

# Search Results

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## Summary

Searched for : **heart chakra**

In index(es) : **H:\KS\_Scan\_Library\MasterIndex.pdx**

Results : **39** document(s) with **254** instance(s)

Saved on : **7/10/2017 3:48:50 PM**

File : [1999-05\\_IntroKeylonticMorphogeneticScience\\_scan.pdf](#)

Title : Intro to Keylontic Morphogenetic Science - Handbook

Subject : Keylontic Science for Daily Living

Author : MCEO Freedom Teachings - Ashayana Deane

Keywords :

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Page: 18



Plexus Chakra 4. **Heart Chakra** 5. Throat-Thyroid Chakra 6. 3rd Eye-Pituitary


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File : [1999-07\\_AncientRightsPassage\\_Handbook\\_scan.pdf](#)  
Title : The Ancient Rites of Passage - Handbook  
Subject : Personal Healing Through Planetary Service  
Author : MCEO Freedom Teachings - Anna Hayes Gruber  
Keywords :

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 to the 4th- **Heart- Chakra** from the 3"d Chakra, then visualize the Symbol


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 and the 4th **Heart Chakra**. 18. Once the Symbol Code expansion has been completed

 in the 4th **Heart Chakra**, inhale again, then on the exhale Visualize the Symbol

 of the 4th **Heart Chakra**, where it once again contracts into a White-blue

 center of the **Heart Chakra** into Starbursts of light that shower the body cells,


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File : [1999-09\\_EvolutionaryPathClass\\_scan.pdf](#)  
Title : Evolutionary Path Class  
Subject : Questions and Answers  
Author : MCEO Freedom Teachings  
Keywords :

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 it around the **heart chakra** and others feel it around the head. 4. What

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 current through the **Heart Chakra** and down the hand than it is to transmit

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 current through the **Heart Chakra** and down the hand than it is to transmit

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File : [1999-12\\_Kathara1Diagrams\\_scan.pdf](#)  
Title : Kathara 1 - Diagrams  
Subject : Laminated color charts from Kathara 1 Manual  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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Page: 11

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of Feet 4th **Heart Chakra** 6th Third Eye Chakra Instructions: Breathe slowly and deeply.

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File : [1999-12\\_Kathara1\\_scan.pdf](#)  
Title : Kathara 1 - Manual  
Subject : Introduction to Kathara Bio-regeneration technologies, Color, Symbol, Sound and Bio-regeneration  
Author : MCEO Freedom Teachings  
Keywords :

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 (at 4th **Heart Chakra** The 6 Primary Hara Points (Star Crystal Seals)

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 13 ..... 4TH **HEART CHAKRA** 14 ..... : ..... GTH THIRD EYE CHAKRA  
Instructions:

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 ..... 4TH **HEART CHAKRA** 14 ..... 6TH THIRD EYE CHAKRA Instructions:  
Breathe slowly

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---

 of the 4th **Heart Chakra**. Breathe slowly and easily while visualizing energy from the


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---

 up into the **Heart Chakra**. EXHALE, expanding the frequencies of the 24-pointed Star

 Star into the **Heart Chakra**. 6. INHALE to grab the 24-pointed Star and

 up into the **Heart Chakra** and expand it there. Begin to form a Pale

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 to the 4th **Heart Chakra** and imagine a small Green Spherical Crystal - the


 of the 4th **Heart Chakra**. The Green-Violet ball is the store-house for

 at the 4th **Heart Chakra**, encasing the Sphere in translucent Pale Silver Light. 4.

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 Seal at 4th **Heart Chakra**. Inhale drawing VioletSilver energy from Violet-Silver Pillar into

 of the 4th **Heart Chakra**. Encase Green-Violet Sphere in Pale Silver Maharic energy.

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---

 Seal at 4th **Heart Chakra**. 38 Green Seal pops to make GreenViolet Starburst then

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 at the 4th **Heart Chakra**. EXHALE and run the Maharic Wave down the Doradic

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 Sphere in the **Heart Chakra**. The MCEO .Freedom Teachings® Series Presented by

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 through the 4th **Heart Chakra**, where it will enter the Unified Field at the

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---

 up into the **Heart Chakra**. EXHALE, expanding the frequencies of the 24 pointed Star


