








Search Results

Summary




Searched for : **lotus**
In index(es) : **H:\KS_Scan_Library\MasterIndex.pdx**
Results : **68** document(s) with **1606** instance(s)
Saved on : **7/11/2017 3:31:33 PM**

File : [2003-05_CouncilCommunicationOpenLetter.pdf](#)
Title : Council Communication Open Letter
Subject : Guidance and information for the KS eGroup
Author : Ma'a speaking on behalf of the Eieyani Ecka Council
Keywords :

Page: 2

-  of the "**Lotus** Breath". These diagrams, which illustrated the imbedded Kathara Grid Templates,
 -  Templates, called "**Lotus** Flow Grid", of the "Lotus Flow" Shield Stanz, were
 -  of the "**Lotus** Flow" Shield Stanz, were translated by our Speakers from the
 -  Mahadra RRT, the **Lotus** Flow Shield Stanz was encoded within Earth's Planetary Shields at
 -  Divine Blueprint. The **Lotus** Flow Shield Stanz began activation within Earth's Planetary Shield following
 -  of the "**Lotus** Flow Grid", the expanded template of which as was illustrated
 -  Templates of the **Lotus** Flow Shield Stanz. 2
-

Page: 3

-  Blueprint. The "**Lotus** Flow Grid" mathematical program is one such program indigenous to
 -  create" the "**Lotus** Flow Grid" crop circle, but let us say we "
 -  Is the "**Lotus** Flow Grid" crop circle of Ogbourne, UK the "sign"
-

Page: 9

-  which the "**Lotus** Flow Grid" Shield Stanz was transmitted from Cue Site-7
-

Page: 19

-  recently provided "**Lotus** Breath" Heliotalic technologies is sufficient personal preparation for

the smaller



Page: 20








Lotus Breath technologies will assist the body-mind-spirit and personal

File : [2003-08_DanceForJoy2Transcript_scan.pdf](#)
Title : Dance for Joy 2 (workshop transcript)
Subject : Transcript for Dance For Joy 2 Workshop (Andorra, First HeThaLON peak)
Author : MCEO Freedom Teachings
Keywords :



Page: 15

 activating the full **lotus** flow, and when you do it in a group, by
 to do, the **lotus** bud and the 24 and the monadic spin. Kind of



Page: 16


 then goes through **lotus** seed technique and breaths) Disk 1h 11m Az: You will
 to activating the **lotus** seed of the shield of this group. So, what you
 to activate the **lotus** seed in the group shield and unify the shield, so
 1: The "**Lotus** Bud" Breath 1 Complete Technique 8, Part A or B,
 commencing the "**Lotus** Seed" Activation sequence. 2 Breathe easily for a few moments,


Page: 17

 of the "**Lotus** Bud" breath, hold the silver pastel rainbow ball of Heliotalic
 energy throughout the **Lotus** petals formation in the Density Fields around you Andorra


Page: 18

 function. Utilizing the **Lotus** Bud and Lotus Petal Breathing Techniques follows, and immediately thereafter
 Lotus Bud and **Lotus** Petal Breathing Techniques follows, and immediately thereafter the following





 doing the "**Lotus** Bud", Hetharo Technique - 1 of the Paxos, Greece workshop.


 and charge the **Lotus** Bud with HELIOTALIC FREQUENCIES in the AzurA, and b) to



Page: 48











 and breath some **lotus** with the new code. You don't have to if you



Page: 52












 Hetharo work, the **lotus** bud - we introduced the lotus breaths there - and
 we introduced the **lotus** breaths there - and what we called the lotus seed.
 we called the **lotus** seed. There's a crop circle right up by Milk Hill
 just like the **lotus** bud. And there was another one right at Milk Hill

 axis of the **Lotus** Petals grid through all the Densities to Density 6, Ecka




 period.) Preparation: Activate **Lotus** Bud and 24 ManA Lotus Breaths and run simple Optical-
 and 24 ManA **Lotus** Breaths and run simple Optical-Pineal Induction of Mahadra-Adhrana

 the 6-Point **Lotus** Breath flow is opening within the Heliotalic Egg at the
 3 INHALE-EXHALE **Lotus** Breaths, on each EXHALE directing the Heliotalic frequency into the
 frequency into the **Lotus** Flow with the Heliotalic Egg at the Pineal-Le-Teu-
 Return to gentle **Lotus** Breathing from the AzurA center, and imagine that the energized
 forehead. Continue gentle **Lotus** Breathing from the AzurA, and imagine or observe internally
as
 Chasm. INHALE a **Lotus** Breath into the AzurA then EXHALE upward, expanding the EXHALE
 Return to gentle **Lotus** Breathing from the AzurA while imagining that the energized-encoded
 Core. INHALE a **Lotus** Breath into the AzurA then EXHALE forcefully downward into the
 Return to simple **Lotus** Breathing from the AzurA, while keeping mental attention on the
 Chasm. Continue gentle **Lotus** Breathing from the AzurA, and imagine or observe that the


 INHALE a final **Lotus** Breath at the AzurA, the EXHALE forcefully, using the exhale
 Return to gentle **Lotus** Breathing from the AzurA and imagine, or observe, that the

