blame the outside for our “lack of personal power” we will not be capable of self-sovereignty. If we do not claim our body parts or our mind, something else will claim them and use them. This will increase aggressively in the population now.

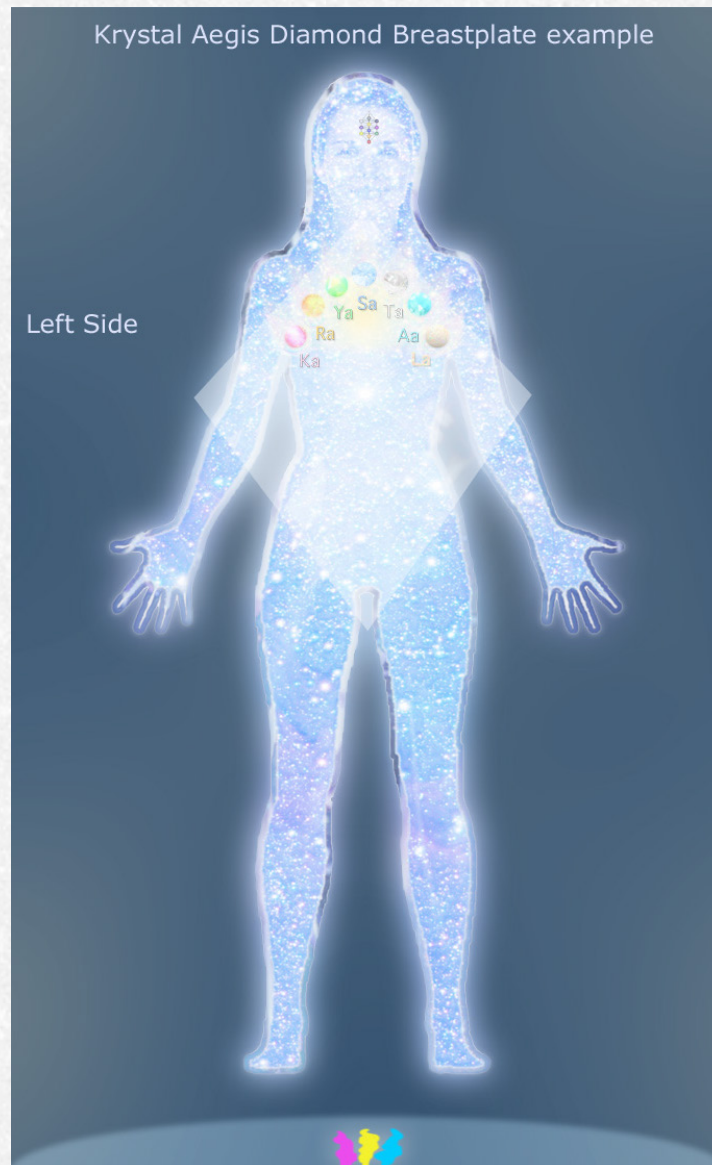
The Krystal Star is developing every method to be as available as possible to every human being, within a vast complexity of changing energetic dynamics, struggling power hungry entities, and a chaotic planetary terrain of spinning misinformation and dark confusion. In order



# ENERGETIC SYNTHESIS

to shift from the confusion and gain clarity, mental reprogramming away from negative ego thoughts and behaviors is absolutely necessary. Soul sickness is created by mental body sickness. In order to break through these deeply destructive mental habits and patterns, the Krystal Star Guardians have supported to help bring through two new areas in the community energetic template. This is brought forth with a heartfelt desire to create a sponsorship from the Krystal host to help each and every being in their spiritual ascension process to become God-Sovereign –Free.

This shield is an energetic template called the KRYSTAL AEGIS.



1 Created with Love By Kimo

*Build your Krystal Aegis Diamond Breastplate through the [April 2013 Meditation](#).*



# ENERGETIC SYNTHESIS

However the emphasis is, that the Krystal Host is doing their part and saying here is the Krystal Aegis that we offer to each of you, however you have to do your part, each one of us as individuals has to be responsible for ourselves. If we are spinning and careening out of control, this is the message to get to work on disciplining your mental body through devoted and daily spiritual practice, now.

**The Krystal Aegis** – these support pages are for self-involved intervention to commit oneself to discipline an addicted mind, destructive mind or unhealthy lifestyle. If you are addicted, possessed, obsessed and losing control of your life, this is the quick study program. It is suggested to commit to the Five Step Process for at least 90 days to move past debilitating fears or possessions. This serves as a strong foundation to dedicate oneself to monitor and discipline the negative ego as a part of progressing further in one's personal Ascension and spiritual development of consciousness expansion. The imperative goal is to achieve three major improvements in a. Applying the right effort to the discipline of your mind through spiritual practice b. applying the right thinking to discipline your mind through clearing negative ego c. applying the right meditation to develop skill in the focus and attention of your personal energies (Right Effort – Right Thinking - Right Meditation)

*Every person must learn to be responsible for their attitudes and thinking.*

In order to clear and shift mind control and negative thoughts from running one's life, one must identify them as the symptoms of the planetary circumstances (prison planet being liberated) and personal consciousness evolution. This time on earth, more than any other time in human history, is an incredible push towards consciousness participation for humanity to regain spiritual liberation through the freedom of mind control. Liberation is free from the effects of negative thoughts and free from emotional suffering. Each time you shift an emotional response from anger or judgment to love, joy, gratitude, and acceptance, you are doing global service work at a personal level. This is our job on planet now. We must choose our real authority – do we allow the negative ego to run our lives and make us miserable, or do we learn to reprogram our ego and allow our true spiritual nature and higher spiritual bodies to govern our fleshly body, the choice is ours to make.

There is an attitude of interpreting life that will bring you inner peace, calmness, joy, happiness, unconditional love, equanimity regardless of what is going on in your life and the outside world. There is another attitude of interpreting life that will make you feel upset, angry, irritable, impatient, moody, emotional, unstable, and depressed. These are two examples of choices one can make at every moment when interpreting our life experiences. Neither of these emotional states have anything to do with what is actually going on in your life or in the environment. It has everything to do with how one is interpreting one's life and what one is choosing as their ultimate authority.

Every chronic state of mental pain that is generated through anger, fear, or worry is an opportunity for one to see the places where love, forgiveness and self-acceptance is required to heal. This pain or fear shows us the areas we need to transcend in order to evolve from beyond the ego's mental control over our lives, and into being guided by the higher intelligence of our



# ENERGETIC SYNTHESIS

inner spirit. As long as we resist the inner work necessary to clear fear attitudes and their pain responses, we remain spiritually stagnant. When we hit cycles of spiritual stagnation, we will feel immense pain or discomfort that will force us to address that pain in order to be liberated from it. The more we avoid our inner spiritual work, the more painful this will become. Spiritual development is not always comfortable, and many of us are going beyond our comfort zone at this time, in order to progress to the next level that our spiritual self is demanding from us. If there is spiritual stagnation present, one will be pushed hard to transform. This is a byproduct of spiritual ascension on our planet and that discomfort shows the pathway to developing and refining the path of liberation, which is only found by following your inner spirit.

The Higher Spiritual Intelligence necessitates that we only have preferences by releasing control to the outcome of events in lives. This is a process of surrendering and known by the phrase, Let Go and Let God. If we become attached to a person, place or thing, or the outcome, manipulation and interference is a byproduct of that attachment. Attachment is an ego control mechanism based in deep fear. If we are attached to something and it is creating spiritual stagnation, that object will be removed from our lives so we can refocus ourselves back on the inner spirit. This is also why practicing having “preferences” over ego attachment will be a much easier process, with less emotional pain. If we get the lesson the first time, the lesson does not have to be repeated.

Inner peace is a state of mind that accepts the current state of circumstances as it is, without judgment. When faced with adversity one looks for the opportunity to learn its lesson, in order to move past old recurring patterns. This expands our consciousness as we transcend previous limitations. When we move through our fears and perceived limitations we gain incredible amounts of personal power through enhanced self-esteem. When we know we have the power of our spirit within us, we know we are cared for and that things in our life will work out.

We all have the power of our eternal spirit within us to guide us and keep us safe. The 12D shield process is the beginning of which allows us to begin a deeper communication link with this aspect of ourselves. However we must learn to remove fear and mental bondage in order to be liberated from its control over the body. The body must be prepared to embody the spiritual light, and with that fear programs and negative thoughts must be removed.

**As one feels guided, if mental programs have been difficult to control, The Krystal Aegis section is a Five Step program with added daily guidelines to follow that will begin the path of mental and emotional freedom. These pages have all you require to gain personal energetic self-responsibility and learn how to partner with the Krystal Host who will sponsor you in the Krystal Aegis, a shield of protection and support.**

As we acknowledge these thoughts as stemming from negative ego, similar to facing the ghosts that have been haunting the shadows of our mind, we can see the ghost for what it is. When we face it clearly, revealing it from its hidden shadows, its power is diminished and it ceases to have the ability to terrorize us.

Additionally, given all the various challenges we face today, as a part of the human race, it is clear we have no real control over the external, the larger environment, or the outcome. This



# ENERGETIC SYNTHESIS

means we must change all of our priorities to value the internal and intrinsic parts of ourselves as the most critical parts to preserve and feel happiness. This means a lot of what we can control is how we think and what we move towards. Most of our happiness relies on our personal attitudes. No matter who we are, and what level of spiritual development we have, all humans can relate to these pillars in order to remember how we each can find happiness, while seeing or experiencing personal or global turmoil.

The Four Pillars for being Happier:

- **EXPANSION:** Personal growth towards (spiritual) authenticity and having a variation of life experiences to create that consciousness expansion.
- **CONNECTION:** Having meaningful Human relationships and cultivating deep Connections in our life.
- **GRATITUDE:** Practicing appreciation and gratitude for what you have, every day.
- **SERVICE:** Being of Service and making Contributions to the larger whole, making a difference when you can.

Happiness and gratitude is an attitude that we all can create more of every day. There are many things that we are facing in the world today, and in our own lives that are challenging and painful. This fact does not have to change one's ability to feel happy every day of your life, even while seeing the larger picture. As we become more expanded in our personal growth, we begin to experience the feelings of connection with all of life, and we then can choose to be grateful that we can make a difference through our intentional service to the whole.

Shadows are only powerful when they remain hidden and buried, as the shadow masquerades in falsity that uses fear to torment us with lies. Be brave to reveal them and place them to face your real spiritual self. The Eternal Self, as I am God I am Sovereign, I am Free!

Our personal sovereignty awaits us through the release of fears by applying personal responsibility to our thoughts and emotions. Choose your authority now, knowing that you are a God, Sovereign, Free Being.

Thank you! Peace be with your body, mind and heart!

With Love in Service, Lisa and ES Mentors, HGS Stewards.





# ENERGETIC SYNTHESIS

## Step One: The Agreement and Request for Intercession

### Stated Out loud:

I, \_\_\_\_\_, choose fully the Authority of God's Laws and that which serves the Light of Truth. I commit to my healing and Request for Guardian Intercession on my behalf to restore the correct proportions of my manifestation body to the Eternal Perpetual Supply of the God Source. I am God, I am Sovereign and I am Free!

I promise to fully participate in my relationship to healing my body and commit to the processes set forth in partnership with God Source and Guardian Alignment through the Krystal Aegis Spiritual Support.

I state my Intention of Self Sovereignty through the Unity Vow as a handshake which allows God Source and its Guardians to surround and protect me.

### The Group Unity Vow Decree

Defender Warriors of Truth, Sovereignty, Liberation; Guardian races serving the One:

From Across All the Multiverse I call upon you to join me now. My Unification Principle is demonstrated in the waves of Omni Love - I Sound my Heart Note to You Now.

My Template Updated, Individually and Collectively, Renewed and Forever Perpetuated in the Eternally Sustained Light. My body and being is consecrated and dedicated to the Purposes of One, and I endeavor to be the Knower of God to then be the Way Shower of God. Sustain me in the Eternal Power of my Original God Consecration.

I have asked for Intervention in order to hold my highest purposes in Service to the One Light, The Living Light Code. My Intention is Unification - The Cosmic Christ Principle - as an Energetic Reality, Here and Now.

I request this handshake to fortify my spiritual links through the Universal Cosmic Triad, and into The Core of One, the Zero Point God Matrix, that which is the source of my genesis. With deep reverence for all of Life, Dear God, Breathe your Life Codes into my created form. I set my intention now to remember what I AM, fully completely and totally.

I am ready to go beyond the fear and shadow to fulfill God's plan on Earth and beyond. I State my Mutual Purpose as One, Please Resurrect my body and being into the organic patterns of the One Organic Living Light Now.

Thank you, Thank you, and Thank you.

And so it is, Lovingly Decreed.

*(Stated Outloud for 90 Days)*



# ENERGETIC SYNTHESIS

## Step Two: Preparing the Foundation

Connect to your Inner Core:

- Authentically declare your Intention from your Heart, to resolve Authority issues. Defer your Ego to Serve God/Oneness
- Activate your Inner Spirit and Core Shield (12 D Shield Technique)
- From within 12 D Shield, create the Hub Handshake with Unity Vow
- Boundary Test (I am God, I am Sovereign, I am Free)

### Foundation Overview – How to Connect to Your Inner Core

The Energetic Synthesis Community Suggested Basic Core Technique comprises all of the below steps (a. through d.) as a daily spiritual practice whether you perform other session work or not. After this becomes a daily dedicated technique, the light-body foundation is firmly set to connect to your inner core and inner spirit. The foundational practice alone is extremely fortifying and strengthening to the individual with regular use. For those entrained to this daily spiritual practice and feeling confident and strong in their core connection, focus on each item (a-d) briefly to amplify frequency, and then move to the next step to continue –

Connecting to your inner core is suggested as follows:

- A. Authentically, Declare your Intention from your Heart to Resolve Authority issues. Defer your Body and Ego to Serve God/Oneness:

“My declaration of intention is to serve my Source. I commit to serve my highest power, fully completely and totally, I am God, I am Sovereign, I am Free!”