 Star into the **Heart Chakra**. 6. INHALE to grab the 24 pointed Star and


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 the 4th **Heart Chakra**, and imagine a small Green Spherical Crystal -the

 center of the **Heart Chakra**. (The green-Violet ball is the storehouse for

 Sphere at the **heart Chakra** ... encasing the sphere in Pale Silver Light. AWAKENING

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 8. In the **Heart Chakra**, imagine a little sphere of energy, colored green. Bring

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 they reach the **Heart Chakra** feel them expand out ... and allow them to











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File : [1999\\_TangibleStructure\\_scan.pdf](#)  
Title : Tangible Structure of the Soul - Handbook  
Subject : Multidimensional anatomy, ascension teachings, accelerated bio-spiritual evolution program  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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 in the 4th **Heart Chakra**. 2. Exhale while visualizing the air-energy expanding within  
 expanding within the **Heart Chakra**, filling the Chakra with light. 3. Take 3 more  
 breaths, until the **Heart Chakra** is imagined to be overflowing with White Light. 4.  
 into the 4th **Heart Chakra**, turning the Heart Chakra energies to golden light. 5.  
 Chakra, turning the **Heart Chakra** energies to golden light. 5. On the exhale, plush  
 energies from the **Heart Chakra** down through the arms, into the palms and out  
 down, from the **Heart Chakra**, repeat the following wordsound statement: "I bless this  
 energies from the **Heart Chakra** until all of the golden light in the Heart  
 light in the **Heart Chakra** has dissipated. Close blessing with statement, "And so  
 the 41h- dimensional **Heart Chakra**). The MCEO Freedom Teachings® Series Presented by  
Adashi

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File : [1999 Voyagers1\\_scan.pdf](#)  
Title : Voyagers I - Book  
Subject : The Sleeping Abductees, Second Edition  
Author : Ashayana Deane  
Keywords :

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often called the **heart chakra**), opening the channel for new energy from the Soul

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File : [2000-02\\_BeyondTheVeilsTranscript\\_scan.pdf](#)  
Title : Beyond the Veils (Transcript)  
Subject : Transcript for the Beyond the Veils workshop, includes session with AZara  
Author : MCEO Freedom Teachings  
Keywords :

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 quickening around the **heart chakra** area that when you start to re-do what

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 grid, around the **heart chakra**, in the back, in the will center, you'll begin

 up around the **Heart Chakras** and also down around the waist area and maybe

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 field, through the **Heart Chakra** and through all the lower chakras as well. It's

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 transmission through the **heart chakra** that will assist you in sequencing the incarnational memory

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File : [2000-06\\_AngelicRealities\\_scan.pdf](#)  
Title : Angelic Realities - Book  
Subject : Survival Handbook  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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 breast (4th **Heart Chakra**). 64 ANGELIC REALITIES


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 to the 4th **Heart Chakra**. 6. EXHALE the energy drawn up through the RIGHT


 ARM into the **Heart Chakra**, and try to sense the specific "feel" of

 into your 4th **Heart Chakra**. 2. Use the EXHALE breath to push a cord

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 from your 4th **Heart Chakra** into the room you are in, as if your

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 energy" in 4th **Heart Chakra** and around the shoulders if the presence in the

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 into your 4th **Heart Chakra**. Use the EXHALE breath to expand your awareness horizontally

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 to the 4th **Heart Chakra**. 2. INHALE, then use the EXHALE breath to push

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 to the 4th **Heart Chakra**. EXHALE and breathe normally while visualizing the Symbol inside

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 to the 4th **Heart Chakra** in the body's 15 Primary Chakra system. The Maharic


 of the 4th **Heart Chakra**, breathe normally, using each INHALE breath to bring more

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 to the 4th **Heart Chakra**, on the EXHALE push the breath from the Heart

 breath from the **Heart Chakra** into the tube of Pale Silver Light around you,

 stream at the **Heart Chakra**. EXHALE into the group center point. All the 3<

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File : [2001-05\\_SecretsOfLemuriaTranscript\\_scan.pdf](#)  
Title : Secrets of Lemuria (transcript)  
Subject : Partial transcript for Kauai workshop  
Author : MCEO Freedom Teachings  
Keywords :

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me in the **heart chakra** instead of in the crown chakra, which stimulated activation

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File : [2001\\_MastersTemplarStewardshipFieldGuide\\_scan.pdf](#)

Title : Masters Templar Stewardship - Field Guide

Subject : Planetary Shields Clinic Field Guide

Author : MCEO Freedom Teachings - Ashayana Deane

Keywords :