 INHALE/EXHALE Heliotalic **Lotus** Breaths from The Heliotalic Ball in The Mahadra Cup, then
 INHALE one further **Lotus** Breath and HOLD to build charge. EXHALE forcefully, directing The
 Return to gentle **Lotus** Breathing and observe that The inside of The Mahadra Cup
 INHALE a Heliotalic **Lotus** Breath into The AzurA, then forcefully EXHALE The breath
downward
 Cup. INHALE a **Lotus** Breath from The Mahadra Cup, using The Inhale breath to
 Core. Taking gentle **Lotus** Breaths now from The Eumbi Point, imagine that there is
 10. INHALE a **Lotus** Breath into The Eumbi Core, using The Inhale breath to
 INHALE a forceful **Lotus** Breath into The AzurA Point, then EXHALE forcefully, pushing a
 Return to gently **Lotus** Breathing from The Eumbi, and bring your left hand down
 14. INHALE a **Lotus** Breath into The Azura, then EXHALE forcefully, pushing 15. Heliotalic
 Center. Breath gentle **Lotus** Breaths, while imagining that your left hand is now slowly








Page: 70

-  several, gentle, relaxing **Lotus** Breaths and open your eyes. The Metatronic Eumbi Band Rod
 -  and begin gentle **Lotus** Breathing. Then Imagine your Mahadra Cup within a Heliotalic Egg
 -  INHALE a final **Lotus** Breath from The Eumbi, then EXHALE, using The Exhale breath
-










Page: 88

-  you're doing The **lotus**. Keep doing it for a bit. You'll find yourself getting
-



Page: 99

-  gentle six point **lotus** breathing from The AzurA. Anchoring The Planetary and Solar-Galactic
 -  gentle 6-point **Lotus** Breathing from The 2. 3. 4. 5. 6. 7. 8.
 -  INHALE a Heliotalic **Lotus** Breath into The AzurA and into The Gold Metatronic Cube,
 -  INHALE another Heliotalic **Lotus** Breath into The Gold Metatronic Cube at The AzurA, then
 -  Chakra. INHALE another **Lotus** Breath into The AzurA, then EXHALE, using The Exhale breath
 -  Black. INHALE a **Lotus** Breath into The Eumbi Point just below The Navel, then
 -  3 Inhale/Exhale **Lotus** Breaths into The Eumbi Point, using each Exhale to push
-





Page: 100

-  feet. INHALE a **Lotus** Breath from The Mahadra Point in Chakra-13 Earth Core,
 -  Breathe several gentle **Lotus** Breaths from Chakra-13, using each Exhale breath to build
 -  13. INHALE another **Lotus** Breath at Chakra-13 and into The Heliotalic Ball, then
 -  light. INHALE a **Lotus** Breath from The Mahadra point at Chakra-13 Earth Core,
 -  Navel. INHALE a **Lotus** Breath now from The Eumbi point just below The Navel,
 -  Navel. Take another **Lotus** Breath, this time from The AzurA point, and EXHALE, using
 -  Navel. INHALE a **Lotus** Breath into The Eumbi point, using The Inhale breath to
 -  Core. Breathe gentle **Lotus** Breaths while imagining that Chakra-13 Earth Core now opens
 -  INHALE a final **Lotus** Breath into The AzurA, drawing Pale Gold "Golden Fleece"
-





Page: 101

-  gentle 6-point **Lotus** Breathing from The AzurA. 2. 3. 4. Call to mind
 -  D. Continue gentle **Lotus** Breathing from The AzurA while focusing your attention upon The
-








Page: 102

-  gentle Inhale/Exhale **Lotus** Breathing from The AzurA, using each EXHALE to send a
-  of amplifying Heliotalic **Lotus** Breaths, INHALE forcefully, then EXHALE forcefully, using The Exhale breath
-  6. Continue gentle **Lotus** Breathing from The AzurA, and imagine that The Golden-SilverONE
- 

Implant. Continue gentle **Lotus** Breathing from The AzurA, using each EXHALE breath to direct


-  INHALE another Heliotalic **Lotus** Breath from The AzurA, then forcefully EXHALE, again diagonally upward
 -  a slow, deep **Lotus** Breath from The AzurA, drawing in a thick 6-point
 -  INHALE another Heliotalic **Lotus** breath into The AzurA, shift your attention to Kathara Center-
 -  INHALE a Heliotalic **Lotus** Breath from The AzurA, then EXHALE forcefully, using The EXHALE
-

Page: 103


-  Continue gentle Heliotalic **Lotus** Breathing from The AzurA, and shift your attention back to
 -  INHALE a Heliotalic **Lotus** Breath from The AzurA, then forcefully EXHALE a stream of
 -  rapid Inhale/Exhale **Lotus** Breaths, using each Exhale to intensify and amplify The Clockwise
 -  Return to gentle **Lotus** Breathing from The AzurA, and observe or imagine that The
 -  16. Continue gentle **Lotus** Breathing from The AzurA and return your attention to Kathara
 -  Return to gentle **Lotus** Breathing, and observe now that a large flat disc of
 -  Return to gently **Lotus** Breathing and observe as The Sirian Nodule Implant at Kathara
-


File : [2003-09_ScienceSpiritCreation_scan.pdf](#)
Title : The Science and Spirituality of Creation - Handbook
Subject : Cosmic Order, Interdimensional Anatomy, Primal Life Force Currents, Merkaba, Flame Body
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