*Feel the presence of your energy and as you say the above declaration– feel the conviction of your inner spirit to protect and listen to your heart.*

- B. Activate your Inner Spirit and Core Shield (12 D field Shield and Hub)

*For beginners, this is learning the 12 D shielding technique. For others, this is amplifying the protection of your shield with your inner focus and intent.*

- C. From within your 12 D Shield, create the Hub Handshake with Unity Vow.

“The Defenders of Truth, Sovereignty and Liberation, the Guardian Families, Serving the One:

From across all the multiverse I call upon my Guardian families to join me now. My unification is demonstrated in the waves of Omni Love - I sound my heart tone to you now. My energy template updated, renewed and forever perpetuated in the Eternally Sustained Light. My Alchemical Container is consecrated and dedicated to the Purposes of One, and I endeavor to be the Knower of God to then be the Way Shower of God. Please sustain me in the Eternal Power of my Consecration. I have asked for



# ENERGETIC SYNTHESIS

Gatekeeping in order to hold my mission, my mutual highest purposes in Service to the One Light, Our Source, The Living Light Code. My intention is Unification - The Cosmic Christ Principle - as an Energetic Reality, here and now. I request the handshake to fortify my spiritual links through the Universal Cosmic Triad, and into The Core of One, the Zero Point God Matrix, that which is the source of my genesis. With deep reverence for all of Life, Dear God, Breathe your Life Codes into my created form. I set my intention now to remember that which I AM, fully completely and totally. I state my mutual purpose as One, please resurrect all inorganic patterns to organic Living Light Now. And to that I Say, Thank God I AM the Living Eternal Light. And so it is lovingly decreed.”

*For those new to the “Unity Vow”, repeat this command with every session to entrain your field and create the handshake hub of direct communication with Unity intelligence of the Krystal Star. When feeling the need to strengthen or amplify session communication links, repeat this Unity Vow. When proficient with regular energy session work, and by holding down the field, the Unity Vow is entrained with your nervous system, by saying “Unity”. This statement of intention will sufficiently activate the handshake hub to Krystal Star.*

## D. Boundary Test (I am God, I am Sovereign, I am Free)

*From within your 12 D Shield, see the three frequencies of God-Sovereign-Free (GSF) written in language or symbol code to encrypt your 12 D shield to boundary test with the combined GSF triad of frequencies. You can state it out-loud or focus on your GSF triad of 3 Founder Flame frequencies encrypted directly into your 12 D shield. See the GSF Triad for suggested use for visual symbol code work, or simply use the written language of “I am God, I am Sovereign, I am Free”, written in the shield itself or written on the inner screen of your forehead.*

*This accomplishes a boundary test within your shield that is encrypting your personal field based on the resonance of these 3 flames, and only accepting communication from sources who agree to these resonances. When approached by entities, make the command “GSF” to boundary test the nature of communication. A negative entity will be disarmed or refused access to your nervous system.*





# ENERGETIC SYNTHESIS

## Step Three: ES Core Triad for Daily Use

### DEVELOP SKILL SET FOR DAILY USE – Three Steps plus Daily Guidelines

#### Step One:

Daily Declaration of Intention (resolve the authority problem between Ego and God)

*My declaration of intention is to serve my Source.  
I commit to serve my highest power fully, completely and totally.  
I am God. I am Sovereign. I am Free!*

#### Step Two:

AM/PM practice the 12D Shield to learn how to Command Personal Space

The 12th Dimensional Shield is to protect your body to receive an increasing flow of higher frequencies.

#### Step Three:

Before Bedtime – Work with the Core Fear Removal Programs. These are audio recordings found [here on our website](#)

Establish connection with Higher-Self/Guides to move out old fear programs, and clear implants in your energy field template. It is helpful to create a daily journal of your observations and record them, returning to them later to ask for deeper clarity, clearing or release of any negative emotions, thoughts related to the fears that surface in awareness.

Start first with identifying general fears and ask them to be cleared and rooted out. Request them and remove them in your personal voice command (you request it out loud).

Then move to more specific and deeper fears that you know create limitation. The more specific your request, the better, as you work with this fear removal technique.

Establish Sleep State programming to continue these clearings with your Guidance and Guardians as you are sleeping.

**DAILY GUIDELINES** – Moving from Mental Confusion to Inner Clarity:

MENTAL DISCIPLINE TECHNIQUE: STAY IN THE NOW MOMENT!

#### The 5 Steps to Negative Ego Reprogramming:

1. **RELABEL** – Identify the negative thought or emotion as a distorted pattern of negative ego consciousness. This “Fear” is my Negative Ego. This is not the real me.
2. **RE-ATTRIBUTE** – Dis-identify from the thought or emotion as you. You begin to master your emotional states and you can begin to choose. I am the eternal being, not my thoughts or emotions.



# ENERGETIC SYNTHESIS

3. **REFOCUS** – Move yourself out of situation, environment or the trigger for that thought. Go for a walk, listen to music, and change your focus. Affirm: Not my will but Divine will.
4. **REVALUE** – Revalue the power you have given this thought or emotion to rule your life. See it for what it truly IS. Limiting you. Disempowering you. Robbing you of inner peace and fulfillment as a Divine being. Get behind ME, Ego! I AM that I AM!
5. **REQUEST** Help – Commit to expressing Higher Emotion and Living your Soul Purpose. Ask for help from Spirit. Work your tools. Be here NOW!

## **DAILY GOAL – Monitor and Track your SELF Awareness, by Cultivating “THE WITNESS”**

The Witness or Observer has no judgment. It allows observation of external events without needing to control the outcome. Practice this intentionally as a daily exercise by monitoring:

**Mental Awareness** - Often our minds fall into a groove that has a certain tone or resonance to it. Sometimes our mind is agitated and sometimes our mind is very calm. We are expansive and receptive when we are calm, centered and mentally relaxed. When our mind feels agitated and stirred up, we then become constricted and energetically blocked. Agitation, anxiety and worry often indicate that we are operating in the active Beta brain wave state (which is where most adults operate from). When our mental body and mind feel calm and flowing, it means we are in the more relaxed Alpha brain wave state (where children generally operate from). Try to operate from the relaxed Alpha brain wave state as much as possible since that expands and allows more energetic flow into your body. You will experience greater ease in your life and begin to go with the flow, allowing yourself to receive more “spiritual- energetic” support into your daily life.

**Self-Talk Awareness** - We talk to ourselves with an inner dialogue all of the time. We talk to ourselves over 50,000 times a day and what we say to ourselves determines to a large extent the quality of our lives. When you begin to meditate and hold more periods of inner silence, you will be amazed by the amount of self-talk you start to witness in yourself. Try to begin tuning in as much as possible to what you are saying to yourself in the still places of your very receptive mind.

When you get anxious and notice a self-defeating program of your ego taking over, go to the next daily practice tool as a REFOCUSING EXERCISE and apply breath and self-forgiveness.

## **DAILY PRACTICE TOOL – Self Application of Forgiveness**

USE WHEN TRIGGERED INTO NEGATIVE PROGRAMMING OR UNLOVING THOUGHTS TOWARD YOURSELF (i.e. worry, anxiety, self-doubt)

Breathe in and slow down your body by applying breath. Take in deep inhale 4 counts, Hold in 4 counts, Exhale 4 Counts. Do this for 4-8 counts until you feel totally out of your mind programs and in your full "presence" of breath- The NOW presence. The goal here is getting you OUT of your mind program and INTO your PRESENCE. This can happen when you apply breath. Your mind has to release. Reprogramming is most effective when done outside of the mind, when you are engaged in the “observer” mode of your full present consciousness.



# ENERGETIC SYNTHESIS

Now Invoke:

I forgive myself that I have accepted and allowed myself to experience \_\_\_\_\_.

(Minimum of 3 sets, then work with the breathing exercise again if you feel you have lost “now” moment presence, for a total set of 9 sets of commands for each item chosen)

You choose the item you feel is most pressing for each “set” of the exercise. You may want to alternate daily or work on one issue you know is pressing consecutively for 21 days until you feel emotionally freed from the memory or pattern. You can choose.

Some sample suggestions:

- Lack of Self Love or Acceptance
- Lack of personal power/fear or limitation
- Entities and people dominating me or sucking my life force.
- Poverty consciousness or lack of a self-identity (lack of trust in God/Goodness)
- Self-doubt/worry

**REPLACE THOUGHT AND AFFIRM:**

**I AM THE POWER, MASTER AND CAUSE OF MY EMOTIONS AND MENTAL STATE!**



# ENERGETIC SYNTHESIS

## Step Four: 12D Calibration for Crux Implant Remove

### 12D Purification and Calibration

#### Set code for Crucifixion Implant Removal

##### Opening:

Beloved Holy Presence of God, Please open all channels of light, clear all light fibers to be fully connected and resonant with the Eternal Living Light Code.

##### Set Space

I call upon my Group Avatar Christ, The Guardians and Aurora Races, aligned to the Law of One Mission to work together for the highest capacity of exchange of God's infinite light, love and power in divine right order and harmony.

##### Quick connect to 12D Hub (12D Technique)

North South East West: I ask to direct the Four Corners to Be Sealed in the Light of Unity and Oneness within my 12D Light Shield. I AM Impenetrable and Invincible. I ask the Aurora Races and Krystal Star Forces to Anchor this Space Sacred in Service to the Law of One of which I Serve.

I ask my Christos Avatar to return all codes, fire letters, and the jewels, wings, energies and parts of bodies that have been misdirected and return them NOW to the Rightful Owner in the name of Self Sovereignty herein stated and commanded into presence NOW. We invalidate the beings by commanding a full dissolution and dissolve into the One Source God Source Light through Forgiveness and Forgetfulness. Completely Heal and Seal the personal Auric Field from any further intrusion. Return all energies and essences that were in divine right order NOW. We call back now all that is our self sovereign god power and right. I Call in my personal Genetic Technicians and Ascension teams to support us in fulfilling this command.

I ask now God Force and Guardians, Higher Self Councils to administer the CORE SOUL PROTECTION PACKAGE to the Multidimensional Identities, Ancestral Identities and those Attached seeking the Release of this Dispensation at this Moment of self, Fully, Completely and totally through all Parallel Realities and existences. Through the order of Mother Arc, open the portal to establish the passage to escort all ancestral identities, fragments to their proper time and space vector, cleansed in the Cosmic Christ Light Source.

In the Zero Point Field and Unity Consciousness- I Command my Presence of Perfection in One Source Light. Cleanse all of the Ancestral or Miasmatic Record through my human Holographic record, through my Families of Origin and throughout the planetary interface records of cellular memory. Reinstate my Divine blueprint record to all layers of my Family of Origin to be Unified in the truth vibration, liberated, sovereign and free now. I request for the complete removal of



# ENERGETIC SYNTHESIS

all lower formed energies or misqualified vibrations from my individual and group identities present. Terminate and Remove All imbalanced matrices, devices or structures all At once. Transmute all manipulation energies into Neutral Association through the Zero Point.

As the 12 D Avatar and the Light of God that I am, I cancel all contracts and/or agreements I have made with any entity, Guide, \_\_\_\_\_, in this timeline or in any reality, that were not in my highest alignment and expression of my Light Source in the Cosmic Sovereign Law of One. I terminate all false matrices, or illusions that may have obscured my highest soul purpose and soul mission, from the past, present and future. I terminate redemptive vehicle and crucifixion contracts and their related phantom systems from impacting my consciousness and all of my 12 bodies. I further declare that the cancellation of all such contracts is to be irrevocable and permanent in all time frames and realities. I choose my perfection to stand in the Light and represent my full sovereignty and freedom for all human beings on this planet. I receive this Gift now as I will Share this Gift with ALL. All is One with the Light. I AM UNITY.

## **Universal Harmonics Alignment (Crucifixion Removal)**

Beloveds-Bring in the Universal Harmonics in an Oscillating Wave Format from the point 3 Feet above my head entirely saturating my Left Side, from top to bottom and releasing from my feet anything unneeded or unnecessary. Bring Waves from Top through the Bottom. I request the Removal of All Crucifixion patterns and their implants to be removed from my bodies in all areas in sequence necessary to support my optimization and Ascension. Terminate all inorganic and alien influences from this impacting my being in all of my bodies.

*First - Left Side-Visualize the Gallbladder meridian filled up with Rainbow Rays of Aurora Pattern and releasing astral or gunky debris from the Temple to release all the way lateral my body and out of my small toe, or see the Waves moving through the 12 Tree Grid Lines on the Left side of my Female Aspect Body.*

*Second- Right Side- Visualize the Gallbladder meridian filled up with Rainbow Rays of Aurora Pattern and releasing astral or gunky debris from the Temple to release all the way lateral my body and out of my small toe, or see the Waves moving through the 12 Tree Grid Lines on the Left side of my Male Aspect Body.*

*Third- Center - Hara line (Visualize a direct PERFECT Vertical Center Line in your Body) Correct the alignment of the vertical central column, align its axis perfectly calibrated to the main chakra cones and a diamond grid attunement. Phase Align into my Core Soul and Krystal Being.*

*Last- Entire Body - Universal Harmonics in all Three Sections of vertical body as One large Rainbow Wave Pattern. I spin and align the merge of my physical centers and layers to be perfectly synthesized into my highest spiritual bodies with harmony and perfection.*

Open all Spiritual links and Cognition Upgrades in order and priority as God would have it be.

Reweave and reconnect, synchronize with light, open all pathways of communication between the template bodies and the 12th dimensional body that allow communication and direct cognition with my Christos spiritual family.





# ENERGETIC SYNTHESIS

We call upon all Biological Encodements of the Christ Blueprint Body, The EUKA-KRIST, The Silicate matrix DNA Template activations to install the Transharmonic Pillars of Eternal Living Light Source.

Upgrade, Download, Recalibrate Etheric Nadis, Electromagnetic Battery Body and the KA to the new spiritual link communication download connections.

Activate all Energy receivers in our divine Lightbody, the Apparathi receivers to be activated as appropriate for our service mission.

Reconnect and axiatonally align all of my etheric axiatonal and meridian Channels to the New Earth Frequency Hubs axiatonal lines in order of priority as necessary for my ascension. Align and open the handshake to the Home Soul Frequency through my Starseed Identity matrices in the hubs. Recalibrate, Synchronize and Align my field to my Monadic Families and my Star Lineages.

