


Search Results


Summary

Searched for : **Loga**
In index(es) : **H:\KS_Scan_Library\MasterIndex.pdx**
Results : **7** document(s) with **46** instance(s)
Saved on : **7/11/2017 3:24:06 PM**


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 :

Document Metadata


 Subject: Level 4 - **Loga"s**, Four Spheres of Ra, Nadradon Etheric-Atomic Duct Complex (

 Found 1 instance(s) in additional metadata


Page: 1


 Power" Introductory Sequence, **Logas** and Related Notes Product Code: ROR/HB The MECO Freedom

Page: 2

 The MECO "**Loga"s**"- Frequency Breathing Movements Modality 3- 8 The "Four Spheres


Page: 15

 GO TO the **Loga"s** Frequency Breathing Movements #s 1, 2 and 3; repeat

 3; repeat each **Loga** 3 times in sequence while breathing ONLY from the Nadra

Page: 17

 9; repeat each **Loga** 3 times in sequence while breathing the "Cycling of

 throughout. When the **Loga"s**- Nadra Key breathing cycle is complete return to normal breathing




Page: 20





Flame Current. Complete **Loga** Frequency Breathing Movements 10 thru" 12, sequence x 3-
Breathe

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 :


Page: 6

-  GO TO the **loga"s** Frequency Breathing Movements #'s 1, 2 and 3; repeat
 -  3; repeat each **Loga** 3 times in sequence while breathing ONLY from the Nadra
 -  throughout. When the **Loga"s** - Nadra Key breathing cycle is complete return to normal
-

Page: 8



-  GO TO the **Loga"s** Frequency Breathing Movements #'s 4, 5 and 6 plus
 -  throughout. When the **Loga"s**- Nadra Key breathing cycle is complete return to normal breathing
-

Page: 10

-  before moving to **Loga"s** 10, 11 & 12. Run 3 Sets of the Log
-

File : [2008-11_Sliders3_Scan.pdf](#)
Title : Sliders 3 - Handbook
Subject : The Wind Beneath Your Wings - Engaging the Spirit for Slide, Introductory Atomic-Etheric, Rasha & Spirit Body Training
Author : MCEO Freedom Teachings
Keywords :

Page: 4

-  1. The 12- **LOGAYANAS** Ah-RA"-yas ("Logas" Postures+ "Yanas" Breathing-Stretches;
 -  RA"-yas ("**Logas**" Postures+ "Yanas" Breathing-Stretches; Balance & Flexibility) 2. The
-

Page: 6

-  MCEO "**Logayanas**" Frequency Breathing Movements: Entry Level Kathara 1-3 During the
-

Page: 7

-  MCEO "**Logayanas**" Frequency Breathing Movements: Entry Level Kathara 1-3 During the
-




Page: 8

-  MCEO "**Logayanas**" Frequency Breathing Movements: Entry Level Kathara 1-3 During the
-


Page: 9

-  MCEO "**Logayanas**" Frequency Breathing Movements: Entry Level Kathara 1-3 During the
-

Page: 10


-  Technique-1:12 **Logayanas** SUMMARY CHART Logayanas-1 Logayanas-2 START ACTION START ACTION
-  Logayanas SUMMARY CHART **Logayanas**-1 Logayanas-2 START ACTION START ACTION ~) f
-  CHART Logayanas-1 **Logayanas**-2 START ACTION START ACTION ~) f 2 1
-  f 2 1 **Logayanas**-5 Logayanas-6 START ACTION START ACTION ~5~ .&:_.
-  1 Logayanas-5 **Logayanas**-6 START ACTION START ACTION ~5~ .&:_. 6 Logayanas-
-  5~ .&:_. 6 **Logayanas**-9 Logayanas-1 0 START ACTION START ACTION The MCEO
-  6 Logayanas-9 **Logayanas**-1 0 START ACTION START ACTION The MCEO Freedom Teachings
-  All Rights Reserved **Logayanas**-3 Logayanas-4 START ACTION 1 START ACTION ~ ~ -
-  Reserved Logayanas-3 **Logayanas**-4 START ACTION 1 START ACTION ~ ~ - 3 4
-  4 ACTION 2 **Logayanas**-7 Logayanas-8 START ACTION START ACTION Logayanas-11 Logayanas-
-  2 Logayanas-7 **Logayanas**-8 START ACTION START ACTION Logayanas-11 Logayanas-12

START


 ACTION START ACTION **Logayanas**-11 Logayanas-12 START ACTION START ACTION [!]11~
~

 ACTION Logayanas-11 **Logayanas**-12 START ACTION START ACTION [!]11~ ~12~ 10

Page: 16




 OVERALL (12 **Logas** OR 12 Yanas- Stretches) DAY-3: ~-hour Cardio + ~-

Page: 17

 OVERALL (12 **Logas** OR 12 Yanas- Stretches) DAY-3: 1 -hour Cardio



File : [2008_AttitudesAndResponsibilitiesMastery_scan.pdf](#)
Title : Attitudes & Responsibilities of Mastery - Handbook
Subject : Mastering Enlightenment
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

Page: 92

-  daily stretching or **Logayanas52** exercises into daily schedule to assist body to integrate progressive
 -  Mastery. 52 The **Logas** were originally introduced during the Belize 2004 workshop, Revelations of
 -  Program and renamed **Logayanas**. 53 New programs that came out during the St. Kitts
-

File : [2010-08_Sliders8_scan.pdf](#)
Title : Sliders 8 - Handbook
Subject : Awake, Aware, and ALIVE in the Lands of Aah, The Sea of Ah-Yah, Eternal Stream of Ah-Yah-YA the Covenant of Ah-Yah-Rhu and Eternal Dream Fields of the ONE, Preparing the Body for Slide - Advanced Level
Author : MCEO Freedom Teachings
Keywords :

Page: 28

-  1. The 12-**Logayanas** Ah-RA'-yas (Loga-postures/Yanas-breathing), 2. The
 -  RA'-yas (**Loga**-postures/Yanas-breathing), 2. The 12-Upper Ah-RA'-yas
-

File : [2012-08_TreasuresOfTan-Tri-Ahu-ra-handout_scan.pdf](#)
Title : Treasures of the Tan-Tri-Ahu-ra - Handout
Subject : Gate Walkers, Wave Runners and Star Riders of the KRYSTHL River Host
Author : ARhAyas Productions - E"Asha Ashayana
Keywords :


Page: 5




lIlhIn lila DNAH)"**dlogan** Bonds . ~ of dOQIIJIII"JriCHA"olloiWihocileaiIIlftOIIIIIflonoflht 12-
&rIIldOIIAT.ItIII ~ ~Billld Inlo

File : [KeylonticDictionary.pdf](#)
Title : Keylontic Dictionary
Subject : KS Dictionary
Author : MCEO Freedom Teachings
Keywords :


Page: 244

 Source. Psychotronics B1o-**neurologacal** scalar pulse transmission. (Elecromagne11c Pulse - EMP - transmission)

Page: 256

 mdJ\·lduated **BJologacal** idenmy w1thm the framework of spack.rime-maner.

Page: 267

 mind dut our **logacallint**~llectual lllllld has not yet ;;assanul.ated. If the

Page: 300

 tao ofW Threshold **technologats** of W ThE-tans black bole rx«. (