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 up into the **Heart Chakra**. EXHALE, expanding the frequencies of the 24 point Star

 Star into the **Heart Chakra**. 6. INHALE to grab the 24 point Star, and

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 at the 4th **Heart Chakra**, then EXHALE the MAHARIC BALL from the Heart Chakra


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 to the 4th **Heart Chakra**, and imagine a small Green Spherical Crystal -The

 center of the **Heart Chakra**. (The greenViolet ball is the storehouse for your

 Sphere at the **heart Chakra** ... encasing the sphere in Pale Silver Light. AWAKENING

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 8. In the **Heart Chakra**, imagine a little sphere of energy, colored green. Bring

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 they reach the **Heart Chakra** feel them expand out ... and allow them to


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 breast (4th **Heart Chakra**). 4. Then use the EXHALE breath to push the

 to the 4th **Heart Chakra**. 6. EXHALE the energy drawn up through the RIGHT


 ARM into the **Heart Chakra**, and try to sense the specific "feel" of


 into your 4th **Heart Chakra**. 2. Use the EXHALE breath to push a cord

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---

 from your 4th **Heart Chakra** into the room you are in, as if your

 energy" in 4th **Heart Chakra** and around the shoulders if the presence in the

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 from the 4th **Heart Chakra** to the Ball or Shape you have selected to

 in your 4th **Heart Chakra**. 6. INHALE while drawing the Maharata Cord and the

 into the 4th **Heart Chakra**. EXHALE while visualizing the Ball/Shape expanding into a


 Ball, in the **Heart Chakra**. Observe as the harvested Ball/Shape begins to vibrate

 from the 4th **Heart Chakra** up the Central Vertical Current of body to the

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 into your 4th **Heart Chakra** with each Inhale-Exhale. Simply wait in a relaxed

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 at the 4th **Heart Chakra**, then EXHALING a flow of Maharata Current from the

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 to the 4th **Heart Chakra**. EXHALE and breathe normally while visualizing the Symbol inside

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 to the 4th **Heart Chakra** in the body's 15 Primary Chakra system. The Maharic

 of the 4th **Heart Chakra**, breathe normally, using each INHALE breath to bring more



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File : [2001\\_MastersTemplarStewardshipManual\\_scan.pdf](#)  
Title : Masters Templar Stewardship - Manual  
Subject : Templar Stewardship (without roman numeral pages, so pg numbers should be correct or very close)  
Author : MCEO Freedom Teachings  
Keywords :

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-  Gland above the **Heart Chakra-4** at the center of the chest. The base
  -  Thalamus Gland and **Heart Chakra** to the calves, crossing through the counter-clock-wise
- 

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-  opening your 4th **Heart Chakra**, which when done without the Founders" Temporary Maharic Seal
  -  opening of the **Heart Chakra** only with conscious activation of the natural Temporary Maharic
-

File : [2002\\_DanceForCommonHandbook\\_scan.pdf](#)  
Title : Dance For Series - Handbook  
Subject : Common handbook for all ten associated Workshops (March "02 - Aug "03)  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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-  4th Chakra (**Heart Chakra**). EXHALE, expanding the frequencies of the Hierophant into the
  -  4 th .**Heart Chakra**. On the EXHALE, expand this frequency into the 4
- 

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-  to the 4th **Heart Chakra**, and imagine a small Green Spherical Crystal - the
  -  center of the **Heart Chakra**. (The greenViolet ball is the storehouse for your
  -  Sphere at the **heart Chakra** ... encasing the sphere in Pale Silver Light. AWAKENING
- 


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-  8. In the **Heart Chakra**, imagine a little sphere of energy, colored green. Bring
- 



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-  they reach the **Heart Chakra** feel them expand out ... and allow them to
- 







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-  downward coming over **heart chakra** 4 with elbows out to sides. For Salutation repeat
  -  the sides to **heart chakra** 4 level. Unless doing Solar Salutation, then start from
- 




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-  into the 4th **Heart Chakra**. EXHALE, using the Exhale breath to expand the frequencies
  -  Hierophant into the **Heart Chakra** as you softly tone the Eckasha Psonn 3 times
  -  at the 4th **Heart Chakra**, and EXHALE, using the Exhale breath to push the
  -  to the 4th **Heart Chakra** center, expanding the Pale Silver energy to form a
  -  to the 4th **Heart Chakra**, expanding it into the Pale Silver Maharic Sphere. Repeat
  -  your 4th - **Heart Chakra**. INHALE, using the Inhale breath to move the Maharic
- 