I Ask for any axiatonal line or etheric radial upgrades needed now for the optimum functioning and comfort of my bio-energy field and for activating all spiritual links of communication that is outside the scope of my request or understanding. Download all cognitive upgrades needed for the clearest communication and comprehension and translation of language or light codes and that which serves our current spiritual mission.

Permanently, Totally & Completely.

I SERVE THE LAW OF ONE AND I AM THE COSMIC SOVEREIGN LAW MADE MANIFEST!

I State my Intention of Sovereignty:

I harmonize and HOLD this space in the name of One Self God Self. AS witness to One I seal my declaration into the Light of Union and Wholeness in Service to the One Self.

Please take my agreements into completion through the Outer Levels, Mind Grid, DNA, Karmic Contract, Core Soul Level and Beyond.

Take this and record it through the Morphogenetic Field and subtle energy systems all levels and components of our Group Being. Fully, Completely, Totally and Permanently. Anchor Lock and Seal through the Hologram. Anchor Lock and Seal through the Time Matrix.

Beloved Family, I thank you for this Opportunity. I open to ALL processes required to Align Fully To my Highest Soul Purposes. It is with great joy and reverence I AM HOME IN THE LIGHT.

And so it is. I Seal and End this Request and Prayer into the Light of Wholeness and Union with One God Source. Thank you.

*(Stated Outloud for 90 days)*



# ENERGETIC SYNTHESIS

## Step Five: Building Integrity of Spiritual House

Dear \_\_\_\_\_,

Through the Commitment of Building the Integrity of the Spiritual House (Body) there are some areas to participate consciously with in order to be able to know what needs to be healed. When we become clear and apply conscious awareness - we can remove the confusion and then the obfuscation that is created by the dark and negative forces.

Take this level of information at your own pace. These treatments are designed to release the “enslavement harness” and the collective mental programs that are a part of the mass consciousness and negative ego. We are shifting our physical bodies from 3D vibration where the frequency fences exist and into higher vibrating structures. We are building these structures and when the body can attune to them you are able to be shifted to them and released of these harnesses. This is why we are giving you this information, please have patience and know this is designed to shift core cellular structures and remove cellular memory imbeds, it is more than just absorbing information.

Complete Step One through Step Four for 90 Days.

Continual Daily Use: [Use ES Core Triad Practices](#)

Step Five:

Build and strengthen your Krystal Aegis Diamond Breastplate (KADB) through the [April 2013 Meditation here.](#)

Build and strengthen the KADB with running 144 harmonics through the [September 2013 Meditation here.](#)

This is the Introduction to start to re-educate the way you mentally think about the nature of reality by learning about a new evolutionary and historical context of Ascension, and be learning how to take in only that which resonates truly with your own heart. This is how one begins to learn how to think differently (reprogram the mind) in order to be freed of hidden mind control programs. Go at your own pace and allow processing time. If you are a community member, systematically go through one **Monthly Ascension Teleclass** and companion Meditation Treatment as included at the end of the class and one **Psychic Self Defense Class** weekly or bi-weekly.

Tip: A helpful activity is to have a Daily Ascension Journal, such as a written notebook to help inquire deeply on your thoughts, fears, and belief systems and explore your inner feelings. This is helpful in identifying fears you want to heal, forgive and release. Record your observations and progress as you commit to the daily practices. You may want to research Ascension topics, and describe your meditations, dreams, thoughts and visions in your journal.



# ENERGETIC SYNTHESIS

## Prioritizing Spiritual Commitment

Dear Ascending Family,

To be sovereign over our personal energies we must learn how to take back our personal power and reclaim our spiritual energies. If we do not reclaim our energies, reclaim our mind and emotions, something else will. This re-education process is called energetic self-mastery or self leadership. Here one will learn to lead one's life for one's true spiritual purpose and as a result, achieve greater peace, happiness and fulfillment as one learns to connect with your true Original Spirit. Connecting with your Original Spirit is the same as connecting and activating your authentic spiritual blueprint and divine mission in life. One is then capable to live their life with connection, protection, purpose and meaning, which pervades every cell of your existence. This is the process of learning to awaken and walk in this world as a God-Sovereign-Free human being, infused with the Inner Christos light.

Keep perfecting your 12 D Shield and strengthening your “boundaries” between others by creating a protective energy shield around your aura. Your suggested homework has meditations and techniques to also work with in shifting negative mental thoughts. Find which technique works well for you and you like best and use it daily. You will notice big shifts if you commit to the process and dedicate yourself.

Stay focused on priority now:

1. Build your mental context by exploring and integrating new levels of your galactic exploration and self-actualization. Keep your focus on building relationships and language that help you re-contextualize your life – away from old destructive behaviors and mental beliefs and into empowering new behaviors of your Multidimensional God Self. Communicate with people that share these humanitarian and inner sustainability values with you.
2. Discipline your mind and beliefs from allowing external or internal fear, insecurity and doubt to control you into mental obsessions or negative thoughts and behaviors. Use your journal to go deeper in self-inquiry and self-realization of your inner thoughts and feelings.
3. Create a multiple outlets for mental power refocusing – harness and focus your mental power - anything from martial arts to meditation and psychic clarity development. One cannot achieve clarity with an unclear and confused mind. Attune and refine your brain and attempt to balance your brain chemistry by choosing thoughts that are balanced and healthy. Negative thoughts impact brain chemistry negatively. Positive thoughts impact the brain chemistry positively.
4. Explore your spiritual commitment and design your own wellness and spiritual health program based on the information you feel the most resonant with. It is time to build the inner core foundation so that you have a “spiritual house” of which to work from and be supported by. Try to have fun and humor and play music.
5. With some of the nervous exhaustion many of us undergo you may want to consider exploring and gently adding some brain formula and/or neurological supplements to add



# ENERGETIC SYNTHESIS

support to your brain, sensory functions and nervous system. We have many threads in our community about brain and neurological support needed from EMF overexposure.

6. Explore mild detoxification (adding Spirulina, Greens or Liver support herbs to give your body extra support) and consider various methods of getting the toxicity out of your blood stream and body. Toxicity is known to create neurological issues and thought obsessions through its conductive properties which are inorganic to a human body.

This is a basic guideline to begin putting together a wellness and spiritual practice that WORKS FOR YOU. It must feel like something you can integrate into your daily life and that you make some time for. A little commitment goes a long way so do not be too aspiring, take it at your own pace but be consistent.

Next includes the suggested daily discipline (clear negative thoughts) program as well as daily refocusing exercises for achieving psycho-spiritual centering. Being centered means holding inner peace no matter what is happening on the external.

Much love, peace and happiness wished for you!



# ENERGETIC SYNTHESIS

## Discipline Mental Body Technique

### ES Tools to use Daily as Mental Body Refocus Techniques

DAILY GOALS: PRACTICE THE LAW OF ONE PRINCIPLES.

DISCIPLINE THE MENTAL BODY TO IMPROVE YOUR DAILY SELF AWARENESS AND CONSCIOUSNESS EXPANSION

AFFIRMATION: I AM GOD! I AM SOVEREIGN! I AM FREE!

BEFORE GETTING STARTED IT IS IMPORTANT TO NOTE THAT WE ONLY HAVE CONTROL OVER THE FOLLOWING THINGS:

1. We have control over our opinions
2. We have control over our choices
3. We have control what we move away from (avoid negative ego)
4. We have control over what we move toward (allow peace)

We only have to control what thoughts we choose to honor, what choices we make, and what we accept in our lives and create a boundary to avoid. It is also helpful to develop an accurate assessment of this reality and accept our soul agreement to be here during the end times as this gives context to our current challenges on planet Earth.

- Disengaging from negativity is key to survival during these times. To disengage from negativity and its continued flow into our lives, Forgiveness of ourselves and others is key to shifting anger.
- Believe in a Higher Power and purpose greater than your Self.
- Be willing to choose something else and invite other possibilities into your life. Let go of needing to be right.
- Choosing peace through forgiveness lets you off the hook of attachment which continues the feed line of the negative energy flow of the circumstance, person or object. Cut it off!

Let's continue to the Daily Steps and Techniques to practice.

### STEP ONE

**DAILY GOAL:** *Monitor and Track your Self – Awareness by Cultivating “THE COMPASSIONATE WITNESS”*

The Witness or Observer has no judgment. It allows observation of external events without needing to control the outcome. Stay in the now moment. Practice this intentionally as a daily exercise by monitoring:

Mental Awareness - Often our minds fall into a groove of inner dialogue that has a certain tone or resonance to it. Sometimes our mind is agitated and sometimes our mind is very calm. We



# ENERGETIC SYNTHESIS

are expansive and receptive when we are calm, centered and mentally relaxed. When our mind feels agitated and stirred up, we then become constricted and energetically blocked. Agitation and worry often indicate that we are operating in the active Beta brain wave state (which is where most adults operate from when anxious and worried) .When our mental body and mind feel calm and flowing, it means we are in the more relaxed Alpha brain wave state (where children generally operate from). Try to operate from the Alpha brain wave state as much as possible since that expands and allows more body awareness and energetic flow to vitalize your body. You will experience greater ease in your life and begin to go with the flow, allowing yourself to receive more “spiritual- energetic” support into your daily life. Contact to the spiritual realms and accessing our inner spirit comes from being in the flow of the now moment awareness with a calm and serene mind.

Self-Talk Awareness - We talk to ourselves all the time. We talk to ourselves over 50,000 times a day and what we say to ourselves determines to a large extent the quality of our lives. When you begin to meditate and hold more periods of inner silence, you will be amazed by the amount of self-talk you start to witness in yourself. Try to begin tuning in as much as possible to what you are saying to yourself in the still places of your very receptive mind. Make a commitment to avoid all negative thoughts into your mind for seven days. Witness how long you can maintain positive thoughts and keep a positive mental diet. When coming across self-defeating and negative thoughts, make a commitment to “correct them” by becoming aware of their content and creating a neutral association to the thought-form.

Stay in the Now moment and breathe. Let go of what your mind thinks you should be doing.

**This is key to your mental body health and sanity.**

## STEP TWO

**DAILY GOAL:** *The 5 Steps to Negative Ego Reprogramming – How to Shift Gears*

The Law of Strength-Exercise to Discipline the Lower Mind- “It is Not God’s Job to control your Mind”

**RELABEL** – Identify the negative thought or emotion as a distorted pattern of negative ego consciousness. This “Fear” is my Negative Ego. This is not the real me.

**REATTRIBUTE** – Dis-identify from the thought or emotion as you. You begin to master your emotional states and you can begin to choose. I am the eternal being, not my thoughts or emotions.

**REFOCUS** – Move yourself out of situation, environment or the trigger for that thought. Go for a walk, listen to music, and change your focus. Affirm: Not my will but Divine.

**REVALUE** – Revalue the power you have given this thought or emotion to rule your life. See it for what it truly IS. Limiting you. Disempowering you. Robbing you of inner peace and fulfillment as a Divine being. (Get behind ME, Ego! I AM that I AM!)



# ENERGETIC SYNTHESIS

**REQUEST** Help – Commit to expressing Higher Emotion and Living your Soul Purpose. Ask for help from Spirit. Work your tools. Be here NOW!

Tools: 12 D Shielding, Core Fear matrix removal program, Emotional Clearing Techniques, Affirmations and Decrees, Ascension Meditation treatments, Mantra chant to refocus mind, Journaling. Ask guidance to lead you to the perfect resonance technique to assist you now. Breathe.

When you get anxious and notice a self-defeating program of your ego taking over, apply breath and self-forgiveness.

## STEP THREE

**DAILY GOAL:** *Use when triggered into negative or unloving thoughts towards yourself*

Breathe in and slow down your body by applying breath. Take in deep inhale 4 counts, Hold in 4 counts, Exhale 4 Counts. Do this for 4-8 counts until you feel totally out of your mind programs and in your full “presence” of breath- The NOW presence. The goal here is getting you OUT of your mind program and INTO your PRESENCE. This can happen when you apply breath. Your mind has to release. Reprogramming is most effective when done outside of the mind, when you are engaged in the observer mode of your full present consciousness.

Now Invoke:

I forgive myself that I have accepted and allowed myself to experience \_\_\_\_\_.

(Minimum 3 sets, then do or work with the breathing exercise again if you feel you have lost “now” moment presence- for a total set of 9 commands for each item chosen)

You choose the item you feel is most pressing for each “set” of the exercise. You may want to alternate daily or work on one issue you know is pressing consecutively for 21 days until you feel emotionally freed from the memory or pattern. You can choose. Some sample suggestions:

1. Lack of Self Love or Acceptance.
2. Lack of personal power/fear
3. Entities and people sucking my life force.
4. Self-doubt/worry

**AFFIRM:** I AM THE POWER, MASTER AND CAUSE OF MY EMOTIONS!



# ENERGETIC SYNTHESIS

## Law of One Practices

The **Law of One** is the comprehension that all things are made of intelligent energy and are a part of the All-One. The Law of One is a Sacred Science of the mechanics of consciousness and are the Natural Laws governing our Universal Creation. All-One is the recognition that Eternal Truth is Eternal Love and Eternal Love is the organic consciousness of Infinite Creator, or God. Eternal Love consciousness embodied in a form is Unity intelligence, and simultaneously recognized as, the Inner Light of Christos. Unity consciousness is at One with God and Unity consciousness ignites the Inner Light of Christos. The Inner Light of Christos when actualized in form, is the embodiment of an Eternal God Human. Practice Unity Consciousness and One is directly reflecting the image of God's Love, and is eternally protected. Be At One with All, as One is All with God. Simply put, the **Law of One** is the Universal Truth that All Is One. It is the Truth taught by Christ when he proclaimed, "Love your neighbor as you love yourself." We are all direct expressions of the One Source God Source. The **Law of One** is an energetic reality as well as a creational covenant with the Founder Races. The **Law of One** is practiced by the Advanced Races that promote self-responsibility and accountability in our Universal Time Matrix through the comprehension of the interconnection between all living things. The **Law of One** expresses and acknowledges the interconnection, value and interdependence of the spirit and consciousness that animates all things. Here are the practices we commit to express as an Ascending Human.

