Search Results

Summary

Searched for : heart chakra

In index(es): H:\KS_Scan_Library\MasterIndex.pdx : 39 document(s) with 254 instance(s) Results

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

File : <u>1999-05 IntroKeylonticMorphogeneticScience scan.pdf</u> : Intro to Keylontic Morphogenetic Science - Handbook Title

: Keylontic Science for Daily Living Subject

: MCEO Freedom Teachings - Ashayana Deane Author

Keywords:

Page: 18



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

File : <u>1999-07_AncientRightsPassage_Handbook_scan.pdf</u>

Title : The Ancient Rites of Passage - Handbook
Subject : Personal Healing Through Planetary Service
Author : MCEO Freedom Teachings - Anna Hayes Gruber

Keywords:

Page: 63

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

Page: 66

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

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

File : 1999-09 EvolutionaryPathClass scan.pdf

Title : Evolutionary Path Class
Subject : Questions and Answers
Author : MCEO Freedom Teachings

Keywords:

Page: 1

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

Page: 73

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

Page: 78

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

: 1999-12_Kathara1Diagrams_scan.pdf File

Title : Kathara 1 - Diagrams

: Laminated color charts from Kathara 1 Manual Subject : MCEO Freedom Teachings - Ashayana Deane Author

Keywords:

Page: 11



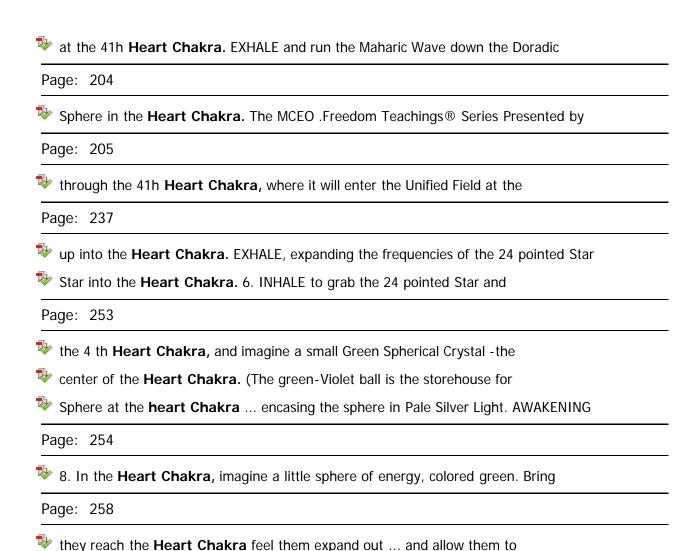
of Feet 4th **Heart Chakra** 6th Third Eye Chakra Instructions: Breathe slowly and deeply.

: <u>1999-12_Kathara1_scan.pdf</u> File Title : Kathara 1 - Manual : Introduction to Kathara Bio-regenesis technologies, Color, Symbol, Sound Subject and Bio-regenesis : MCEO Freedom Teachings Author Keywords: Page: 90 (at 4th **Heart Chakra** The 6 Primary Hara Points (Star Crystal Seals) Page: 132 13 GTH THIRD EYE CHAKRA 14 GTH THIRD EYE CHAKRA Instructions: Page: 133 4TH **HEART CHAKRA** 14 6TH THIRD EYE CHAKRA Instructions: Breathe slowly Page: 138 b of the 4th **Heart Chakra**. Breathe slowly and easily while visualizing energy from the Page: 139 wp 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 w up into the **Heart Chakra** and expand it there. Begin to form a Pale Page: 181 b to the 41h Heart Chakra and imagine a small Green Spherical Crystal - the of the 4th Heart Chakra. The Green-Violet ball is the store-house for wat the 4th Heart Chakra, encasing the Sphere in translucent Pale Silver Light. 4. Page: 182 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.

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

Page: 190

Page: 183



File : <u>1999_TangibleStructure_scan.pdf</u>

Title : Tangible Structure of the Soul - Handbook

Subject : Multidimensional anatomy, ascension teachings, accelerated bio-spiritual

evolution program

Author : MCEO Freedom Teachings - Ashayana Deane

Keywords:

Page: 26

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

venergies from the **Heart Chakra** down through the arms, into the palms and out

bless this 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

File : 1999_Voyagers1_scan.pdf

: Voyagers I - Book Title

Subject : The Sleeping Abductees, Second Edition

: Ashayana Deane Author

Keywords:

Page: 71



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

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:

Page: 19

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

Page: 20

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

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

Page: 25

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

Page: 40

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

File : 2000-06_AngelicRealities_scan.pdf

Title : Angelic Realities - Book Subject : Survival Handbook

Author : MCEO Freedom Teachings - Ashayana Deane

Keywords:

Page: 96

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

Page: 97

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

Page: 98

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

Page: 100

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

Page: 103

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

Page: 104

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

Page: 107

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

Page: 108

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

of the 41h Heart Chakra, breathe normally, using each INHALE breath to bring more