Page: 59

 ~ the AzurA **Lotus** Flow (1st 6 of 24 ManA Breaths also called

Page: 60


 , ManA **Lotus** Breaths 7 - 24 Ecka DN-6 1] 11

 6·Polnt **Lotus** from AzurA · 1 ~r-:1""--;~--...11~---:: ManA BreaJhs

Page: 61

 ACTIVATING THE "**LOTUS** SEED" Technique 1: The "Lotus Bud" Breath 1 Complete


 1: The "**Lotus** Bud" Breath 1 Complete Technique 8, Part A or B,

 commencing the "**Lotus** Seed" Activation sequence. 2 Breathe easily for a few moments,

 of the "**Lotus** Bud" breath, hold the silver pastel rainbow ball of Heliotalic





Page: 62

 energy throughout the **Lotus** petals formation in the Density Fields around you NOTES:

 axis of the **Lotus** petal grid (Uke a 6 point Star) throughout the

File : [2003-10_CosmicClockReset_Scan.pdf](#)
Title : The Cosmic Clock Reset - Handbook
Subject : Entering the Reusha-TA Great Healing Cycle
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :







Page: 39

-  ACTIVATING THE "**LOTUS** SEED" Technique 1: The "Lotus Bud" Breath 1 Complete
 -  1: The "**Lotus** Bud" Breath 1 Complete Technique 8, Part A orB, before
 -  commencing the "**Lotus** Seed!" Activation sequence. 2 Breathe easily for a few moments,
 -  of the "**Lotus** Bud" breath, hold the silver pastel rainbow ball of Heliotalic
-

Page: 40

-  energy throughout the **Lotus** petals formation in the Density Fields around you
-






Page: 41

-  ACTIVATING THE "**LOTUS** SEED." (EirA- Stage 2) Preparation: Fast track Maharic/ Eckashic
 -  and Activating the **Lotus** Seed, ManA Stage 1, for one week prior. Technique 1:
 -  1: The "**Lotus** Bud" Breath 9 10 11 12 13 14 15 16
 -  16 Complete "**Lotus** Seed - ManN sequence, before commencing this, the EirA "
 -  the EirA "**Lotus** Seed• Activation sequence. Breathe easily for a few moments; while
 -  of the "**Lotus** Bud" breath, hold the silver pastel rainbow ball of Heliotalic
-



Page: 42

-  energy throughout the **Lotus** Petals formation in the Density Fields around you
-

Page: 43


-  ACTIVATING THE "**LOTUS** SEED" (ManU- Stage 3) . { and Preface to
 -  Sequence, Activating the **Lotus** Seed, ManA Stage 1, and Activating the . Lotus Seed,
 -  Activating the . **Lotus** Seed, EirA Stage 2; for one week prior. Technique 1:
 -  The "iManU **Lotus** Bud" Breath 17 Complete the "Lotus Seed" Activation sequence
 -  Complete the "**Lotus** Seed" Activation sequence Stages 1.& 2 (ManA& EirA). .
-

Page: 45

-  Sequence, Activating the **Lotus** Seed, ManA Stage 1 + EirA Stage 2, and ManU
 -  charge using the **Lotus** Bud technique. ' _ ' ' ' . ' .
-

File : [2003-11_SecretsOfYugasSupplement_Scan.pdf](#)
Title : Secrets of the Yugas - Supplement
Subject : Celestial Arcs and Angles, the Monadic Key and Time Projection
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

Page: 2


 simple 6 pointed **lotus** breaths to charge your fields . 3. Allow yourself a


Page: 3

 completing the ManU **Lotus** Breathing Technique. 2. Breathe easy and call to mind just


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 :

Document Metadata


 Subject: Awakening the Living **Lotus**, Healing Facilitation Through Crystal Body Alignment

 Found 1 instance(s) in additional metadata

Page: 2


 ning the Living **Lotus**"™ Healing Facilitation Through Crystal Body Alignment TABLE of CONTENTS

 Kathara & the **Lotus** Flow - Embedded Density & Dimensional Kathara Templates & Merkaba


 & Merkaba Fields, **Lotus** Arc Sets, Base Pulse Rhythms Lotus Breaths & Lotus Flows


 Base Pulse Rhythms **Lotus** Breaths & Lotus Flows

 Lotus Breaths & **Lotus** Flows 120

 Rod and Staff, **Lotus** Arc Sets, Crystal Body Light Grid, Stair-Step Vortices, Shield

Page: 3

 & the Living **Lotus** Touch- Le-e TOR- A and Sha-LA"-a Eternal

 Vortex Misalignments & **Lotus** Touch Base Shield Bonding to Restore the Living Light of

 Light of the **Lotus** & Activate the Personal Lo TUM Crystal Body


Page: 4

 C 4 E **Lotus** Touch Finger Positions Chart C 5 F Palm Flames Rotation

 Kathara Level-3 **Lotus** Run "Axiom Base Shield Bonding Client Session" -"At-


 J The 24 **Lotus** Points & the 20 Embodied Ethos Etheric Flames Chart C

Page: 5

 8 Activating the **Lotus** Seed: the 24 ManA/24 EirA & 48 ManU Breaths


 Kathara Level- 3, **Lotus** Hands, Hara Center & Ra Center Activation T43- T44 14

 Kathara Level- 3, **Lotus** Touch "Quick Fire" T45- T46 15 Kathara Level- 3,


 - 6-Step **Lotus** Run Session T54- T58 18 Facilitators Preparatory Procedure for Lotus

 Preparatory Procedure for **Lotus** Run Axiom Base Shield Bonding T59- T60 19 Kathara Level-


 The 6-Step **Lotus** Run Axiom Base Shield Bonding (Personal & Client) T61

 Charge" -Amplified **Lotus** Run Follow Up Session (Personal & Client) T66- T67

Page: 69

 activation & "**Lotus**" technologies featured In the K·2 "Linking Sequence"

Page: 121

 Kathara and the **Lotus** Flow · Embedded Density & Dimensional Kathara Templates and Merkaba


 and Merkaba Fields, **Lotus** Arcs Sets, Base Pulse Rhythms, · Lotus Breaths and the

 Pulse Rhythms, · **Lotus** Breaths and the Lotus Flow Purpose: Understanding the Primary Lotus

 Breaths and the **Lotus** Flow Purpose: Understanding the Primary Lotus Core Ecka-Heliotalic Flame.