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-  to the 4th **Heart Chakra**, then EXHALE the Maharic Current from the Heart Chakra
-  Current from the **Heart Chakra** down your RIGHT ARM into your palm and into
-  up to the **Heart Chakra** and EXHALE the breath down your right arm into





 to the 4th **Heart Chakra**, then EXHALE the Current within the 4th Chakra to

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 expanding in your **Heart Chakra**. Take a final Maharic Breath, this time INHALING Maharic  
 downward from the **Heart Chakra** to the E-Umbi. Quickly return to regular, non-

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 the 4th (**Heart**) **Chakra**. In one breathing motion, EXHALE the Maharic Current into  
 Current into the **Heart Chakra**; then direct its flow downward to the Celestite Crystal  
 Current into the **Heart Chakra** then down into the Celestite Crystal. Following the last

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 the 4th (**Heart**) **Chakra**. Focus your attention on the INSIDE of the Eiros  
 from within the **Heart Chakra** and outward through the body, until the Eiros Flame

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 the Thymus & **Heart Chakra**. Clearing of the Apollyon-666-Seed-Atom prevents the

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 -7.75 in **Heart, Chakra** 8, Auric Level-8 Monadical Core Body, the Densny-

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 within the 4th **Heart Chakra**. Place your RIGHT PALM over the E-Umbi point

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---

 into the 4th **Heart Chakra**, then down the RIGHT arm and through the RIGHT

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---

 to the 4th **Heart Chakra**. EXHALE the Maharic Current from the 4th Chakra upward

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 the Thymus & **Heart Chakra**. Clearing of the Apollyon-666-Seed-Atom prevents the

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 gland, above the **Heart Chakra**. EXHALE GENTLY, to deposit the Eiros Flame within the

---

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 Gland, above the **Heart Chakra**). The Azur-A Point is the seat of the

---

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---

 13 to the **Heart Chakra**-4. EXHALE the Eckasha symbol horizontally out the front

 of your 4th **Heart Chakra** and imagine that it is now stationed in the  
 front of the **Heart Chakra**. 4. Hold a paper containing the Veca Code-11  
 body, over your **Heart Chakra**, and INHALE, imagining that the energy signature of the  
 point of the **Heart Chakra-4**, where the inside tip of the Chakra cone

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File : [2002\\_VoyagersII\\_scan.pdf](#)  
Title : Voyagers II - Secrets of Amenti  
Subject : Freedom Teachings  
Author : Ashayana Deane  
Keywords :

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---

 within the fourth/**heart chakra** (which corresponds to fourth-dimensional frequencies), and a

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---

 represented the "**Heart Chakra**" within Earth's planetary bio-energetic system. This vortex allowed

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 vortex (Earth's **heart chakra**) out of its previous alignment with the vortex systems

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 (Earth's "**heart chakra**") no longer energetically lined up properly with the Alcyone

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 Earth's fourth vortex/**Heart Chakra** at Giza with the Alcyone energy spiral by 2004,

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 in the fourth/**heart chakra** to reverse, and the D-2 emotional, D-3

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 via the fourth/**Heart chakra**. Once the Blue Flame frequencies stabilize in the morphogenetic

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 CRYSTAL. chakra 4 **Heart Chakra** RELEASES STAR CRYSTAL SEAL: # 2 0-1/0-2


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File : [2003-02\\_ForbiddenTestaments\\_scan.pdf](#)  
Title : The Forbidden Testaments of Revelation 1 - Handbook  
Subject : The Cosmic Clock, Secrets of Lohas and the Arc of the Covenant  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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 Position - 41h **Heart Chakra** (for Furl-Network-Astral-Induction) Dec 21, 2002,

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---

 to the 4th **Heart Chakra**. the EXHALE the Maharic Current into a "ball"  
 center of the **Heart Chakra**. Take several more INHALEEXHALE ""Maharic Breaths" to amplify  
 Sphere in the **Heart Chakra**. 3. Make a "mental note" ofthe "Positions"  
 in the 4th **Heart Chakra** to the Pineal Gland at Brain Center. Use the  
 Pineal to the **Heart Chakra** Maharic Sphere also separates into two smaller Maharic Cords.  
 Sphere in the **Heart Chakra**. Gently EXHALE then INHALE. 6. On the next EXHALE,  
 Sphere at the **Heart Chakra** is now "Loaded" with the STANZ-1 Arc

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 from the 4th **Heart Chakra** to the E-Umbi Point, just below the Navel.