**PRACTICE ONE: UNITY CONSCIOUSNESS** – *The **Law of One** is the comprehension that all things are made of intelligent energy and are a part of the All-One. The Law of One is a Sacred Science of the mechanics of [Consciousness](#) and are the Natural Laws governing our Universal Creation. All-One is the recognition that Eternal Truth is Eternal Love and Eternal Love is the organic consciousness of Infinite Creator, or God. Eternal Love consciousness embodied in a form is Unity intelligence, and simultaneously recognized as, the Inner Light of Christos. Unity consciousness is at One with God and Unity consciousness ignites the Inner Light of [Christos](#). The Inner Light of Christos when actualized in form, is the embodiment of an Eternal God Human. Practice [Unity](#) Consciousness and One is directly reflecting the image of God's Love, and is eternally protected. Be At One with All, as One is All with God.*

**PRACTICE TWO: LOVE YOURSELF** – *Apply the practice of Unity with All-One as an extension towards loving, honoring and respecting yourself. Acknowledge the precious life force within by holding reverence and respect for yourself in all ways. Loving yourself is the action of [Self Sovereignty](#), which is the natural state of embodying God's Eternal Love. As a manifestation of God's eternal spirit of Love, one has the ability to choose to create personal freedom without harming others. Have courage to remove the obstacles of pain and fear to become embodied Love, as God's spirit is always found within.*

**PRACTICE THREE: LOVE OTHERS** – *As you learn to love yourself, love others. Acknowledge the precious life force in others by holding love, reverence and respect for others. Loving others as you love yourself, is the natural state of [Self Sovereignty](#) as you give others the same reverence for their life, as you give your own life. Through practicing self-love and loving others, no approval, worth or esteem issues come into question, as all is loved equally.*





# ENERGETIC SYNTHESIS

**PRACTICE FOUR: LOVE EARTH AND NATURE** - Loving the Earth and all her creations, the kingdoms of nature, plants, animals and mineral, which are all alive, conscious and intelligent energy beings. Acknowledge the precious life force present in all of God's creation, by holding reverence and respect for nature. Doing so restores balance and harmony to nature, and the intelligent energy of all of earth's creations will respond to cooperate with humankind. Humans living in discord with nature create many events that are considered to be "at the mercy of" the untamed forces. As humans learn to live in harmony with earth and the nature kingdom, the natural creatures will align to be in harmony and cooperation with all inhabitants.

**PRACTICE FIVE: SERVICE TO OTHERS** – Upon firmly loving yourself and honoring your path, find methods to be of service to others that do not overstep personal boundaries of discernment. Being of [Service to Others](#) does not include consumptive modeling, such as [Victim-Victimizer](#), parasitism or emotional vampirism. Being of service does not hold an ego perspective of entitlement, expectation or attachment. Practice being of service with unconditional love, and naturally flowing in the moment. The energy exchange made between participants being of service to others, amplifies and expands consciousness growth like no other method. The more you amplify the energetic field of being in service to others, the more joy, harmony and gifts will be brought into your life. The more service you dedicate to Gods plan, the Law of One, the more spiritual support and spiritual presence one can exchange with God Force.

**PRACTICE SIX: CONSCIOUSNESS EXPANSION** – Learn to develop inner clarity and spiritual integrity by intending to develop personal [Consciousness](#) and/or spiritual identity. To embody one's spiritual identity, one's mind must be initiated and disciplined. If the ego is in authority of the body it will repel the spiritual identity from embodiment. If the mental body creates obstacles to the spiritual identity, the spiritual identity, therefore the consciousness, will not be experienced. The first step to [consciousness expansion](#) is becoming aware of [Mind Control](#) and the quality content of thoughts and belief systems. The second step is to cooperate with the process of mental and physical discomfort by having patience and waiting in the void of silence. Learn to quiet the mind, sublimate the [Ego Mind](#) and be still. Once stillness, mental discipline and ego sublimation has been achieved, listen to your inner spirit to receive guidance. Inner Guidance will always lead to the process of re-education to experience continual consciousness expansion free of fear and dogma. The Inner [Christos](#) always guides one towards choosing more love and peace via consciousness expansion of the spiritual identity.

**PRACTICE SEVEN: RESPONSIBLE CO-CREATION** – As one becomes more infused with the eternal love of the spiritual identity, the intelligent [Blueprint](#) activates the divine purpose of being as a co-creator with God. The spiritual identity and the intelligent blueprint of divine purpose are one and the same. Clarity of purpose and direction becomes clearer and clearer as one commits to live in service to the principles of All-ONE or Christ spirit. Knowing and Living our purpose brings joy, peace and fulfillment, even when facing adversity or challenges. Once we achieve "[Direct Knowing](#)", we are responsible for that knowing, and practice responsible co-creation with the All-One. A responsible co-creator knows all manifestations are in partnership with the All-One. We do not possess or control anything, so needs, desires and superimposing will, should be avoided. We are stewards of God Spirit to Serve Others in responsible co-creation with All-One. From this knowing, and living this principle, we are eternally free of karmic exchanges.



# ENERGETIC SYNTHESIS

## Practice of Mastering Relationships

The **Relationship Mastery Guidelines** has nine basic steps and is a [Service to Others](#) method based in the [Law of One](#) to cultivate [GSF Behavior](#), while reaping the mutual energetic benefits of experiencing more spiritual connection, and increased love and appreciation returning back from others to you. Without attachment or expectation this happens naturally when you follow some basic guidelines. In certain areas where we have asked for “spiritual growth” beyond anything else, we may have periods where we are undergoing deep testing to our personal truth and personal beliefs. Eventually we all are able to be in this world, yet not of it, and have fulfilling, loving and appreciative bonds shared with others, whether in groups or personal relationships.

Improving our [Compassionate](#) communication with others, improving our relating skills, personally and in group dynamics, is a skill set that will go a long way to serve your mission. With that in mind we set forth a few guidelines to remember when communicating with others or relating with others.





# ENERGETIC SYNTHESIS

## Nine Steps to Mastery

1. **Self-Responsibility** – Being able to own your own emotional conflicts without blame, guilt or projection upon another person, by making it their fault. Do not assume that you know anything about that person that can be judged for what you cannot see or really know, as you have not walked in their “shoes”. When feeling upset, restore balance to your heart and aura, by lovingly holding your boundaries without violating others boundaries by expecting them to resolve your conflict. Be willing and open to learn what the “real issue” is, which most of the time not what it appears to be. Going deeper and reflecting on forgiveness of yourself and others, allowing time, neutralizes the conflict. See [Self-Responsibility](#).

2. **Conservation** - Being able to discern the Right Use of Action – harnesses precious time and life force energies to be more effective and impactful. Cultivate the wisdom in when to engage and learn when not to engage with others or conflicting circumstances. No person needs to justify their existence to another or to care what people think of them. Staying clear of emotional tantrums and dramas and not engaging means you do not feed the drama to escalate into chaos. Dark Forces use drama to instigate schisms and chaos between yourself and others, making us less effective and scattering our energies. Conserving energy means a stronger focus, and one becomes more effective and productive. When we learn this skill, we gain more resources, and connection with our spiritual sources. If we waste time and energy, we reach an energy threshold that cannot be increased, draining us, and therefore dissipates its positive influence. See [Conservation](#).

3. **Respond** – In the moment, learn how to choose your response rather than react to life events, people and circumstances. Reaction is subconscious programming and mostly operated from preconceived ideas, fear or mind control. Observe your reaction and ask your body to show you the story or memory behind the reaction. As one learns to inquire about the reactions you generate, much is learned about your body consciousness and can effectively be healed and cleared from continuing the reaction. Emotional catharsis techniques (ES Core Triad Practice includes them) help to release the story from the body so it can return to a new pattern free of the reactive pain. Choosing forgiveness, kindness, compassion and self-love, is all a decision one has the power to make in every moment, by choosing your response to self and others. See [Respond](#).

4. **Reverence** – All beings have the right to exist and co-exist. By learning there are mutual benefits present in all relationships, and by respecting each person’s right to exist, is a demonstration of reverence for life force in all of its aspects and permutations. Avoid behaviors of criticism, presumptions, disrespectful or harmful accusations, controlling or manipulating others, giving unsolicited advice or placing demands. Live and Let Live. See [Reverence](#).

5. **Humility** – By knowing and accepting your place in the Universe and the role you play, one acts in humility knowing All is a part of the God Source. All is equal in the Love of God, and no being is judged better, higher or valued more than another. By acting from humility and in spiritual service, when you are called upon to do something as an action of stewardship, even if its cleaning toilets, in humility, you accept the job given. There is no self-entitlement given in



# ENERGETIC SYNTHESIS

spiritual service. Entitlement is a distortion of spiritual ambition and negative ego, and if left unchecked, will result in a “root downfall”. See [Humility](#).

**6. Discernment** – Without using ego judgment, test the personal resonance of people and events you choose to engage or exchange with, as in which is either aligned to your resonance or not aligned to your resonance, in that moment. There is no right or wrong, only personal resonance. That answer may change continually in different timelines, depending on when you ask for discernment. Learning personal discernment builds your necessary boundaries to discover what is productive and supportive for fulfilling your soul path, or not. Discernment allows for the continual productive growth and the effective use of your personal energies and focused attention. Uphold your personal boundaries by applying discernment towards all things you focus energy or attention upon. See [Discernment](#).

**7. Direct Knowing** – By feeling in the moment what the energy is communicating to you, suspend linear thought and surrender mental chatter to “feeling” what you “know” in that present moment. Breathing in the moment and feeling the energy signature in the environment, will open your senses to allow the energy to give your body impressions and information without words. Higher knowing becomes present and connected with you at all times. What you “know” now, is all you will ever need. Breathe and take in what is in front of you now as “direct knowing”. Every moment in the “feeling” the direct knowing will be present. You “know” more in the “feeling”, than you mentally acknowledge yourself for. What does Now Feel Like? Let the energy and feeling respond to your heart. See [Direct Knowing](#).

**8. Surrender** – By being present in the moment and surrendering to the now, judgments and future expectations of others are dissolved. Every connection or contact holds an opportunity for growth and learning, attempt to neutralize polarity thinking, by asking for the deeper meaning, the needed change or lesson of growth inherent in the circumstance. Surrendering to the now, and feeling the feelings while holding unconditional love, allows greater acceptance to neutralize painful or confusing situations. If we constrict in a “position” and hold on to defend the situation, it amplifies the negativity of the situation to be vulnerable to interference and superimposed wills. Let Go and Let God. See [Surrender](#).

**9. Be True to You** – Honor your entire being and life force. Inquire and know the contents of your heart, and only really give to others what feels joyful and aligned for your person. Do not bargain or sacrifice your truth; however do not avoid tasks that build discipline of the personal character. Ask your multidimensional selves what they need to feel balanced and happy, pay attention to your energetic and physical well-being and generate love and kindness to yourself. As a loving but firm, self-parent; give generously to the inner child with acknowledgement and loving appreciation. See [Be True to You](#)



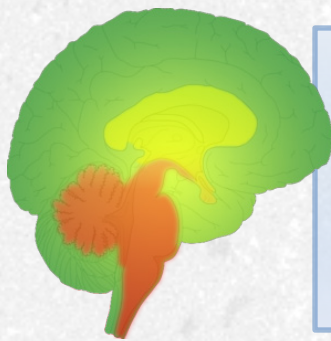
# ENERGETIC SYNTHESIS

## Physiology of Fear

When we understand how fear is created in the body, it is helpful in releasing the grip of anxiety and fear patterns. This is some basic information of how the body physiology is affected by fear and trauma and how that is exploited by dark forces.

### Hardware: Three Brains

Our biology has three distinctly different processors of energy and information, or brains. We are aware of our thoughts and emotions, but we are less aware of what the survival brain is doing, and how this is affecting the way we feel.



- Outer:** Neocortex, Analytical  
– Logical (conscious)
- Middle:** Limbic System, Rational  
– Relational (conscious)
- Inner:** Brainstem, Survival  
– Sensory Motor (unconscious)

The survival brain is the one that takes your hand off the stove, before the other two brains realize that you have burned your hand. It is incredibly fast at responding to what is happening in our environment, in order to keep the body safe. It's like each human body comes with a pre-loaded

software program that says keep this body alive. So what is going on in the lower brain, below conscious radar?

### Software: Survival programs

The lower brain basically runs in three modes: relaxed, fight-flight, and freeze. Again to keep it very simple, using a stoplight as a model. (from Stephen Porges, Poly-vagal Theory).



- Red:** Life Threat – Freeze  
Immobility Response
- Yellow:** Danger – Fight/Flight  
Mobilization, Self-Protection
- Green:** Safe – Relaxed  
Socially engaged, Rest and Digest

When we are in green, we are relaxed our heart and respiration are slow, we can digest our food, we can nap, we enjoy being with loved ones, can relate to them. The moment the lower brain feels there is danger; it moves the biology into yellow. The vagus nerve shuts down all the organs below the diaphragm, and speeds up the

ones above the diaphragm. We get an immediate increase of available energy, or superhuman strength, enough to lift a small car off of a child. This is an amazing thing the body can do in a split second. Our bodies were designed to do this for very brief periods. We don't want to get stuck in yellow, where we cannot digest our food, we cannot sleep, and we cannot enjoy our loved ones or relate to them. There are usually two reasons we get stuck in fight-flight. We are living in an unsafe situation, and the accurate assessment is that we are in danger. Or two, we



# ENERGETIC SYNTHESIS

have an unresolved trauma from the past, which the lower brain feels is happening now, in the present moment.

Being in the Red zone is rarer. This is where the lower brain perceives that the body is not going to survive the experience and shuts it down. The body becomes immobilized to play dead, anesthetized to minimize suffering, and the consciousness often leaves the body, or is disassociated from it. Again, this is an amazing biological accomplishment in a split second. We see this with high impacts, with early and chronic abuse, such as SRA, and in war and torture. The eyes are vacant, the voice is monotone, and the body is lifelessly still, meaning there is no fidgeting or normal movement in the body.

## Self-Assessing

Since our human family is now living in the yellow zone so much of the time, let's look more closely at the spectrum of yellow, and the difference between fight and flight. We are looking at increasing levels of activation in the nervous system. On a scale of 1-10, we can have low-level activation, which is a feeling of unease on the flight side and irritability on the fight side. In the mid-range, we have anxiety on the flight side and anger on the fight side. At the high end we have rage and panic, getting closer to threshold, where the body switches into red or freeze. In a "blind rage" often a person can't remember what they did.