 Understanding the Primary **Lotus** Core Ecka-Heliotalic Flame. Currents in preparation for amplification of

 Crystal Body via **Lotus** Run Base Shield Bonding Crystal Body .Kathara Healing applications.

 which the Primary **Lotus** Arc Standing-Wave Sets of the Lotum Crystal Body anchor

 also introduces the **Lotus** Arc Sets of Heliotalic Le-e TOR-A and Sha-

 6·explains **Lotus** Breathing technologies & opening the Lotus Flow Veca Crystal Body

 & opening the **Lotus** Flow Veca Crystal Body Living Light Channels to amplify Heliotalic


 Le-AdOR-A **Lotus** Flame Healing Currents needed for clearing Sho-na Transposition Filter


Page: 127


 KATHARA GRIDS Primary **Lotus** Arc E.cka·Heliotalic Currents Anchor through the 5-

Page: 133

 6-POINT LIVING **LOTUS** ARC AXIS 1." Oenslty~1 Tnmsfiarmorilc Denslty BI~VeCjiJ ~


 Primary Ecka-Heliotalic **Lotus** Arc Standing Wave Arcing Pillar Currents circulate LifeForce & Life-

 The pulses of **Lotus** Arc Current "flash on" within the Lotum Crystal Body


 6-Point "**Lotus** Petal" Arc one set of 6-Petal Arcs feeds the

 Fields circulate the **Lotus** Arc Sha-LA-a- Le-e TOR-A Tri-. Veca

Page: 134




























 ManA **Lotus** Breaths 7 - 24 Ecka DN~6 ~ . from

Page: 135

 The **Lotus** Bud Breath & the AzurA Lotus Flow (1:rt

 & the AzurA **Lotus** Flow (1:rt 6 of 24 ManA s·

Page: 136

 **LOTUS** ARC SETS, BASE PULSE RHYTHMS, LOTUS BREATHING & the LOTUS
 BASE PULSE RHYTHMS, **LOTUS** BREATHING & the LOTUS FLOW Lotus. Arc Sets & Base
 BREATHING & the **LOTUS** FLOW Lotus. Arc Sets & Base Pulse Rhythms Lotus Arc
 the LOTUS FLOW **Lotus**. Arc Sets & Base Pulse Rhythms Lotus Arc Sets are
 Base Pulse Rhythms **Lotus** Arc Sets are sets of electro-magnetic Arcing Pillars breathing
 Standing-Wave "**Lotus** Arc Pillar Sets". "Lotus Arc Sets" exist within every
 Pillar Sets". "**Lotus** Arc Sets" exist within every Kathara 12-Tree Grid; the
 imply many imbedded **Lotus** Arc Sets. The Lotus Arc Sets pulse Off & On,
 Arc Sets. The **Lotus** Arc Sets pulse Off & On, circulating Pulse-Sparks of
 Systems. "The **Lotus** Arc Sets of the Ecka-Veca Body expand and
 the physical body. **Lotus** Breathing 'Lotus Breathing Technologies represent the organic
breathing function
 Lotus Breathing 'Lotus Breathing Technologies represent the organic breathing function of
the Eternal
 functions, preventing the **Lotus** Arc Sets from circulating Life-Force Currents Into the
 Veka Body. Conscious **Lotus** Breathing, & related technologies, Initiate clearing of the
 Life Force. **Lotus** Arcs can be progressively re-established to restore
 biological form. The **Lotus** Flow Lotus breathing technologies begin with activation of the "
 The Lotus Flow **Lotus** breathing technologies begin with activation of the "Lotus Bud"
 of the "**Lotus** Bud" In the Monadic Core of the body followed by
 followed by "**Lotus** Seed Activation" to re-open long-dormant 6, 12, 24
 48 Point **Lotus** Breathing Channels within the Multi-dimensional anatomy. .. Activating the
 .. Activating the **Lotus** Seed . • 24 ManA breaths initiate activation of the
 the first 6 **Lotus** channels called the Loti Channels, opening the 6-Point Loti
 6-Point Loti **Lotus** Flow. • 24 ManA breaths Initiate activation of the 2•
 the 2•d **Lotus** Channels called the LatE Channels, opening the 6-Point LatE
 6-Point LatE **Lotus** Flow. • 48 ManU breaths initiate activation of 6 of
 6 of 12 **Lotus** Channels called Leta Channels, opening a 6-Point Leta Lotus
 6-Point Leta **Lotus** Flow through which the 6-Point Loti & 5:
 the 12-Point **Lotus** Breathing Channel of the Lotus Veka Crystal Body. Activation of
 the Primary Density **Lotus** Arc Sets In the Lotus Crystal Body. The Lotus Seed
 Crystal Body. The **Lotus** Seed breathing technique opens the 12-point Lotus Flow chan
 the 12-point **Lotus** Flow channels of the Lotus, which allow Sha
 • ated Density **Lotus** Arcs to begin circulating within the Merkabic circulation

- ✓ ~Crystal Body **Lotus** Healing Technologies; understanding. the Anatomy of.the Personal E7ka
 - ✓ access, Crystal Body **Lotus** Applications featured in the K~thara 2-3 Programme. Direct.
 - ✓ Crystal . Body **Lotus** Healing techniques are necessary to free the personal Multidimensional anatomy
 - ✓ the Reuche Core, **Lotus** Arc Sets, Le-e TOR-A & Sha-LA-a
-