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 the core of **Heart Chakra-4**. 10.1NHALE a final Maharic-Amoraea Breath up from  
 into the 4th-**Heart Chakra** Seed Crystal Seal to mer19e with the Helio-talic


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File : [2004-04\\_Kathara23-Manual\\_scan.pdf](#)  
Title : Kathara Levels 2 & 3 Foundations - Manual  
Subject : Awakening the Living Lotus, Healing Facilitation Through Crystal Body Alignment  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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 Gland above the **Heart Chakra**-4 at the center of the chest. The base

 Thalamus Gland and **Heart Chakra** to the calves, crossing through the counter-clock-

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 . . (**heart chakra**) ~atwa:a . aoiar pia~. :o \_\_

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 jl.,.,.,~:ll•.,.,. (**heart chakra**) between braas \_\_\_\_\_ .,.,.,\_-.....~ solar plexus 0:2 Eumbl

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 of the 4th **Heart Chakra**. Breath slowly and easily while visualizing energy from the

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 into the 4th **Heart Chakra**. EXHALE, using the Exhale breath to expand the frequencies

 Heirophant into the **Heart Chakra** as you softly tone the Eckasha Psonn 3 times


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 at the 4th **Heart Chakra**, and EXHALE, using the Exhale breath to push the

 to the 4th **Heart Chakra** center, expanding the Pale Silver energy to form a

 to the 4th **Heart Chakra**, expanding it into the Pale Silver Maharic Sphere. Repeat


 in your 4th- **Heart Chakra**. INHALE, using the Inhale breath to move the Maharic

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 to the 4th **Heart Chakra**, then EXHALE the Maharic Current from the Heart Chakra

 Current from the **Heart Chakra** down your RIGHT ARM into your palm and into

 up to the **Heart Chakra** and EXHALE the breath down your right arm into


 to the 4th **Heart Chakra**, then EXHALE the Current within the 4th Chakra..to

 expanding in your **Heart Chakra**. Take a final Maharic Breath, this time INHALING Maharic


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 into the 4th **Heart Chakra**. In" one breathing motion;- e<HALE the Maharic


 Current Into the **Heart Chakra** then direct its flow dpwnwar~ to the Celestite Crystal


 Current into the **Heart Chakra** then down into the Celestite Cryst~I. Following the

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 the 4th (**Heart**) **Chakra**. Focus your attention on the INSIDE of the Eiros

 from within the **Heart Chakra** and outward through the body, until the Eiros Flame

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 gland, above the **Heart Chakra**. EXHALE · GENTLY, to deposit the Eiros Flame within

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File : [2004-08\\_RevelationsOfRaK4\\_scan.pdf](#)  
Title : K4 The Pillar of Power - Handbook  
Subject : Kathara Level 4 - Loga"s, Four Spheres of Ra, Nadradon Etheric-Atomic  
Duct Complex (from Revelations of Ra WS)  
Author : MECO Freedom Teachings - Ashayana Deane  
Keywords :

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 the Inhale into **Heart-Chakra**-4. The MCEO Freedom Teachings® Series Presented by

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 Petal Lotus in **Heart Chakra**, Exhale slowly & gently on a forwardbackward horizontal  
Projection


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File : [2005-01\\_KethradonAwakening\\_scan.pdf](#)  
Title : Kethradon Awakening - Handbook  
Subject : Indigo India and the Kethradon Awakening Starburst 13 and the Gifts of Rama  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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 centre of the **Heart Chakra**, and then split the breath current at the Heart

 current at the **Heart Chakra**, sending a streamer of energy down the Ra Cords

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 centre of the **Heart Chakra**; and then split the breath current at the Heart

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File : [2005-03\\_IntroKathara4\\_scan.pdf](#)  
Title : Elements of Kathara 4 - Handbook  
Subject : Installment 1 - the Eiradon Awakening, the Voyager Trinity Time Wave, Ra-Sha-LA Restoration, the Ah-Seu-Ra-Shan State and the Hon"a-til-E-a Run  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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Petal Lotus in **Heart Chakra**, Exhale slowly & gently on a forwardbackward horizontal Projection