## Creating Conditions

The issue about the survival brain is that we cannot fake it out. If we want to relax, we actually have to create the conditions for the physiology to move into green. If we live with a predator, if we work under a predator, if we do not have our basic needs met, we are going to be in yellow. So part of being able to clear fear, is to make choices that help the brain and nervous system feel safe. So on a 3D level, we have to make healthy choices about what is safe, if we are having anxiety.

<b>FREEZE</b> Anesthetized, Playing Dead		
FLIGHT	mobilization	FIGHT
Panic	10	Rage
Anxious	5	Anger
Un-ease	1	Irritable
<b>RELAX</b> Rest and Digest		

## Implicit Memory

Current estimates are that the lower brain is taking in about 40,000 data bits per moment. This is far too much material to push into our conscious awareness. We get an estimated 25-35 of these data bits registering on a conscious level. This is what we refer to as the hard drive of our unconscious mind. It is recording everything. This is called implicit memory, rather than explicit, or conscious memory. The hard drive records past threats, in a special category, so that if a similar cluster of data bits arise that were present when something bad happened, we get the jump on it, and go into the yellow zone more quickly.



# ENERGETIC SYNTHESIS

## **Shaping of Collective**

It is easy to see how an understanding of implicit memory, can be manipulated by those who would like to keep people in fear, keep our physiology in the yellow zone. In yellow we are less able to respond to the present moment, our awareness gets collapsed into looking for what is going wrong, we no longer see beauty, feel comfort, or experience balance in life. Just look at media: news, movies and television, to assess where mainstream is trying to set our nervous systems, at the higher levels of stress, 6-7-8? The culture of yellow has been in the making for a long while.

## **Traumatic memory**

A woman who was sexually assaulted in a cedar room, may develop an aversion to the smell of cedar without making the connection. Whenever she smells cedar, the survival brain will shift her into yellow, as a precaution. She will become anxious, and depending on her choices, will seek comfort in safe people or places, or self-medicate with drugs or alcohol, and maybe pick someone up in a bar. Until this trauma is cleared from the hard drive, these triggers interfere with her ability respond to the now moment. Trauma is not in the event, it is in the nervous system. The trauma memory will keep showing up in the present, until it is cleared.

## **Manipulation**

In a similar way, the NAA may imbed implicit-memory data-packets from past cataclysms in our current timeline, playing on our implicit-memory to create anxiety in the masses. This works, because we have no memory of those events, so who could possibly figure it out? The cellular memory of an exploding planet can be elicited, at the end of the cycle, without the masses knowing where their anxiety of cataclysm is coming from.

In the ego personality matrix of 1D-2D-3D, this is the game played in the nervous system, using the lower aspects of the brain, to trigger a survival reaction. Until we are able to clear fear, which often means clearing trauma, we are susceptible to triggers from implicit-memory packets.

## **Soul and Monad**

As we move into the soul matrix, (4D-5D-6D) fears have less influence, and even less in the monadic matrix, (7D-8D-9D). Now that the transtime continuum is opening access into other timelines and dimensions that were not previously available to us, people who have been living in the soul or monad, may find themselves feeling triggered. They may be dealing with new implicit-memory packets from parallel and other universal timelines. Rather than feeling like we are losing ground, and have lost our centers, we are actually just hitting larger chunks of the trauma memories from further out.

## **During Stress, Back to the Basics**

This information is shared from the perspective that being better informed gives us more choices in how to respond. When we find ourselves stressed out, tending to basic needs,



# ENERGETIC SYNTHESIS

creating safety and sanity really helps. We have noticed with the galactic crew, that sometimes we skip over the basics, and want to make everything about the higher energies. There are times when we have to reassure the body, by creating the conditions for it to feel safe again. Once we are out of the yellow zone and not reacting, we can then choose the best course of action.

We hope that this information about the three brains and the stop-light zones will shed some light on what is happening when our nervous systems are getting jacked up. Why this can feel so visceral. During times of stress, if you are anxious slow down, drop in and ask what just happened? What was the trigger? If you can't connect it to something conscious, consider that it is connected to implicit-memory, a data packet from a future or past timeline that just got triggered. Treat it the same way, still clearing fear, pain and trauma from the hard drive.

## **Dark Forces and Possession**

It is important to understand that living in fear makes us susceptible to dark forces and possession. If we are not living in the green zone, or at least returning to green after trips into low to mid-range yellow, we are at higher risk of being manipulated with by outside forces. If we can be fully present, we can assess what is coming at us. If 20%, 40% of our awareness is hijacked by danger signals from a past timeline, bleeding into the present moment, we are less able to assess our current situation.

**Dark Arts:** We have seen lots of folks come in to ES, opening up and growing their light body quickly, without understanding how to close doors to interference. Some of the younger ones may still try to party, ripping holes in their aura, or not be 100% in their ethics, or have some other vulnerability. As their light body becomes more visible, changes in color, they become targets for dark forces. When they experience being attacked, then it begins to hit home, that they have to change their lifestyles, and be 100% congruent to what they align with. Once they get some firsthand experiences with negative forces, they naturally want to grow stronger, in order to avoid psychic attack. This can be a sobering time, in understanding the larger context on earth, and seems to be a natural part of the process.

**Possession:** In our experience the majority of people who experience dark possession have had significant trauma. They may have been living in the yellow zone since birth, or for lifetimes, without any real sense of safety. Often they have not had a physiological experience of being relaxed in the green zone. They don't know what safety feels like, so do not know how to choose safety in where they spend time, or who they spend time with. Instead they assume everyone is unsafe, that's just life, and unknowingly leave the doors open to even more dark interference.

In this case, they may need to work in clearing the ego personality matrix for a while. To learn how to cultivate the green zone and to begin to spend more time there. It is a total re-orientation process, to stabilize the body and nervous system. Once that is in place, then the nervous system can accurately feel again, without everything being mixed with pain and suffering. This is a type of stabilization work, and is building the foundation. We are seeing more and more of this in many people in the world. So let's have some extra love and





# ENERGETIC SYNTHESIS

compassion for these folks. It is very hard for them to work the tools and pick up the larger context, when their perceptions have been narrowed into the survival range, and their nervous systems are completely and habitually jacked up.

## **Higher Sensory Perception**

The information above is focused on the 3D experience of our brain and nervous system. But the nervous system is plugged in to every dimension. As we expand into higher dimensions of conscious awareness, our physical bodies experience sensory and motor program changes. The lower brain is less involved in running physical survival programs, as safety is found through our inner connection to God Source. It is through the nervous system that Higher Sensory Perceptions come online. This helps to free the automatic reactions that have been programmed into the lower brain from previous trauma experiences.

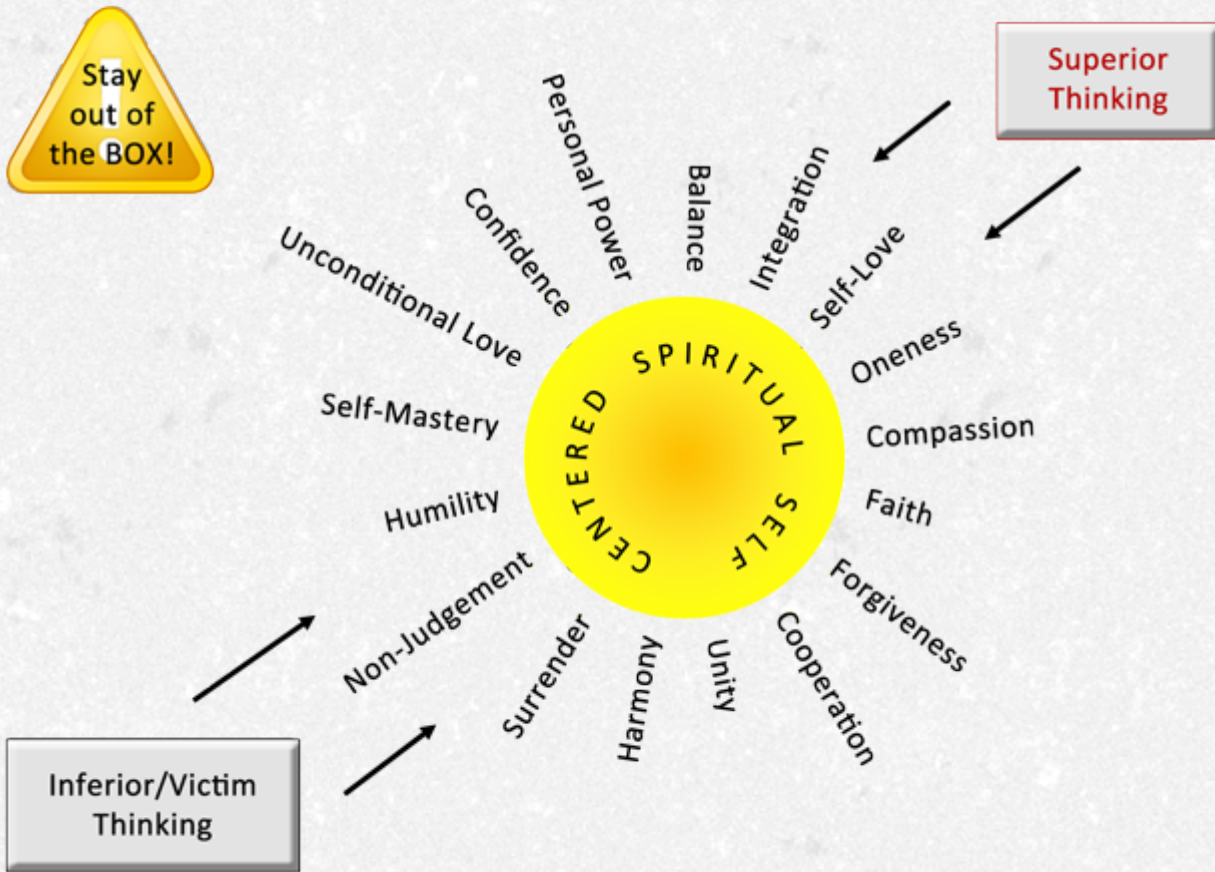
It is an intense learning curve to understand how trauma is a tool used by some to intentionally fragment people, in order to disrupt soul and monadic embodiments. With the recent Ascension frequencies and the changing of the Laws, we are able to clear trauma more quickly now, as there is more safety for us to be who we truly are. Now that you better understand the physiology of fear, let's move on to learn some quick tools on how you can change gears in the way you think.



# ENERGETIC SYNTHESIS

## Antidote to Mind Control

### The Antidote To Mind Control is Psycho-Emotional Centering



#### How to Re-Label Thoughts as “Positive” or “Negative”

The above is a graph of a Psychological Centering Model to use to better gauge thoughts that are recurring in either polarity. The two main polarity groups the brain likes to occupy itself with are “Superior” or “Inferior” thoughts. When using your Mental Discipline Refocus technique 1, identify the thought as stemming from Ego (Reptilian) Brain and Revalue it from its control over your emotional body and your other selves. When you drop into either an Inferior or Superior thought-form immediately label it as Negative Ego and Dis-Identify with the thought as defining your value or true nature. Do not let negative thoughts control you. Refocus and affirm the correct thought pattern.



# ENERGETIC SYNTHESIS

Success happens when you do not allow yourself to go into “Auto Response” triggers. Identify the “trigger” thought-form and immediately “Re-label” it as it is happening in your perception. The faster you identify the trigger and stop letting your mind go on “auto-pilot”, the faster you will see success through “relief”. The goal is to not feel a negative response or emotional charge to any thought-form that used to trigger negative thoughts, such as panic and anxiety. You want to remain in neutral association to the trigger thought pattern. When you correct the thought, you can mentally command neutral association to the pattern to correct it.

What is your priority in your life? Where do you place your attention and focus?

Without a clear foundation set for developing the inner core essence as our first priority, we can be bombarded with energetic slime and become a doormat, sacrificial lamb or parasite food. This causes our energetic body to be clouded with astral debris and therefore exist within a confused state of inner perception. Being unclear and directed from ego judgment in any kind of perception, whether towards yourself or others, is energetically draining and completely unsustainable in the new energy platform. For these reasons we must learn to become aware of our thoughts and emotions, as well as our behaviors and the impact they have on ourselves and others.

Developing self-awareness does not happen through reading books or mental concepts. It is through specific activities and feeling experiences that we are able to increase our power of observation. It is the power of observation or witnessing, that gives us the personal power to change our core beliefs (when we are made aware of them) that may be destructive or create blockages to connect with our inner spirit.

How do your thoughts and words impact how you feel?

How do your instinctual desires unconsciously drive your behaviors?

How do hidden core beliefs affect your day to day happiness?

Do an inventory of personal thoughts and identify them as **Inferior or Superior\*\***, or as love thoughts or fear thoughts. Make a choice right now which thoughts you want to own and those you want to discard. As a goal use the above spiritual self-centering model to keep your mind balanced and stay in centered loving and neutral thoughts. How long can you stay there in the center? Make it a goal to improve your ability to stay within the essence and energy of the keywords that maintain your spiritual center. Bring yourself back to center with breath, and applying neutral association to circumstances when you fall out of inner balance.

**\*\*Superior Thinking:** Intolerance, Impatience, Arrogance, Manipulation, Attack, Anger, Judgmental thinking

**Inferior Thinking:** Worry, Low Self Love or Esteem, Jealousy, Guilt, Hurt, Fear, Attachment, Martyrdom



# ENERGETIC SYNTHESIS

## Good Emotional Tool for Immediate Circumstances:

- Patience (pause, step back, take a breath.)
- Surrender to the process (The spirit is at work again! I will get myself out of the way)
- Acceptance (I may not like it, but that is okay, I am at peace because something larger is at work)
- Forgiveness (Tell the story, feel your feelings, Revalue them and shift perspective)
- Be Here Now! Be Here Now! Be here Now!

## Emotional Release Technique- Catharsis

For a complete emotional release you may want to ask yourself a few questions about a few of the social experiences creating frustrations.