Page: 141

- ✓ Petal Ecka-Lota **Lotus** Arc Set Ecka 12 North Axis ~--- --- ~
 - ✓ the 12- petal **Lotus** Arcs and the 12 Ecka Reuche Pillars form the 12-
 - ✓ petal Ecka-Lota **Lotus** Arc Stanaing wave Arc set within the Ecka Base Shield.
-

Page: 142

- ✓ REUCHE PILLARS & **LOTUS** ARCS 1. The Seed Atom & Base Shield qfthe Ecka-
 - ✓ the 12- Petal **Lotus** Arcs of the Eckasha & the 12- Ecka Reuche Pillars
 - ✓ Ecka-Lota **Lotus** Arcs within the Ecka Base Shield, ~re.
 - ✓ Fcka-Lota **Lotus** Arc Standing-Wave Arc Set withm the Ecka Base Shield.
-

Page: 159

- ✓ Rod & Staff, **Lotus** Arc Sets, Crystal Body Light Grid, Stair-Step Vortices, Shield
 - ✓ for use of **Lotus** Run technologies. · - Section - 8 introduces the anatomy
 - ✓ Rod & staff, **Lotus** Arc Sets, Crystal Body Light Grid, Stair-step Vortices, Shield
 - ✓ Diodic Vortex & **Lotus** Point Grids & the Living ·Light Etheric-Atomic S{
 - ✓ Tech"-1 "**Lotus**. Hands, Hara Centre and Ra Centre Activation (Pages T43-
 - ✓ Tech"-2 "**Lotus** Touch Quick Fire" (Pages T45-T46) utilising the Le-
 - ✓ Imprinting Chart and **Lotus** Touch Fingers position . Chart; and, iii) K-3, Tech"-
-

Page: 162

- ✓ Reuche Pillars & **Lotus** Arc Stanz Shield Clock Template All Density and Dimensional shields
 - ✓ Axis 6 petai **Lotus** Arc Shield Stanz Template: G Dimensional = Ray Nodes Template
-

Page: 163

- ✓ Staff and Primary **Lotus** Arcs 1. Ecka Monadic Beam anchors pcm LotE" "131"
 - ✓ primary 6-petal **Lotus** Arc set standing wave field verttcal LotE" Arc set. Z4
-

Page: 164

- ✓ Primary **Lotus** Arc Set of the Pcm LotE" 0 = pcm seed
-


Page: 179

- ✓ Spindles & Primary **Lotus** Arc Sets Form PHASE 2: 24 Vertical LotE" Density Staff

Page: 182

 ~ "\ r1 **Lotus** Flow causes the 45 Sha-LA-a Current lo

Page: 184

 the T"iLE".a **Lotus** .Arcs, Merkabic Circulatory System & Sha-La Bi·

Page: 185


 Refraction Screen, T"iLE"<! **Lotus** Arc Set & Radial Bodies, and the Ethëric Axi


 liliorm 12-polnl **Lotus** Arc sels w!lhlñ ~ha

Page: 186


 an infemai6-Pefal **Lotus** Arc Set through which the TiL-e-"a Planes Phase

Page: 191

 Body Template. The **Lotus** Flow Template Is encoded Within every Density & Dimensional Shield

 primary & Densitv **Lotus** Aic Sets of the PCM LatE"; PKA Loti and Eck-

 of the Densitv **Lotus** Arc Sets cross throuah each other and those of the

 of the Pninary **Lotus** Arc Set, forming the Miodic-Diodic Points within the LatA

 activates, allowing the **Lotus** Arc Currents and 24 internal and external Rod and Staff

Page: 192

 activation of the **Lotus** Flow.& Pulsar Wave· LoIA Points Miodic/ Di.odic Vortex

 the 24 interior **Lotus** Pomts that interface between the Etheric & Atomic currents of

Page: 193

 NOTE;· Density **Lotus** Aic Sets expand to 45deg • .Axis upon "

Page: 212

 1,.. --..; **24Lotus** Poin~ link Central Etheric"Af:omic to ·other LotE,

Page: 214


 The 24 LotE **Lotus** Points in the LotE Pillar of Power direct Spark Pulse

 Loti Pillar and **lotus** Points run horizontally as the lotE PCM Rod Currents. 2./

Page: 217

 IN 45 deg. **Lotus** Projection Phase - Great Exhale A: BREATHING THE LotA CRYSTAL

Page: 218

 24 polrit LotA **Lotus** eel · . . . • 5). Then enter Athon•,






- ✓ (30 deg. **Lotus** Petal Hon-a-tii-E" a State Tri-
- ✓ 24 point LolA **Lotus** sal . . . a>. 6). Than enter Athon"•

- ✓ THE 24 **LOTUS** POINTS & THE 20 EMBODIED ETHOS ETHERIC FLAMES Each Dimensional
- ✓ . " . **Lotus** Points are points of Trans-Density frequency · interface thaf
- ✓ Etheric Body structure. **Lotus** . Points circulate frequencies of the Ethos, E.iros &
- ✓ of the 24 **Lotus** Point Spheres controls the Base Pulse Rhythm of the Denslty
- ✓ . molecular structure. **Lotus** Points are Control Centres for the Multi· dimensionai"Bio
- ✓ and embodied Consciousness. **Lotus** Points control the Activation of Density & Dimensional Etheric·
- ✓ conditions the 24 **Lotus** points serve as "Spark Distribution Centres" carrying the Krist
- ✓ Mutation" the 24 **Lotus** Points have been limited to re-circulation of Static Energy