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centre of the **Heart Chakra**, and then split the breath current at the Heart



current at the **Heart Chakra**, sending a streamer of energy down the Ra Cords

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centre of the **Heart Chakra**, and then split the breath current at the Heart



current at the **Heart Chakra**, sending a streamer of energy down the Ra Cords



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File : [2005-03\\_KeysMasteringAscension\\_scan.pdf](#)  
Title : Keys for Mastering Ascension  
Subject : Kathara Team Module studying the Veca codes  
Author : MCEO Freedom Teachings  
Keywords :

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 D12 access; 3) **heart chakra**; 4th chakra; 4) pineal via chakra 6. Thyroid: Sit  
 steps for the **heart chakra**, which wiD clear and encode the astral field. Then

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File : [2005-10\\_EngagingGodLanguages\\_scan.pdf](#)  
Title : Engaging the God Languages - Handbook  
Subject : Discover the languages of creation and how to use them to embody your God-Self  
Author : MCEO Freedom Teachings - Kathara Team  
Keywords :

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image into the **heart chakra** or wherever it feels most comfortable, and bring it


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File : [2005-10\\_WhispersRashaReishATranscript\\_scan.pdf](#)  
Title : Whispers of the Rasha ReishA (workshop transcript)  
Subject : Partial transcript for the Whispers Ws (where upstep to HaaTUrs occurred)  
Author : MCEO Freedom Teachings  
Keywords :

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 right in the **heart chakra**, going right into the astral field programming the entire

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 build in the **heart chakra**, first of all. UUUUUUUUUUUUmmmmmm Ahhhhhhh  
UUUUUUUUUUUUUnnnnnn. (Sings the

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File : [2006-05\\_ConsciousnessOfAscension\\_scan.pdf](#)  
Title : Consciousness of Ascension  
Subject : Consciousness of Ascension Kathara Team Module  
Author : MCEO Freedom Teachings  
Keywords :

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image into the **heart chakra** or wherever feels most comfortable, bring it in and

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File : [2006-10\\_SacredSexClass\\_scan.pdf](#)

Title : Sacred Sex Class

Subject : Questions and Answers


Author : MCEO Freedom Teachings

Keywords :

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 (b) The **heart chakra**, pineal and hypothalamus (c) The pineal, pituitary and


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File : [2006-11\\_PosturesOfLove\\_scan.pdf](#)  
Title : Postures of Love - Handbook  
Subject : Steps towards Joy, Loving Joy is the Intrinsic Nature of Source, When you choose At-Onement with the Living God Source within you, you will know the love  
Author : MCEO Freedom Teachings - Kathara Team  
Keywords :

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 connected to your **heart chakra**. Your heart chakra is connected to your astral body

 heart chakra. Your **heart chakra** is connected to your astral body field. When you


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File : [2007-11\\_LegacyOfLostTranscript.pdf](#)  
Title : Legacy of the Lost (Amsterdam workshop transcript)  
Subject : Legacy of the Lost, Freedoms of the Found, the Milky Way Mysteries, Halls of Records and the Jesus Codes  
Author : MCEO Freedom Teachings  
Keywords :

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 chakra-4 the **heart chakra**, chakra-3 in the solar plexus, and chakra-2

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File : [2007\\_12TribesVol1\\_scan.pdf](#)  
Title : 12 Tribes Vol 1 transcript  
Subject : scan of the 12 Tribes Volume 1 binder  
Author : MCEO Freedom Teachings  
Keywords :

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 4 in the **heart chakra** on a personal level. It is in Giza Vortex-

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 hand over the **Heart Chakra**-Chakra 4 and the left hand over the back


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File : [2007\\_12TribesVol3\\_scan.pdf](#)  
Title : 12 Tribes Volume 3 transcript  
Subject : 12 Tribes Vol Binder scan  
Author : MCEO Freedom Teachings  
Keywords :

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 do with the **heart chakra**, and it would literally stop ... shut down the

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 directly from your **heart chakra** area and your chest directly toward their chest (


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File : [2007\\_MCEOordinateSystem\\_scan.pdf](#)  
Title : The MCEO Ordinate System  
Subject : details related to MCEO ordinations  
Author : MCEO Freedom Teachings  
Keywords :

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 opening your 4th **Heart Chakra**. which when done without the Founders" Temporary Maharic Seal

 opening of the **Heart Chakra** only with conscious activation of the natural Temporary Maharic

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 Cord from your **Heart Chakra**, down your RIGHT arm and INTO Ordinand"s Crown Chakra-