Page: 109

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

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

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

File $: \underline{2001\text{-}05_SecretsOfLemuriaTranscript_scan.pdf}$

: Secrets of Lemuria (transcript) Title

Subject : Partial transcript for Kauai workshop

: MCEO Freedom Teachings Author

Keywords:

Page: 4



we in the heart chakra instead of in the crown chakra, which stimulated activation

File : <u>2001_MastersTemplarStewardshipFieldGuide_scan.pdf</u>

Title : Masters Templar Stewardship - Field Guide

Subject : Planetary Shields Clinic Field Guide

Author : MCEO Freedom Teachings - Ashayana Deane

Keywords:

Page: 13

w 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

Page: 21

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

Page: 26

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

tenter 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

Page: 27

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

Page: 31

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

Page: 32

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

Page: 33

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

energy" in 41h Heart Chakra and around the shoulders if the presence in the

Page: 37

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 Page: 38

into your 41h Heart Chakra with each Inhale-Exhale. Simply wait in a relaxed Page: 44

at the 4th Heart Chakra, then EXHALING a flow of Maharata Current from the Page: 54

to the 4th Heart Chakra. EXHALE and breathe normally while visualizing the Symbol inside Page: 55

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

File : <u>2001_MastersTemplarStewardshipManual_scan.pdf</u>

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:

Page: 135

Sland 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

Page: 197

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

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

File : <u>2002_DanceForCommonHandbook_scan.pdf</u>

Title : Dance For Series - Handbook

Subject : Common handbook for all ten associated Workshops (March "02 - Aug "03)

Author : MCEO Freedom Teachings - Ashayana Deane

Keywords:

Page: 63

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

Page: 64

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

tenter 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

Page: 65

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

Page: 69

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

Page: 113

by 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

Page: 160

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

wat 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

Page: 166

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

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

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



- 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

File : 2002_VoyagersII_scan.pdf

Title : Voyagers II - Secrets of Amenti

Subject : Freedom Teachings Author : Ashayana Deane

Keywords:

Page: 34

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

Page: 59

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

Page: 60

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

Page: 70

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

Page: 135

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

Page: 196

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

Page: 210

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

Page: 469

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

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:

Page: 47

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

Page: 49

to the 4th **Heart Chakra**. the EXHALE the Maharic Current into a "ball"

venter 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

Page: 50

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

Page: 75

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

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:

Page: 107

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

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

Page: 204

· . (**heart chakra)** ~atwa:a . aoiar pia~~. :o __

Page: 208

il..,..,~:||•...,. {heart chakra) between braas _____,._-....~ solar plexus 0:2 Eumbl

Page: 281

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

Page: 286

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

Page: 287

wat 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

Page: 289

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

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

w 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

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

Page: 291

- 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

Page: 292

- 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

Page: 300

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

File : 2004-08 RevelationsOfRaK4 scan.pdf Title : K4 The Pillar of Power - Handbook

: Kathara Level 4 - Loga"s, Four Spheres of Ra, Nadradon Etheric-Atomic Duct Complex (from Revelations of Ra WS) Subject

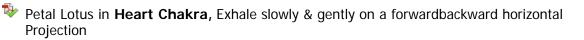
: MECO Freedom Teachings - Ashayana Deane Author

Keywords:

Page: 10

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

Page: 11



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:

Page: 60

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

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

Page: 66

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

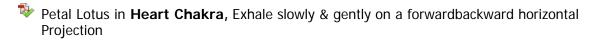
File : 2005-03_IntroKathara4_scan.pdf Title : Elements of Kathara 4 - Handbook

: 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 Subject

: MCEO Freedom Teachings - Ashayana Deane Author

Keywords:

Page: 1



Page: 37

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

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

Page: 42

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

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

File : 2005-03 KeysMasteringAscension scan.pdf

Title : Keys for Mastering Ascension

Subject : Kathara Team Module studying the Veca codes

: MCEO Freedom Teachings Author

Keywords:

Page: 8



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

File : 2005-10 EngagingGodLanguages scan.pdf Title : Engaging the God Languages - Handbook

: Discover the languages of creation and how to use them to embody your Subject

God-Self

: MCEO Freedom Teachings - Kathara Team Author

Keywords:

Page: 33



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

File : <u>2005-10_WhispersRashaReishATranscript_scan.pdf</u> Title : Whispers of the Rasha ReishA (workshop transcript)

: Partial transcript for the Whispers Ws (where upstep to HaaTUrs occurred) Subject

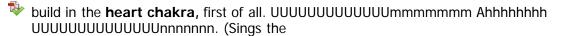
: MCEO Freedom Teachings Author

Keywords:

Page: 16

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

Page: 18



: 2006-05 ConsciousnessOfAscension scan.pdf File

Title : Consciousness of Ascension

Subject : Consciousness of Ascension Kathara Team Module

: MCEO Freedom Teachings Author

Keywords:

Page: 13



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

File : 2006-10 SacredSexClass scan.pdf

Title : Sacred Sex Class

Subject : Questions and Answers : MCEO Freedom Teachings Author

Keywords:

Page: 24



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

File : 2006-11_PosturesOfLove_scan.pdf

Title : Postures of Love - Handbook

: 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 Subject

the love

: MCEO Freedom Teachings - Kathara Team Author

Keywords:

Page: 46

vonnected 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

File : 2007-11_LegacyOfLostTranscript.pdf

Title : Legacy of the Lost (Amsterdam workshop transcript)

: Legacy of the Lost, Freedoms of the Found, the Milky Way Mysteries, Halls of Records and the Jesus Codes Subject

: MCEO Freedom Teachings Author

Keywords:

Page: 207



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

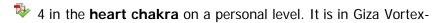
File : 2007 12TribesVol1 scan.pdf
Title : 12 Tribes Vol 1 transcript

Subject : scan of the 12 Tribes Volume 1 binder

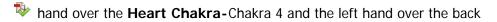
Author : MCEO Freedom Teachings

Keywords:

Page: 51



Page: 105



File : 2007 12TribesVol3 scan.pdf
Title : 12 Tribes Volume 3 transcript
Subject : 12 Tribes Vol Binder scan
Author : MCEO Freedom Teachings

Keywords:

Page: 31

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

Page: 49

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

File : 2007 MCEOordinateSystem_scan.pdf

Title : The MCEO Ordinate System

Subject : details related to MCEO ordinations

Author : MCEO Freedom Teachings

Keywords:

Page: 24

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

Page: 37

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

Page: 38

w "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

Properties of the Art Chakra (activating their 4th Star Crystal Seal). • INHALE

Page: 39

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

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

Page: 41

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

venter 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

Page: 42

<section-header> 9. In the **Heart Chakra**, imagine a little sphere of energy, colored green. Bring

Page: 46

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

Page: 49

- 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:

Page: 12

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

vah within the **Heart Chakra**. Hold at the top of this inhale. viii) Exhale

woutward 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

Page: 13

breath outward from **Heart Chakra-**4 and into your 12 Allurean Chambers & 12

vushes 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

with 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

Page: 14

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

w directly from your **Heart Chakra** into your Wha-YA-yas Host Sphere, 3 feet

Page: 15

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

File : 2010-08_Sliders8Diary_scan.pdf

Title : Sliders 8 - Diary

: Preparing the Body for Slide, Advanced Emotional Telluric Body Training - Workshop Diary Subject

: MCEO Freedom Teachings Author

Keywords:

Page: 3



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

File : <u>2011-04_ShA-DahL-UUN13Virtues_Codes_scan.pdf</u>

Title : ShA-DhaL-UUN 13 Virtues Color Codes

Subject : Laminated set of color Virtues

Author : MCEO Freedom Teachings - Ashayana Deane

Keywords:

Page: 4



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

File : 2011-04_ShA-DahL-UUN13Virtues_scan.pdf

Title : ShA-DhaL-UUN 13 Virtues - Handbook

: The ShA-DhaL-UUN Rite, 13 Virtues and the Shores of Ah-MA-ya-san, Planetary Mirror in the Sky Activation 1 Subject

: MCEO Freedom Teachings - Ashayana Deane Author

Keywords:

Page: 3

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

Page: 19

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

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:

Page: 12

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

: Tan-Tri-A"ra Chismatic Self-Healing Level 2, The E-LAi-sian Seal and the 8-step E-LAi-sian Encoding Process Subject

: ARhAyas Productions, E"Asha Ashayana Author

Keywords:

Page: 91



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

File : <u>2013-08 ShiftMasterHostMasterEarthCYNC scan.pdf</u>

Title : Introduction to ShiftMasters, HostMasters & the EarthCYNC Celebration -

Handbook

Subject

: ARhAyas Productions - E"Asha Ashayana Author

Keywords:

Page: 30



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

File : 2013-12 SecretsOfEFFI Handbook scan.pdf

Title : Secrets if the EFFI - Handbook

: Shiftmasters Course 1 - The hidden powers of Consciousness, Concave & Convex reality Cave dwellers, the Ancient Sncestral code & the Cloak of Subject

ARI-YON"ah

: ARhAyas Productions - E"Asha Ashayana Author

Keywords:

Page: 31

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 .. &

File : 2014-04 ShiftMasters1 scan.pdf

Title : Tan-Tri-Ahura Teachings™ ShiftMasters™ Course-1

Subject :

Author : (C)2014 E"Asha Ashayana

Keywords:

Page: 90

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 ...

File : 2016-03_KDDL2_scan.pdf

Title : Arhayas Productions KDDL2 Hand Book

Subject :

Author : (C)2015 E"Asha A. Arhayas

Keywords:

Page: 310

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

Page: 312

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