- ✓ KATHARA GRIDS & **LOTUS** POINTS Denslty-1 Trans harmonic+ Dimensional Hellotalii:-Seur Pillar The
- ✓ The 24 PCM **Lotus** Points form where Density and Dimensional Signet Transmission Lines cross
- ✓ through each other. **Lotus** Points combine the frequencies of the 15-0imensional Ray Currents

- ✓ THE 24 **LOTUS** POINTS, EMBODIED STAFF & EMBEDDED KATHARA GRIDS Denslty-1 Density/
- ✓ Set of 6 **Lotus** Points. There are 4 Density Shields & thus 4 x
- ✓ 6 = 24 **Lotus** Points kz.urA Thymus Bas!! Common Am.oraea Center·









- ✓ THE 24 **LOTUS** POINTS~EMBODIED STAFF I I I I . j I I
- ✓ I I I **Lotus** Point Spheres are 3-Dimerisional Geomantic Grids that fonn wh.
- ✓ through each other. **Lotus** Points direct Etheric Body Currents from the D-3·
- ✓ & molecular expression. **Lotus** Points control the flow of the D-13" . .
- ✓ the flow 6 **Lotus** P~:Hnts " of ~5-0imensional frequency within I
- ✓ Set of 6 **Lotus** Points. There are 4 Density Shields & thus 4 x
- ✓ 6 = ~ **Lotus** Points AzurA Thymus Basi! Common Amorasa Canter· . THE
- ✓ . THE **LOTUS** POINTS CENTRE SEAL- ACCESS POINT LOCATIONS I gMPoIntRefa111nce E!harit

-
-  THE 48 EMBODIED **LOTUS** POINTS FLOW-LINE CONTROL CENTRES Natural Christiac Axi·A
 -  omy aspects Density **Lotus** Points Control the PCM Density Partikate Field & Axi Lines
 -  Lines 24 Density **Lotus** Points 6 Transcendent "T" Control Density-4 Shield 6
 -  I Etheric-Ethos **Lotus** Points Control the PCM Ethos-Etheric Anti·Partikate Field
 -  24 Etheric-Ethos **Lotus** Points Controlled by Ra Centre at Chakra- 3 ,2_24
-



Page: 229

-  I f PCM **Lotus** Points Transduce Atmic (Ecka) Ketheric & Etheric Spectrum into
-










Page: 231

-  THE 24 **LOTUS** POINTS & THE 20 EMBODIED ETHOS ETHERIC FLAMES Each Dimensional
 -  Heliotalfc Seur Pillar **lotus** Points are points of Trans-Density frequency interface thaf exist
 -  Etheric Body structure. **Lotus** Points circulate frequencies of the Ethos, Eiros & 15-Ray
 -  of the 24 **Lotus** Point Spheres controls the Base Pulse Rh} "thm of the
 -  1 D-1 **Lotus** Points are Control Centres for the Multi· dimensional "
 -  and embodied Consciousness. **Lotus** Points control the Activation of Density & Dimensional Etheric·
 -  conditions the 24 **Lotus** points serve as "Spark Distribution Centres" carrying the Krist
 -  Mutation" the 24 **Lotus** Points have been limited to re-circulation of Static Energy
-

Page: 232

-  THE **LOTUS** POINTS CENTRE SEAL- ACCESS POINT LOCATIONS Lotus Point Reference Etheric-
 -  ACCESS POINT LOCATIONS **Lotus** Point Reference Etheric-Physical Location "T" Transcendent Points Located
-

Page: 233

-  I "----- **LOTUS** RUN -AXIOM BASE SHIELD BONDING Introduction to Kathara Level-
 -  the 6-Step **Lotus** Run Session The process of Healing Facilitation through Crystal Body
 -  Body Alignment, the **Lotus** Run Axiom Base Shield Bonding is initiated {Kathara Level-
 -  Alignment procedure sequence, **Lotus** Run -Axiom Base Shield Bonding. The Kathara Level- 4
 -  body systems. The **Lotus** Run featured in Kathara Level- 3 initiates Crystal Body Alignment
 -  4. · The **Lotus** Run Axiom Base Shield Bonding procedure utilises the 90-Charge
 -  Current, via the **Lotus** Touch, to initiate natural sub-harmonic opening of the energetic
 -  Base Shield. The **Lotus** Run activates the natural 3 - 6 ~ 12 -
 -  24 Embodied PCM **Lotus** Centres, thereby re-introducing organic Base Pulse Rhythms into the
-

Page: 234

- the procedure of **Lotus** Run Axiom Base Shield bonding also assists the Axiom Template, Filter activations. Thus, **Lotus** Run Axiom Base Shield Bonding Technology can assist in the

Page: 235

- and the Living **Lotus** Touch Le - e TOR~ A & Sha- LA -
- Vortex Misalignments, and **Lotus** Touch Base Shield Bonding to Restore the Living Light
- Light of the **Lotus** & Activate the Personal Lo TUM Crystal Body

Page: 242

- singular 6-point **Lotus** Arc sets to form the 12-point Lotum Lotus Arc
- 12-point Lotum **Lotus** Arc set. ZERO POINT PROJECTION LINE :Natural Base-12
- 24 point LotA **Lotus** set. & Q) 5) Then enter Athon "-a-tii

Page: 253

- Lotus** Touch, Hara Center, Ra Center Activation . Bonding Crystal Body

Page: 256

- Tech"-1: **Lotus** Hands! Haral Ra Centre ACilvation - once per week •••
- 3, Tech"-1: **Lotus** Hands!Hara/ Ra Centre Activation- once every 6 days (
- 5A: 6- Step **Lotus** Run at least one time, and just prior to advancing
- Activation Key before **Lotus** Run Mom Base Shield Bonding & any. Client session, 1<

Page: 257

- Kathara Level-3 **Lotus** Run Sessions should first have an initial Kathara Level-1

Page: 258

- a K-3 **Lotus** Run Session following one or two K-2 Flame
- the K-3 **lotus** Run Session will be ineffective under such circumstances.