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 "s 4th **Heart Chakra** and INHALE the PALE TURQUOISE-SILVER BALL through your

 and into YOUR **HEART Chakra** ... .. • Now, place your LEFT Palm OVER

 remains over Ordinand"s **Heart Chakra**) and FORCEFULLY EXHALE, using the exhale breath to PUSH


 BALL from your **Heart Chakra**, through your RIGHT Arm, into your RIGHT Palm and

 Ordinand "s **HEART Chakra** (activating their 4th Star Crystal Seal). • INHALE

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 to the 4th **Heart Chakra** and imagine a small Green Spherical Crystal- the Green


 of the 4111 **Heart Chakra**. The Green-Violet ball is the storehouse for your

 at the 4111 **Heart Chakra**, encasing the Sphere in translucent Pale Silver Light. 10

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 to the 4th **Heart Chakra**, and imagine a small Green Spherical Crystal-the Green

 center of the **Heart Chakra** (The Green-Violet ball is the storehouse for

 Sphere at the **Heart Chakra** ... encasing the sphere in Pale Silver Light. Awakening

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 9. In the **Heart Chakra**, imagine a little sphere of energy, colored green. Bring

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 they reach the **Heart Chakra** feel them expand out ... and allow them to

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- 
-  Cord from your **Heart Chakra**, down your RIGHT arm and INTO Ordinand"s Crown Chakra-
  -  over Ordinand"s 4th **Heart Chakra** and INHALE the PALE TURQUOISE-SILVER BALL through your
  -  and into YOUR **HEART Chakra** ..... • Now, place your LEFT Palm OVER the
  -  remains over Ordinand"s **Heart Chakra**) and FORCEFULLY EXHALE, using the exhale breath to PUSH
  -  BALL from your **Heart Chakra**, through your RIGHT Arm, into your RIGHT Palm and
  -  INTO the Ordinand"s **HEART Chakra** (activating their 4th Star Crystal Seal). • INHALE
-

File : [2010-05\\_Sliders7\\_scan.pdf](#)  
Title : Sliders 7 - Handbook  
Subject : The Lands of Wha Mirror Mapping, the 3 Paths of the KRYST and the Wha-YA-yas Masha-yah-hana Adashi Adepts  
Author : MCEO Freedom Teachings  
Keywords :

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-  yah at your **Heart Chakra**, using the inhale breath to draw a "replica"
  -  LA-yah at **Heart Chakra-4**, using the inhale breath to draw the top
  -  yah within the **Heart Chakra**. Hold at the top of this inhale. viii) Exhale
  -  outward from the **Heart Chakra** in a 6-point exhale, using the exhale breath
  -  you and into **Heart Chakra-4**; hold for a moment, then take one step
- 




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-  breath outward from **Heart Chakra-4** and into your 12 Allurean Chambers & 12
  -  rushes into your **Heart Chakra-4**, becoming a minute golden-silver spark. Notice also
  -  Wha" within your **Heart Chakra-4** (which formed as the Veil of Wha
  -  Wha at your **Heart Chakra-4**, then exhale firmly, using the exhale breath to
  -  directly from your **Heart Chakra-4** straight forward, into and then through the mirror
  -  your palms and **Heart Chakra-4**, sending out 3 streams of Orb Flow from
  -  front of your **Heart Chakra-4**, then exhale firmly while separating your palms and
- 


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-  inhale into your **Heart Chakra-4**, and hold . iii) Exhale a 3-point
  -  breath from your **Heart Chakra-4** & both Palm Chakras into the Wha Vortex
  -  directly from your **Heart Chakra** into your Wha-YA-yas Host Sphere, 3 feet
- 

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-  gently from the **Heart Chakra-4** and from both Palm Chakras, using the 3-
-

File : [2010-08\\_Sliders8Diary\\_scan.pdf](#)  
Title : Sliders 8 - Diary  
Subject : Preparing the Body for Slide, Advanced Emotional Telluric Body Training -  
Workshop Diary  
Author : MCEO Freedom Teachings  
Keywords :

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 centres: 3rd eye, **heart chakra**, 3rd chakra, palms, knees, feet), the 72 Hara Cells


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File : [2011-04\\_ShA-DahL-UUN13Virtues\\_Codes\\_scan.pdf](#)  
Title : ShA-DhaL-UUN 13 Virtues Color Codes  
Subject : Laminated set of color Virtues  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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Page: 4