After each question is complete and you have answered it (prefer to write it out), REPEAT out loud STEP A.

- What is your pay off for your disease/pain?
- What people do you need to forgive?
- What do you feel guilty for?
- Do you have the wisdom to know the difference?
- What can you change, what do you need to accept?
- Are you being totally honest with yourself?

### STEP A:

Even though I feel/ or have this (Answer to each question)\_\_\_\_\_I deeply and completely accept myself.

### STEP B:

Use to repattern/refocus every time you have an anxious or negative thought. State it as your intention in the AM when you wake up.

I stand in my truth. I move forward with joy. I have spiritual understanding.



# ENERGETIC SYNTHESIS

## Shifting Mental Pain

### *Shifting Mental Pain with Interpretation Analysis*

**In order to clear and shift mind control and negative thoughts from running one's life, one must identify them as the symptoms of the planetary and personal consciousness evolution.** This time on earth, more than any other time in human history, is an incredible push towards consciousness participation for humanity to regain spiritual liberation. Liberation is free from the effects of negative thoughts and free from emotional suffering. Each time you shift an emotional response from anger or judgment to love, joy, gratitude, and acceptance, you are doing global service work at a personal level.

There is an attitude of interpreting life that will bring you inner peace, calmness, joy, happiness, unconditional love, equanimity regardless of what is going on in your life and the outside world. There is another attitude of interpreting life that will make you feel upset, angry, irritable, impatient, moody, emotional, unstable, and depressed. These are two examples of choices one can make at every moment when interpreting our life experiences. Neither of these emotional states have anything to do with what is actually going on in your life or in the environment. It has everything to do with how one is interpreting one's life.

Every chronic state of mental pain that is generated through anger, fear, or worry is an opportunity for one to see the places where love, forgiveness and self-acceptance is required to heal. This pain or fear shows us the areas we need to transcend in order to evolve from beyond the ego's mental control over our lives, and into being guided by the higher intelligence of our inner spirit. As long as we resist the inner work necessary to clear fear attitudes and their pain responses, we remain spiritually stagnant. When we hit cycles of spiritual stagnation, we will feel immense pain or discomfort that will force us to address that pain in order to be liberated from it. Spiritual development is not always comfortable, and many of us are going beyond our comfort zone at this time, in order to progress to the next level that our spiritual self is demanding from us. If there is spiritual stagnation present, one will be pushed hard to transform. This is a byproduct of spiritual ascension on our planet and that discomfort shows the pathway to developing and refining the path of liberation, which is only found by following your inner spirit.

The Higher Spiritual Intelligence necessitates that we only have preferences by releasing control to the outcome of events in lives. This is a process of surrendering and known by the phrase, Let Go and Let God. If we become attached to a person, place or thing, or the outcome, manipulation and interference is a byproduct of that attachment. Attachment is an ego control mechanism based in deep fear. If we are attached to something and it is creating spiritual stagnation, that object will be removed from our lives so we can refocus ourselves back on the inner spirit. This is also why practicing having "preferences" over ego attachment will be a much easier process, with less emotional pain. If we get the lesson the first time, the lesson does not have to be repeated.



# ENERGETIC SYNTHESIS

Inner peace is a state of mind that accepts the current state of circumstances as it is, without judgment. When faced with adversity one looks for the opportunity to learn its lesson, in order to move past old recurring patterns. This expands our consciousness as we transcend previous limitations. When we move through our fears and perceived limitations we gain incredible amounts of personal power through enhanced self-esteem. When we know we have the power of our spirit within us, we know we are cared for and that things in our life will work out.

We all have the power of our eternal spirit within us to guide us and keep us safe. The 12D shield process is the beginning of which allows us to begin a deeper communication link with this aspect of ourselves. However we must learn to remove fear and mental bondage in order to be liberated from its control over the body. The body must be prepared to embody the spiritual light, and with that fear programs and negative thoughts must be removed.

As one feels guided, if mental programs have been difficult to control, here is an exercise provided below to bring them to one's surface awareness. As we acknowledge these thoughts as stemming from negative ego, similar to facing the ghosts that have been haunting the shadows of our mind, we can see the ghost for what it is. When we face it clearly, revealing it from its hidden shadows, its power is diminished and it ceases to have the ability to terrorize us.

Shadows are only powerful when they remain hidden and buried, as the shadow masquerades in falsity that uses fear to torment us with lies. Be brave to reveal them and place them to face your real spiritual self. The Eternal Self, as I am God I am Sovereign, I am Free!

Our personal sovereignty awaits us through the release of fears by applying personal responsibility to our thoughts and emotions. Choose your authority now, knowing that you are a God, Sovereign, Free Being.

Describe your total responsibility for the Fear (and any of your physical imbalances)

Describe the addictions, obsessions and negative thoughts you will stop NOW:

Describe your spiritual connection to the universe:



# ENERGETIC SYNTHESIS

Describe the Behaviors you will start:

Describe the Behaviors you will stop:

Describe your process of detachment:

*When feeling mentally overwhelmed, return to read what you have written. Review the responsibility you agreed to have and the commitment you have made to yourself to be liberated from the bondage of the mind. Continue to practice now moment awareness and many other tools available on our website.*

During this time let the world unfold and reveal its pathway without pushing to attempt to figure it all out. Allow things to be what they are, allow people to be where they are at. When personal expectations are shattered from having attachments, practice the skill of allowing. Allow it to be the way that it is. Relax, Let Go and Allow.

May these times bring peace to reside deeply in your heart.



# ENERGETIC SYNTHESIS

## Strategies for Controlling Stress and Anger

### Practical Tips and Strategies for Controlling Anger and Dealing with Angry People

Everybody gets angry, but out-of-control rage isn't good for those around you, and it plays havoc with your own body and attracts negative entities. Here are some tips to help you relax and release tension.

#### Relaxation

Simple relaxation tools such as deep breathing, meditation and relaxing imagery can help calm down angry feelings. If you are involved in a relationship where both partners are hot-tempered, it might be a good idea for both of you to learn these techniques. Do not try to discuss things when tempers are flared, allow each other to take some space and return to the conversation when feeling calmer. Focus on gaining more self-control in these situations.

Some simple steps you can try:

- Breathe deeply, from your diaphragm. Breathing from your chest won't relax you. Picture your breath coming up from your 'gut.'
- Slowly repeat a calming word or phrase such as 'relax' or 'take it easy.' Repeat it to yourself while breathing deeply.
- Use imagery or meditation; visualize a relaxing experience from either your memory or your imagination.
- Non-strenuous, slow exercises such as yoga can relax your muscles and make you feel much calmer.

Practice these techniques daily. Learn to use them automatically when you're in a tense situation.

#### Cognitive Restructuring

Simply put, this means changing the way you think and not holding onto anything. Angry and disconnected people tend to curse, swear, or speak in highly colorful terms that reflect their inner thoughts. When feeling angry, one's thinking can get very exaggerated and overly dramatic. Try replacing these thoughts with more reasonable and calm ones. For instance, instead of having an inner dialogue, 'Oh, it's awful, it's terrible, everything's ruined,' tell yourself, 'It's frustrating, and it's understandable that I'm upset about it, but it's not the end of the world and getting angry is not going to help fix it anyhow.'

Be careful of words like 'never' or 'always' when talking about yourself or with someone else. 'This machine never works,' or 'you are always forgetting things' are not just inaccurate; they also tend to make you feel that your anger is justified and that there's no way to solve the problem. They also alienate and humiliate people who might otherwise be willing to work with you on finding a solution.





# ENERGETIC SYNTHESIS

For example, suppose you have a friend who is constantly late when you have made plans to meet. Don't go on the attack; think instead about the goal you want to accomplish--getting you and your friend there at about the same time. Avoid saying things like, 'You're always late! You're the most irresponsible, inconsiderate person I've ever met!' The only goal that accomplishes is hurting and angering your friend.

State what the problem is, and try to find a solution that works for both of you; or take matters into your own hands. Remind yourself that getting angry is not going to fix anything that it won't make you feel better (and may actually make you feel worse).

Comprehension of the larger picture of events defeats personal anger, because anger, even when it's justified, can quickly become irrational or mentally obsessive. Commit to see the larger picture, depersonalize the events, and remind yourself that to bring peace into your daily life, one must practice being peaceful. Remind yourself that the world is not 'out to get you,' you're just experiencing some of the rough spots. Do this each time you feel anger getting the best of you, and it'll help you get a more balanced perspective. Also use the negative ego clearing tool, 5 steps to clear negative ego. Learn how to refocus your mind to positive outlets.

Angry and disconnected people tend to demand things: fairness, appreciation, agreement, willingness to do things and control things their way. Everyone wants these things, and we are all hurt and disappointed when we don't get them; but angry people demand them, and when their demands aren't met, their disappointment becomes anger. As part of their cognitive restructuring, angry people need to become aware of their demanding nature, and translate their expectations into desires being respectfully communicated. In other words, saying 'I would like' something is healthier than saying 'I demand' or 'I must have' something. When an angry, disconnected person is unable to get what they want, they will experience the common reactions--frustration, disappointment, hurt. Some angry people use their anger as a way to avoid feeling hurt, but that doesn't mean the hurt feeling goes away. Most of the time their anger outburst is buried on top of many unresolved emotional conflicts and wounding they avoid addressing.

## **Problem-Solving**

Sometimes anger and frustration are caused by very real and inescapable problems in our lives. Not all anger is misplaced, and often it's a healthy, natural response to these difficulties. The best attitude to bring such a situation is to focus not on finding the solution but rather on how to handle and face the problem in the moment. Suppressing anger is not productive, acknowledge the feeling and find a way to release the tension and stress without harming others around you.

Make a plan and check your progress along the way. (People who have trouble with planning might find a good guide to organizing or time management helpful.) Resolve to give it your best, but also not to punish yourself if an answer doesn't come right away. If you can approach it with your best intentions and efforts, you will be less likely to lose patience and fall into all-or-nothing thinking, even if the problem does not get solved right away.



# ENERGETIC SYNTHESIS

## **Better Communication**

Angry people tend to jump to--and act on--conclusions, and some of those conclusions can be completely fabricated or assumed as accurate when they are not. The first thing to do if you are in a heated discussion is to slow down and think your responses through. The key is to learn how to respond rather than react. Don't say the first thing that comes into your head, but slow down and think carefully about what you want to say. At the same time, listen carefully to what the other person is saying and take your time before answering.

Listen, too, to what underlies the anger. For instance, suppose you like a certain amount of freedom and personal space, and your 'significant other' wants more connection and closeness. If he or she starts complaining about your activities, don't retaliate by painting you partner as a jailer, a warden, or an albatross around your neck.

It's natural to get defensive when you're criticized, but don't fight back; instead, listen to what lies beneath the words. Learning to become a better listener will improve communication skills and conflict resolution considerably. Perhaps the real message is that this person feels neglected and unloved. It may take a lot of patient questioning on your part to uncover this, and it may require some breathing space, but don't let your anger--or a partner's--make a discussion spin out of control. Keeping your cool and calm can keep the situation from becoming disastrous.

## **Using Humor**

Being silly or playful can help defuse rage in a number of ways. For one thing, it can help you get a more balanced perspective. When you get angry and call someone a name or refer to them in some imaginative phrase, stop and picture what that word would literally look like. If you're at work and you want to call a co-worker a 'dirt-bag' or a 'single-cell life form,' for example, picture a large bag full of dirt, or an amoeba, sitting at your colleague's desk, talking on the phone, and going to meetings. Do this whenever you want to call another person by a rude name. If you can, draw a picture of what the actual thing might look like. This will take a lot of the edge off your fury; and humor can often be relied on to help un-knot a tense situation.

The underlying message of highly angry people is 'Things should go my way!' Angry people tend to feel that they are morally correct, that anything blocking or changing their plans is an unbearable indignity that they should NOT have to tolerate. Maybe other people do, but not them.

When you catch yourself feeling that way, the more chance you have to realize that maybe you are being a little unreasonable; you'll also realize how unimportant the things you're angry about really are.

There are two cautions in using humor. First, don't try to just 'laugh off' your problems; rather, use humor to help yourself face them more constructively. Second, don't give in to harsh, sarcastic humor; that's just another form of unhealthy aggression.



# ENERGETIC SYNTHESIS

What these techniques have in common is a refusal to take yourself too seriously. Anger is a serious harmful emotion, but it's often accompanied by ideas that, if examined deeper, can make you laugh.

## **Changing Your Environment**

Sometimes it's our immediate surroundings that give us cause for irritation and fury. Problems and responsibilities can weigh on you and make you feel angry at the trap you seem to have fallen into, and all the people and things that form that trap.

Give yourself a break. Make sure you have some 'personal time' scheduled for times of the day that you know are particularly stressful. For example, a working mother might make a standing rule that when she comes home from work, the first 15 minutes will be quiet time. With this brief respite, she will feel better prepared to handle demands from her kids without blowing up at them.

Some other tips for easing up:

- **Timing.** If you and your spouse tend to argue when you discuss things at night--perhaps you're tired, or distracted, or maybe it's just habit--try changing the times when you talk about important matters so these talks don't turn into arguments. Be as loving as possible.
- **Avoidance.** If you get furious every time you walk by your child's chaotic room, shut the door. Don't make yourself look at what infuriates you. Don't say to yourself, 'Well, my child should clean up the room so I won't have to be angry!' That's not the point. The point is to keep yourself calm and deal with stress better.
- **Finding alternatives.** If your daily commute through traffic leaves you in a state of rage and frustration, give yourself a project. Perhaps you could find a different route, one that's less congested or more scenic. Or find an alternative way to travel, such as taking a bus or commuter train. Look for alternatives and find peaceful methods to resolve them as you can.

Use the Golden Rule treat others as you would like to be treated and notice how things shift in your life!