Page: 259

- THE 6-STEP **LOTUS** RUN (AXIOM BASE SHIELD BONDING) CLIENT SESSION The K-
- period the Secondary **Lotus** Run (K-3, Tech"-5B- "Amping the Charge"
- Charge" - Amplified **Lotus** Run Follow-Up Session, page T61) can be offered to
- K-3 Secondary **Lotus** Run Follow-Up Sessions should be conducted only once every
- K-3 Secondary **Lotus** Run Follow Up Sessions are recommended twice per year, within

Page: 261

- Facilitate Secondary **Lotus** Run Follow Up Lotus Run separate, prior, K-2 Flame
- Run Follow Up **Lotus** Run separate, prior, K-2 Flame Body Session no more

- 2 Secondary **Lotus** Run Sessions per year is required between a K-2
- one K-3 **Lotus** Run Session is required to prepare Clients' Multidimensional Anatomy for

Page: 262

- Process Client Consent for **Lotus** Touch Client Consent/or Non-Kathara Healing! Services Trained in

- K-2!3 **Lotus** Healing Touch Signed as an Independent Spiritual Healing Facilitator Date

Page: 266

- the Location): 24 **LOTUS** POINTS and the c 8 Technique Series, K-1 to
- to K-2 **LOTUS** RUN Dates: .E Shield Activations (Personal) In
- z . PERSONAL **LOTUS** RUN 0 TEMPLATES & SEED ATOM Vi C1I Cii FLAMES
- FIELDWORK: 6-STEP **LOTUS** . SECTION 1: CONDENSED K- 1 PERSONAL TECHNIQUES RUN CLIENT
- KA THARA- 3 **LOTUS** 0 and the LOTUS FLOW o · TOUCH PERSONAL TECH"S
- 0 and the **LOTUS** FLOW o · TOUCH PERSONAL TECH"S Vi Pages (ii

Page: 270

- Tech" -1; **Lotus** Hands- Hara Centre- Ra Centre Activation (Page: T43·
- 3, Tech"- 2; **Lotus** Touch Quick Fire (Page: T45·46) LE-eTOr-

Page: 271

- 3, 6-Step **Lotus** Run Client Session (Page: T61-65) ·The Lo-

Page: 273


- . **LOTUS** TOUCH FINGER POSITIONS CHART . . . / FRONTVIEW. ~
- 3 Tech"-1: **Lotus** Hands, Hara Centre & Ra Centre Activation, Pages T 43-
- 3 Tech"-2: **Lotus** Touch Quick Fire, Pages T 45-T 46 • K-
- 5: 6-Step **Lotus** Run Axiom Base Shield Bonding (Personal & Client), Pages
- Page T53 STANDARD **LOTUS** TOUCH FINGER POSITIONS)) Right Hand Right Hand "
- " Co-joined **Lotus** Touch Position (Front View) FOR USE WITH: Kathara-3,
- 3, Technique-1: **Lotus** Hands, Hara Centre & Ra Centre Activation, pages T 43

Page: 274

- Ethos Flames and **Lotus** Bud, PageT 41 \$tep- 5, Actions 1 - 8:

Page: 275


- THARA LEVEL- 3 **LOTUS** RUN- AXIOM BASE SHIELD BONDING- 6-STEP CLIENT SESSION Tools:
- KATHARA LEVEL-3 **LOTUS** RUN CLIENT SESSION 6-Step Technique Application Sequence-


 Level - 3 **Lotus** Run 6-Step Client Session Sequence- 1 Kathara Points .

 2: Activating the **Lotus** Run- Ra Centre Consolidated BPR Induction, PageT 59 Step-6B,

Page: 276

 Chakra Vortex Centres, **Lotus** and Kathara Points and Star Crystal Seals ru-n•e; ,

 ka, 24 PCM **LOTUS** POINT! 6 "U" Upper Lotus Points 6 ""L""

 "U" Upper **Lotus** Points 6 ""L"" Lower Lotus Points Ethrlt. •EihoaLD~

 ""L"" Lower **Lotus** Points Ethrlt. •EihoaLD~sPolnti" Controllha PCM Ethos.£1h•ric


Page: 277

 THE 24 **LOTUS** POINTS & THE 20 EMBODIED ETHOS ETHERIC FLAMES Each Dimensional

 1rogressive • THE **LOTUS** POINTS CENTRE SEAL- ACCESS POINT LOCAT IONS lotus Point Refenmte


 POINT LOCAT IONS **lotus** Point Refenmte Ethe rk•Phnical Laciltion "T" Transcendent


 Density Kathara Grid **Lotus** Points are points of Trans-Density frequency • interface thaf

 Etheric Body structure. **Lotus** .. Points circulate frequencies of the Ethos, Eiros & 15-

 of the 24 **Lotus** Point Spheres controls the Base Pulse Rhythm of the Density

 . molecular structure. **Lotus** Points are Control Centres for the Multi• dimensional "

 . embodied Consciousness. **Lotus** Points control the Activation of Density & • Dimensional Etheric


 conditions the 24 **Lotus** points serve as "Spark Distribution Centres" carrying the Krist