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 Space 4 - **Heart Chakra**/Dimension-4/Astral Body DN-2 Atomic-Elemental Green


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File : [2011-04\\_ShA-DahL-UUN13Virtues\\_scan.pdf](#)  
Title : ShA-DhaL-UUN 13 Virtues - Handbook  
Subject : The ShA-DhaL-UUN Rite, 13 Virtues and the Shores of Ah-MA-ya-san,  
Planetary Mirror in the Sky Activation 1  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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 Space-Time 4- **Heart Chakral** Dimension-41 Astral Body DN-2 Atomic-Elemental Green-

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 Time 4 - **Heart Chakra!**Dimension-4/Astral Body DN-2 Atomic-Elemental Green

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File : [2011-05\\_Sliders10\\_scan.pdf](#)  
Title : Sliders 10 - Handbook  
Subject : Return of the Sacred Butterfly, Te, Chi, & the DhA-Ya-Tei, Ultimate Desire, DhA-Ya-fication of the Vessel, Eternal Identity & the Adept Mind  
Author : MCEO Freedom Teachings  
Keywords :

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-  Seed Seal of **Heart Chakra-4**. 11. Exhale at Heart Chakra-4, using the
  -  11. Exhale at **Heart Chakra-4**, using the exhale breath to again expand the
  -  sphere" outward at **Heart Chakra-4**. Hold a moment at the bottom of the
  -  remains expanded at **Heart Chakra-4**. 12. Inhale a "half-breath" at Heart
  -  half-breath" at **Heart Chakra-4**, using the inhale to again contract the small
  -  the center of **Heart Chakra-4**, then continue the inhale, using the second-half
  -  Spark" downward from **Heart Chakra-4** and into the central Seed Seal of Solar
  -  remaining anchored at **Heart Chakra-4**. 13. Exhale at Solar Plexus Chakra-3, using
-

File : [2013-05\\_WatersOfE-LAi-sa\\_scan.pdf](#)  
Title : The Waters of E-LAi-sa - Handbook  
Subject : Tan-Tri-A"ra Chismatic Self-Healing Level 2, The E-LAi-sian Seal and the 8-  
step E-LAi-sian Encoding Process  
Author : ARhAyas Productions, E"Asha Ashayana  
Keywords :

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& 4 in **heart Chakra**-4. Seal-1 between Chakra-4 & Azura ::::!~

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File : [2013-08\\_ShiftMasterHostMasterEarthCYNC\\_scan.pdf](#)  
Title : Introduction to ShiftMasters, HostMasters & the EarthCYNC Celebration - Handbook  
Subject :  
Author : ARhAyas Productions - E"Asha Ashayana  
Keywords :

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& 4 in **heart Chakra**-4. Seal-1 between Chakra-4 & Azura ;;!~



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File : [2013-12\\_SecretsOfEFFI\\_Handbook\\_scan.pdf](#)  
Title : Secrets if the EFFI - Handbook  
Subject : Shiftmasters Course 1 - The hidden powers of Consciousness, Concave & Convex reality Cave dwellers, the Ancient Sncestral code & the Cloak of ARI-YON"ah  
Author : ARhAyas Productions - E"Asha Ashayana  
Keywords :

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 Exhale Breath" 7. **Heart Chakra**-4 1. Exhale E-Spark down from Fontanet Duct-  
 left side) 7. **Heart Chakra**-4 ... to 8. KHY-Giand/Pineal .. &



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File : [2014-04\\_ShiftMasters1\\_scan.pdf](#)  
Title : Tan-Tri-Ahura Teachings™ ShiftMasters™ Course-1  
Subject :  
Author : (C)2014 E"Asha Ashayana  
Keywords :

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 Exhale Breath" 7. **Heart Chakra**-4 1. Exhale E-Spark down from Fontanel Duct-  
 left side) 7. **Heart Chakra**-4 ... to 8. KHY -Gland/Pineal ..


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File : [2016-03\\_KDDL2\\_scan.pdf](#)  
Title : Arhayas Productions KDDL2 Hand Book  
Subject :  
Author : (C)2015 E"Asha A. Arhayas  
Keywords :

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 Induction: Chakra-4 **Heart, Chakra-2** Sacral, Chakra 12 Below Feet Power-Phase Qualities:

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 Induction: Chakra-4 **Heart, Chakra-2** Sacral, Chakra 12 below Feet 0 Keylontic"" Discourses

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