# ENERGETIC SYNTHESIS

## Radical Forgiveness

### Radical Forgiveness in Breathwork (Clear Rackets)

We are continuing to be repositioned and shifted so that our energy bodies (and our consciousness) are congruently aligned in the new timeline architecture as well as the "new energy foundation" moving forward. This planet is undergoing a continual momentous change with pinnacle energies. As we continually undergo "micro-adjustments" in just about every area of our inner person and lifestyle - we are witnessing more of the patterns and phenomena of our past cellular memories surface. These memories are both ancient and recently personal, they are stemming both from our "multiple" self-experiences (the many human incarnation experiences of the same patterns) and that which have defined us to accept the belief that we are a part of the human race having an experience on the planet Earth. As a species we have many concepts or archetypes we believe to be true that define our human identity. These are being challenged deeply now. All of these patterns are being refined during this time to give us the opportunity to see what we need to change or heal inside ourselves. This is a time where we must learn to create our "new" reality from an entirely new palette of color, an entirely new way of thinking and being in this world.

**As you pay attention to these old patterns you may begin to see them as repeated patterns of memory embeds that influence your thoughts and feelings. Their unresolved distortions deeply impact our mental, emotional and social aspects at so many different levels, which can potentially create dysfunctional imbalances. These mental and emotional imbalances within simultaneous create deep energetic imbalances and blockages within our energy body and aura. The mental games and control programs that are run by our unconscious self, those larger behavior patterns that are set by and accepted by mass society are coming into blaring review at this time. We have to see who and what is running a "racket" into the mental body of our unconscious mind and allowing its fear to be programmed into our emotional body.**

*A "racket" is a corrupt mental program running in our conscious or unconscious self that justifies itself into being to protect the psyche from its deepest and darkest fears. It is very tricky and manipulative. However we are being able to clearly "see" these "rackets" running as the "new energy foundation" will not tolerate nor support them. Running rackets are the antithesis to embodying personal integrity, and in order to be congruent with the core essence and the nature of our true self, we have to be fully disposed of these "rackets".*

This is a time of "Reality Check" so that we can see what damage has been done and take stock of what we have left to process so we can live by and speak in the deepest truth and integrity that we are capable. Blind spots in our awareness or the perception we hold of others that keep us in denial and living inside the deceptive "psychological defense programs" (or these mental rackets) cannot continue. We are being rid of layers of drama, trauma and defense mechanisms that we have operated as a part of "being human". As the first part of the Ascension Wayshower's we are doing this clearing in depth now. It may show up as a part of healing the larger macrocosm or healing something in your personal life, however its mechanism is the same. All of humanity is subject to running these mental "racket" programs. This process can be



# ENERGETIC SYNTHESIS

painful as it requires you give it all up at the "Altar", nothing is held back, nothing is sugar coated, nothing is veiled from your ability to see or live by the "truth" as you know it. All we need to do is drop any resistance and let the circumstance "self correct" as we participate by witnessing the pattern as it is being shifted or completely dissolved. (It is also dissolving the membranes that create energetic separation inside of us, so that we can be more " whole" within and therefore also be more "whole" in our interaction with others. ) This can be intense for us so taking the necessary "time out" and being gentle and forgiving in these circumstances is the practice of being in self energetic mastery.

The aggression of the controller's agenda will reach a new level of amplification. This amplification will be especially with the "Victim- Victimizer" software. We may have been already sensing the quality of this chaos, disruption and war mongering in the external worldscape. These memories are extremely painful, coupled with the recent events which bring to the surface the extremely dark energy around previous wars, such as the Holocaust, massacres, and blood ritual. These war patterns keep repeating themselves on our planet until humanity learns to awaken from its mistakes by learning the lessons of the past.

Taking care of yourself and working your mental healing tools to maintain compassionate yet neutral association with these events is critical to be relieved of suffering. Try to defer pain to understand this may be the larger "macrocosm event" influencing your body and stay vigilant to keep your mental and emotional body clear. Send love, forgiveness and prayers of peace when you can. Apply daily meditation to relax the mind and body. Be aware of the necessity of practicing forgiveness to heal your life as it is very important to continue to move forward. Many times our physical body and energy bodies will reach intense levels of inner pressure. (this is the merging alignment of the higher light bodies into the physical flesh) This is in order to catalyze the alchemical shift that is required to explode that damaged cellular memory out of the body and clear it from the genetic material. In some rough moments it can feel as if you are being squeezed through "cheesecloth".

This is a time for radical forgiveness towards yourself and others. With the following we provide a helpful exercise for those moments when mental rackets or triggers propel a state of negative thoughts. Stay calm and breathe.

## WHEN TRIGGERED INTO NEGATIVE OR UNLOVING THOUGHTS TOWARD YOURSELF:

Breathe in and slow down your body by applying breath. Take in a deep inhale four counts, hold in four counts, Exhale four counts. Do this for 4-8 counts until you feel totally out of your mind programs and in your full "presence" of breath. The NOW presence. The goal here is getting you OUT of your mind program and into your PRESENCE. This can happen when you apply breath. Your mind has to release. Reprogramming is most effective when done outside of the mind, when you are engaged in the "observer" mode of your full present consciousness.



# ENERGETIC SYNTHESIS

Now Invoke:

I forgive myself that I have accepted and allowed myself to experience \_\_\_\_\_.

(Min 3 sets, then do or work with the breathing exercise again if you feel you have lost “now” moment presence- for a total set of nine commands for each item chosen)

You choose the item you feel is most pressing for each “set” of the exercise. You may want to alternate daily or work on one issue you know is pressing consecutively for 21 days until you feel emotionally freed from the memory or pattern. You can choose. Some sample suggestions:

1. Lack of Self Love or Acceptance.
2. Lack of personal power or fear
3. Entities and people sucking my life force.
4. Self-doubt and worry

**AFFIRM: I AM THE POWER, MASTER AND CAUSE OF MY EMOTIONS!**



# ENERGETIC SYNTHESIS

## Finding Inner Peace as a Lifestyle

Many people are undergoing extreme internal and external chaos during the frequency shift and the resulting changes it imposes on one's lifestyle. The forces of transformation are chaotic and confusing to an unprepared mind and body. For those that are called to awaken, the Ascension cycle imposes the dismantling of previous ego identities and their predisposition to create the condition of stressful and imbalanced lifestyles. When we are stagnant in our life, running a treadmill of repeated patterns, these patterns repeat over and over, and that oppresses and suppresses our consciousness growth. This makes a human being feel truly unhappy and isolated from connection and meaning. Being stagnant in our identity, routine and daily schedule, also suppresses our personal development. When we commit to use tools for personal development, we may learn how to regain our true humanity and find value in the principles of expanding and protecting life force. Expanding and protecting Life force is the energetic currency of the coming times, and too many of us have prostituted our life force for material things that have no value to the soul. This stagnation of the soul, promotes anti-life values and spiritual oppression. This oppression weighs even heavier on a burdened mind, and therefore a burdened body. A burdened body and cluttered mind becomes unhappy, disconnected, and chaotic and then sick. **Sickness of the Spirit-Soul stems from the Sickness of the mind.**

When a mind is gripped in sickness from its burdens that it does not release or let go, its many results are:

- Obsessions
- Ruminating
- Panic Attacks/Fear
- Delusions (thinking about hypothetical situations over and over)
- Confusion
- Pathologies erupt to cope with reality
- Addictions and substance abuse

**Like many challenges in life, letting go of negative emotions, negative thoughts and clearing your mind is much easier said than done. However with consistency, tools and practice, anyone can learn to clear their mind and let go of mental obsessions in a way that works for you personally. This takes some dedication to devote to one's desire to want to have peace in one's life, no matter what the external circumstances.**

Personal anger and blame is not productive for anyone that is unhappy with some person, or circumstance in their life. To empower oneself, one must take responsibility for their emotions, thought forms and their interactions with others. Without personal responsibility one's life will descend into a spiral of pain, suffering, with excuses made for promoting negative behaviors. The person this hurts the most is the person generating the negative thoughts. No matter how much you are angered by someone else, that person is not nearly as impacted by your generated hate thought form than yourself. This is an action of self sabotage. Stopping the cycle is imperative to learning how to revalue oneself, revalue others and live a life that one can



# ENERGETIC SYNTHESIS

achieve a sense of inner peace and calm. From the inner calm which can be generated from a clear and calm mind, one can be present in the moment to enjoy what life has to offer right now. As you open to be in the now moment, one opens themselves to a multitude of opportunities that would not be seen nor perceived with a cluttered and confused mind. The more confusion, the more chaos, the more internal pain one will experience in themselves. All of us can stop this destructive cycle in our lives now.

## **Be Here Now**

This is called mindfulness in Buddhist tradition, which is the understanding of training one's mind to become fully present in the moment. It is a type of meditation to immerse yourself fully present in any activity that shows up in front of you. It involves slowing down and focusing on one thing, the thing that is present and in front of you now. If that thing is an activity, fully immerse yourself in that activity happening now.

## **Refocus**

The best thing one can do to clear one's mind when having trouble removing an obsession or rumination is to change focus. Bring a positive activity into your life to change focus, through exercise, chi gong, reading a book, listening to music, playing with a child. Take a break from stress and worry by refocusing yourself to be fully present to another activity.

## **Breath Work**

Retraining our nervous system and reprogramming our mind, is entirely possible through the application of breath work. If quieting your mind has become extremely difficult throughout the changing energetic terrain of the external ascension landscape, change your inner landscape by releasing your mind lock through this suggested breath work tool.

## **Meditation**

Consistent meditation practice is helpful in training an undisciplined and cluttered mind. Meditation can be applied in many different techniques, and is helpful for facilitating forgiveness and letting go of negativity in many forms. In the early stages of developing meditation skill, sit and relax and learn to observe thoughts passing through without having attachment to them. Once you notice the "thought" pattern, let it go and bring your focus back to the now moment.

## **Try Emotionally Cathartic Writing**

When one feels bursting at the seams from inner frustration, and the mind is anxious, it may be helpful to try to express all thoughts and feelings on paper. Writing them out may help one to be able to let them go and release them. Through journal writing or self-inquiry, one can delve deeper into the topic that is creating the mental anxiety. This way it allows for an examination of emotions and may allow inner epiphanies to become clearer, allowing for better emotional conflict resolution. When you are open to allow different alternatives to be received as potential resolutions, this allows the mind to shift out of its anxious pattern. Shifting out of





# ENERGETIC SYNTHESIS

these patterns is called cognitive restructuring, which resets brain synapse firing. Changing thoughts changes your brain chemistry, allowing new creative resolutions to old problems and making shifting out of old patterns possible.

Unraveling old behaviors can be extremely humbling and give one the sense of the true immense force that exists within the emotional body. It is important to witness them and try not to be overwhelmed or consumed by them. Here is a little exercise to assist in regards to closure and acceptance on all past patterns or circumstances. It is extremely helpful to give voice to what may be unresolved conflicts in your mind from being unexpressed and unacknowledged.

For each person or circumstance, here are the questions to ask yourself and write out completely:

1. List all resentments
2. List all regrets
3. Write all unsaid or undelivered communications
4. Anything you would have wanted to acknowledge that person or circumstance but did not. When it feels complete, burn or shred the paper and Invoke out loud:

I address my Greater God Self for Final Release and Disposition:

Please witness my Declaration of Power:

I resolve any and all vows and agreements that I have taken, anyone in this body has taken, and anyone within my genetic lineage has taken pertaining to:

Any vow of Illusion, Separation and Disharmony. Remove and Clear All Negative Implants, Ancestral patterning, Genetic patterning, improper karmic attachments to my (Insert Name of Person), known or unknown to me.

I claim my Divine Inheritance and Self Sovereign God Power NOW!

I now declare these vows and agreements as null and void in this incarnation and all incarnations across space and time, all parallel realities, parallel universes, alternate realities, alternate universes, all planetary systems, all source systems, all dimensions and the Void.

My Beloved Spirit, please release all structures, devices, entities, orientations or effects associated with these vows and agreement. NOW!

In deep love and gratitude, thank you!



# ENERGETIC SYNTHESIS

## Now Self Affirmations for Integration

Prepare your 12D Shield and take deep inhaling breaths. Focus on your heart and Inquire within on which Influence you need to focus healing today. Count the numbers and feel in your heart which number 1-12 animates in your feeling heart center. What is the Influence today? Intend to heal these influence with your inner spirit.

### 1. Clear Personality Influences

1. Now Self
2. Other Selves
3. Collective Mind
4. Ancestral/Genetic
5. Attachments
6. Fragments
7. All Combinations
8. Mind Slides
9. Obfuscator
10. Mind Control
11. Inorganic
12. Replace Organic

Focus on your heart and Inquire within on which Affirmation you need to focus healing today. Count the numbers and feel in your heart which number 1-33 animates in your feeling heart center. What is your Affirmation for today?

### 2. Now Self Integration Package

1. I AM the Power, Master and Cause of My Emotions.
2. I AM the Power, Master and Cause of My Mind.
3. I AM Comfortable with my Body, Within and Without.
4. I AM Integrated, Whole and Balanced.
5. I AM Responsible for Choices that are for my Greater Purpose. I AM in Flow with Life.
6. I AM Gods Perfect Expression. I express myself with Ease and Clarity.
7. I AM Worthy to Receive Love, Appreciation and Abundance as God Intended.
8. I AM Blessed and Content with my Life. I AM Living my Highest Purpose.
9. I AM filled with Appreciation and Gratitude For All Things in My Life.
10. I AM the Eternal Self and I Know Who I AM.
11. I AM Committed to the Expansion of Consciousness of Myself and the Planet.
12. I AM Aligned and Attuned to Mother/Father God and Allow that Love to Flow through Me.
13. I AM experiencing Benevolent Healing. I Trust in my personal relationship with God.
14. I AM Safe, Protected and Supported by God, in every area of my life.
15. I AM Divinely Guided, Accepted and Loved. I AM Included in God's Plan of Love, Light and Power.



# ENERGETIC SYNTHESIS

16. I AM Unique and Honor my Special Skills and abilities in Service to Others.
17. I AM a Valuable Person. I Value my Time and Energy, as my Path is important.
18. I AM the Source of my Abundance. I Focus my Love to Multiply God's Goodness in myself and others.
19. I AM Abundantly provided for when I follow my Heart and Highest Purpose.
20. I AM Releasing the Old and Embracing the New, I Cast my burden to God.
21. I AM Innocent. I Forgive myself Totally and Completely.
22. I AM always in the Right Place at the Right Time.
23. I AM Willing to see the Truth and go Beyond the Shadow of Fear.
24. I AM totally Congruent with my Spirit and Divine Purpose.
25. I AM Able to Receive more Love and Abundance, every day and in every way.
26. I AM A Success! I Allow myself to Feel and Experience my Success.
27. I AM Integrity. I speak the Truth in the Integrity of the Light.
28. I AM Gods Promise of Freedom, Liberation and Truth. I AM the Eternal Living Light.
29. I AM Congruent, Consistent, Centered and Responsible in all Aspects of My Life.
30. I AM Clarity, I AM making Evolutionary Choices that bring the Highest Expression to All.
31. I AM God. I AM Sovereign. I AM Free! I AM Unity!
32. I Accept the Male and Female within Me. I AM Perfect Balance.
33. I AM the Cosmic Sovereign Law Made Manifest. I AM the Cosmic Christ!

### 3. Instructions

1. Say this verbal Affirmation 3x at several intervals during your day. If more than one Affirmation has been given, rotate them in the sequence given.
2. Meditate with the coded Affirmation, and infuse it within your heart chakra.
3. Write the affirmation on paper and post it in your daily living area, work space or mirror. Look at it often. Intend to induct the integration package into your energy field. (For a minimum of 21 days)
4. Ask Guidance to view any Mind Control Obstacles to your Integration Package, and further, to release, memory, pain and constructs blocking your body, mind, emotions and spirit from its highest purposes.
5. When you feel process is complete, Thank and Release Guidance invited into your session to support healing Integration Package.
6. Sleep state will generate Integration Package for the Now Self. Set this intention before bedtime.



# ENERGETIC SYNTHESIS

## Breathwork Exercise

To Re-Educate the Autonomic Nervous System and Balance the Sympathetic and Parasympathetic Nervous System, Mental Relaxation Technique

**Daily** - Three times a day for 10 minutes or 20 Minutes Once daily

Lie down or find a comfortable position where you will be undisturbed for the allotted time. Breath naturally and easily, gradually letting your breaths become deeper and increasingly diaphragmatic. (Low belly filling up deeply, protruding on inhale and emptying upon exhale)

The goal is to focus on your breath Inhale and "feel" the in-breath as "cool" air inhaling and follow the stream of breath within your passages and exhale the "warm" air in out-breath through the nasal passages. The session goal is to begin a count of a total of 108 breaths Inhale and Exhale and ultimately maintain your focus on your breath without mental chatter disturbance. With consistent practice, one will begin to establish a "witness" function where you will be able to watch your emotional life, inner thoughts with much more objectivity and detachment.

Section your 108 Breaths into 4 counts (quadrants). Focus on your breath, Inhale and then Exhale, count Breath 1 and maintain focus through your count. If you find your mind wander, get distracted or begin inner dialogue, start back to Breath Count One and maintain as far as you may be focused throughout your breathwork session time. The Goal is to ultimately be able to complete the breathwork in one session sequence without needing to recount or restart session.

Maintain count and focus through each of the 4 quadrant sets without starting over, building your endurance and focus throughout the 4 quadrants to a full 108 breath session without needing to restart count..

Breath 1-27

Breath 28-56

Breath 57-73

Breath 74-108

After mastering this technique, focused or guided meditation and visualization techniques become much easier to achieve.



# ENERGETIC SYNTHESIS

## Meditation and Mindfulness Practical Tips

**Meditation is the skill of focusing 100% of your energy and attention in one specific area in the present moment. The consistent practice of meditation comes with a myriad of health benefits that include increased concentration, decreased anxiety, and a general feeling of wellbeing and connection.** Although a great number of people try meditation at some point in their lives, a small percentage actually are consistent with their dedication for the long-term. The most difficult period of reprogramming personal habits or unconscious behaviors is the first 21 days. If commitment and dedication are disciplined with persistence for over the 21 day period, generally it is much easier for the person to continue to maintain their meditation practice. The benefits and rewards of a meditation lifestyle become exceedingly obvious, and the state of inner peace and balance are much easier to achieve in all life situations. Quieting the mind, becoming present to the now moment are the cornerstones of a balanced human being.

The purpose of this article is to provide practical recommendations to help beginners get past the initial resistance and integrate meditation into your lifestyle:

1. Make it a formal practice. You will only get to the next level in meditation by setting aside specific time (preferably two times a day, am and pm) to be still. We suggest the 12D shield practice as a daily meditation.
2. Start with the breath. Breathing deep slows the heart rate, relaxes the muscles, focuses the mind and is an ideal way to begin practice.
3. Stretch first. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added attention to the body.
4. Meditate with Purpose. Beginners must understand that meditation is an ACTIVE process. The art of focusing your attention to a single point is hard work, and you have to be purposefully engaged with the process.
5. Notice frustration creep up on you. This is very common for beginners as intrusive or persistent thoughts interrupt our focus. When this happens, really direct focus in on your breath and let the frustrated feelings go.
6. Experiment. Beginners should be more experimental and try different types of meditation. Try sitting, lying, eyes open, eyes closed, there is no wrong position or method if it works for you.
7. Feel your body parts. A great practice for beginning meditators is to take notice of the body when a meditative state starts to take hold. Once the mind quiets, put all your attention to the feet and then slowly move your way up the body (include your internal organs). This is very healthy and an indicator that you are on the right path.
8. Pick a specific room in your home to meditate. Make sure it is not the same room where you do work, exercise, or sleep. Place candles and other spiritual or sacred objects in your room to help you feel at ease.
9. Read a book (or two) on meditation. Preferably an instructional guide AND one that describes the benefits of deep meditative states.



# ENERGETIC SYNTHESIS

10. Commit for the longer term. Meditation is a life-long practice, and you will benefit most by NOT examining the results of your daily practice. Just do the best you can every day, and then let it go!
11. Listen to instructional audios, videos and CDs.
12. Generate moments of awareness during the day. Finding your breath and “being present” while not in formal practice is a wonderful way to evolve your meditation habits.
13. Make sure you will not be disturbed. One of the biggest mistakes beginners make is not insuring peaceful practice conditions. If you have it in the back of your mind that the phone might ring, your kids might wake, or your coffee pot might whistle than you will not be able to attain a state of deep relaxation.
14. Notice small adjustments. For beginning meditators, the slightest physical movements can transform a meditative practice from one of frustration to one of renewal. These adjustments may be barely noticeable to an observer, but they can mean everything for your practice.
15. Use a candle. Meditating with eyes closed can be challenging for a beginner. Lighting a candle and using it as your point of focus allows you to strengthen your attention with a visual cue. This can be very powerful to maintain focus.
16. Do NOT Stress. This may be the most important tip for beginners, and the hardest to implement. No matter what happens during your meditation practice, do not stress about it. This includes being nervous before meditating and angry afterwards. Meditation is what it is, and just do the best you can at the time.
17. Do it together. Meditating with a partner or loved one can have many wonderful benefits, and can improve your practice. However, it is necessary to make sure that you set agreed-upon ground rules before you begin!
18. Meditate early in the morning or late evening. It is quieter, your mind is not filled with the usual clutter, and there is less chance you will be disturbed.
19. Be Grateful at the end. Once your practice is through, spend 2-3 minutes feeling appreciative of the opportunity to practice and your mind’s ability to focus.
20. Notice when your interest in meditation begins to wane. Meditation is hard work, and you will inevitably come to a point where it seemingly does not fit into the picture anymore. Chances are that losing the ability to focus on meditation is parallel with your inability to focus in other areas of your life!

Meditation is an absolutely wonderful practice in developing yourself and quieting your mind. It can be very difficult in the beginning. Use the tips described in this article to get your practice to the next level!



# ENERGETIC SYNTHESIS

## Gratitude Practice for Feeling Happier

Start a Daily Gratitude Practice to Feel Happier!

Here are some suggested tips at starting your daily gratitude practice and guidelines for feeling happier in your everyday life, no matter what challenges you face.

### 1. Commit to expressing Gratitude.

This is a spiritual practice that gains momentum and accumulates energy over time and with practice. The ego will find every reason under the sun why you can't possibly commit to do this practice every day. Practicing gratitude is like taking the trash out from your kitchen and replacing that by bringing the beautiful flowers from your garden back inside. This practice shifts the energy and vibration of your mind, body and emotional state. Gratitude doesn't seem to come as effortlessly as grumbling and complaining, which is common for an undisciplined ego mind. Waiting for the resistance to pass is futile and unproductive in setting up new and healthy habits for a positive lifestyle. Just do it.

Even when you are exhausted and can hardly summon up the energy to shift into a feeling and sensation of gratitude, when you have to force yourself to begin, this practice of gratitude still has great magnetizing power.

### 2. Just Do it.

Sit down with pen and paper or at your computer and start, "I am grateful for\_\_\_\_\_." Maybe you will have to stop there for a minute and wait because you just can't think of anything in that moment. Take a breath in, relax and allow the silence to surround you. Surrender to the moment. Something inside you will begin to shift. The feeling and the words to express them will eventually come. This force that you are tapping into is much bigger than you and it is bigger than your problem, no matter how big you believe that problem is. That tidal wave of fear that is overwhelming you - is not all there is. There is something so much larger and more powerful inside you than that. Your feeling of gratitude is a bridge shining light across those dark and troubled waters to lead you to a comfortable resting place on the other side.

### 3. Find ways to Say it or Write it down.

Sometimes, in all of our types of relationships with others, even when we are very busy, we can tell each other what we are grateful for during our conversations. Telling people how much we appreciate them, care for them, in any means of expression, whether writing emails or phone conversations, shifts our energies and how we receive back their energies. This will create mutual reciprocal energy exchanges.

### 4. Wrap yourself in Gratitude. Feel it.

Some days you will write or say words without actually feeling a shred of gratitude. That is fine and just allow yourself to witness that state. Just do it anyway. In the moments you do feel the sensation and you can summon up the feeling of gratitude in your heart, let it emanate and



# ENERGETIC SYNTHESIS

saturate through every cell in your body. Embody the feeling of gratitude in a color that infuses your cells. Place your hands on your heart or place them in prayer. Move into the feeling of gratitude. Aspire to a fullness of your heart, no matter what is going on around you.

## **5. Choose a Time of Day for your Practice.**

You may want to do this when you first wake in the morning or late at night before you go to sleep. As you create a regular schedule, it is easier to commit to the daily practice of feeling and listing items you are grateful for.

## **6. Practice Present-Moment Gratitude.**

As you move through your day, pause now and then when you remember something or someone in your life that you appreciate. Hold the feeling and think how grateful you feel for having that experience in your life. As you are doing something in the day, cooking breakfast, sleeping in a bed, having time with a cherished pet, as you are in that activity, pause to think and feel, “I am grateful.” Moving through your day with awareness and grace in this way will mean that when you do sit down to write your gratitude list those things will come to your mind.

## **7. Share your Appreciation and Gratitude with Others.**

Partner with someone to share being grateful. Whether a friendship, your child or life partner, you will keep each other going and that sense of shared commitment to that person that will give you the push you need to write your gratitude list on those days when it just seems too hard. Reading what the other person has written helps you to access your own gratitude more easily, and it is fun to watch your gratitude lists and email grow longer and longer and longer! You can see your progress in what you feel grateful for.

## **8. Don't Stop Once you See or Feel Results!**

When we first began to see results that happen from practicing daily gratitude lists, many people think that is the time to stop practicing gratitude for a while. The practice of gratitude has an energetic yield that will add to the positive note of your day and seep through everything you do. Practicing gratitude is a lifestyle that once you feel the gratitude for simple things in your life, it stays as an attitude that you interpret events in your life. Practicing gratitude reinforces positive thoughts and behaviors that support more positive manifestations to happen in your life.

## **9. Allow yourself to be Human.**

Some days you may feel grumpy and grumble, if you must. You may miss a day from stating your gratitude here and there. Write “I am grateful I am writing my gratitude list” a few times if you can think of nothing else. Do not punish yourself and beware of the little voice that says “You’ve missed a day. You’ve failed miserably at being grateful!” Dust yourself off and the next day get back up in the saddle! Do not give up!





# ENERGETIC SYNTHESIS

Practicing gratitude changes your vibration and supports your mental and emotional well-being into feeling happier. So this brings us to a very important question. What really makes most people happy? How can we all find and feel more happiness in our day to day life, in the midst of all of this collective pain and confusion?

Given all the various challenges we face today, as a part of the human race, it is clear we have no real control over the external, the larger environment, or the outcome. This means we must change all of our priorities to value the internal and intrinsic parts of ourselves as the most critical parts to preserve and feel happiness. This means a lot of what we can control is how we think and what we move towards. Most of our happiness relies on our personal attitudes. No matter who we are, and what level of spiritual development we have, all humans can relate to these pillars in order to remember how we each can find happiness, while seeing or experiencing personal or global turmoil.

## **The Four Pillars for being Happy:**

- **EXPANSION:** Personal growth towards (spiritual) authenticity and having a variation of life experiences to create that consciousness expansion.
- **CONNECTION:** Having meaningful Human relationships and cultivating deep Connections in our life.
- **GRATITUDE:** Practicing appreciation and gratitude for what you have, every day.
- **SERVICE:** Being of Service and making Contributions to the larger whole, making a difference when we can.

Happiness and gratitude is an attitude that we all can create more of every day. There are many things that we are facing in the world today, and in our own lives that are challenging and painful. This fact does not have to change one's ability to feel happy every day of your life, even while seeing the larger picture. As we become more expanded in our personal growth, we begin to experience the feelings of connection with all of life, and we then can choose to be grateful that we can make a difference through our intentional service to the whole.



# ENERGETIC SYNTHESIS

## Our Closing Prayers:

*Beloved Holy Presence of God in Christ,  
I am the light that restores all human hearts.  
I am the way of love into the peaceful heart of human kind.  
I am the knower of the true path of love that is God's only nature.  
Thank you God, for I am in your authority.  
I am ONE with your Law.  
I am ONE with your Mind.  
I am ONE with your Heart, Body and Spirit of Christ.  
May the Spirit of Christ and Sophia reside in my heart now.  
May my heart be repaired  
May my heart be healed  
And so that I may truly know love.  
May I truly feel and experience the purity  
of the love of God and the love of others directed towards me.  
Peace Be with You!*