 Mutation" the 24 **Lotus** Points have been limited to re-circulation of Static Energy

Page: 303

 ACTIVATING THE "**LOTUS** SEED" Technique 1: The "Lotus Bud" Breath 1 Complete

 1: The "**Lotus** Bud" Breath 1 Complete Technique 8, Part A orB, before

 commencing the "**Lotus** Seed" Activation sequence. 2 Breathe easily for a few moments,

 of the "**Lotus** Bud" breath, hold the silver pastel rainbow ball of Heliotalic

Page: 304

 energy throughout the **Lotus** petals formation in the Density Fields around you . .




 axis of the **Lotus** petal grid (Like a 6 point Star) throughout the

Page: 305


 ACTIVATING THE "**LOTUS** SEED" (EirA- Stage 2) Preparation: Fast track Maharic/ Eckashic

 and Activating the **Lotus** Seed, ManA Stage 1, for one week prior. Technique 1:






 1: The "**Lotus** Bud" Breath Complete "Lotus Seed- ManA" sequence, before commencing

 Breath Complete "**Lotus** Seed- ManA" sequence, before commencing this, the EirA "Lotus
 the EirA "**Lotus** Seed" Activation sequence. 2 Breathe easily for a few moments,
 of the "**Lotus** Bud" breath, hold the silver pastel rainbow ball of Heliotalic


Page: 306

 energy throughout the **Lotus** Petals formation in the Density Fields around you Not


Page: 307

 ACTIVATING THE "**LOTUS** SEED" (ManU- Stage 3) · (and Preface
 lence, Activating the **Lotus** Seed, ManA Stage 1, and · Activating the Lotus Seed,
 · Activating the **Lotus** Seed, EirA Stage 2, for one week prior. Technique 1:
 The "ManU **Lotus** Bud" Breath 1 2 3 4 5 6 7 8
 Complete the "**Lotus** Seed" Activation sequence Stages 1 & 2 (ManA &

Page: 309

 x 6-point **Lotus** Breaths from the AzurA, then on the next 6-point



Page: 310

 6-point AzurA **Lotus** breaths for a minute or two, with palms still facing


Page: 311

 charge using ManU **Lotus** Bud technique (6 x 6-point breaths) Description of

Page: 314

 a 24 point **Lotus**-Spark of the Le-e TOR-A Flame, called the
 crystal lies a **lotus** flower, formed by 24 petals joined at it's centre; this


Page: 316

 x 6-point **Lotus** Breaths from the AzurA, then on the next 6-point

Page: 317

 6-point AzurA **Lotus** breaths for a minute or two, with palms stil.l

Page: 318

 single 6-point **Lotus** breath Inhale from the AzurA to draw the Ethos Imprint








Page: 319

 Ethos Flames and **Lotus** Bud Action One- Move to a position by clients side









Page: 321












3: Personal Techniques **Lotus** Hands, Hara Centre & Ra Centre Activation Technique Step 1.:

-  12 6-point **Lotus** Breaths, at the AzurA, while standing on the "Le-
-  strong 24-Point **Lotus** breath, inhaling from the AzurA and forcefully Exhale a 2-
-  hands into the **Lotus** Touch Finger Position (first 3 fingers of each hand
-  your Tri-veca **Lotus** Touch finger tips together and placing your Left & Right
-  Immediately, bring your **Lotus** Touch "joined hands" up to the front of the
-  in co-joined **Lotus** Touch position in front of AzurA, breathe gentle, 24-Point
-  gentle, 24-Point **Lotus** breaths from the AzurA for a few moments, waiting for






Page: 322

-  the co-joined **Lotus** Touch Hand Position - BUT - keep your fingers
-  hand in the **Lotus** Touch Finger Position. . . Step 10: . .
-  keeping fingers in **Lotus** Touch), Inhale a 24-Point breath from the E-
-  times with the **Lotus** Touch Tri-veca fingers of both hands at the same
-  gently release the **Lotus** Touch Fingers Position. "Shake out" your hands, and breathe
-  Activation stabilizes. The **Lotus** Hands, Hara Centres & Complexes, and the Ra Healing Centre
-  and that the **Lotus** Hands/ Hara/ Ra Centres technique (herein) is practiced as
-  on" Chart for **Lotus** Hands, etc. Technique. This second, large, Code/ chart can also


Page: 323

-  2) · The **Lotus** Touch "Quick Fire" Preparation: All "Linking Sequ"
-  weekly- plus- the **Lotus** Hands/ Hara/ Ra Centres activation technique, once weekly. The
-  Lotus
-  once weekly. The **Lotus** Touch "Quick Fire" technique can be utilized during the
-  followed by the **Lotus** Hands/ Hara/ Ra Centres technique practiced once every 6 days
-  to conduct the **Lotus** Touch "Quick Fire". · Step One: Initiate activation of
-  deep 24-Point **Lotus** breath at the AzurA, hold briefly to build charge, then
-  a 24-Point **Lotus** Breath from the AzurA, drawing the Emerald Spark back from
-  hands into the **Lotus** Touch Finger Position (i.e. tips of first 3


Page: 324

-  to bring the **Lotus** Hands into "Quick Fire" activation . / . Eight:
-  a 24-Point **Lotus** Breath at the AzurA Seed Atom and bring the fingers
-  hands into the **Lotus** Touch Finger Position. Your personal Shields, Flame-body and "
-  body and "**Lotus** Hands" are now activated to run the 45-Charge Ecka-
-  desires to conduct **Lotus** Run Client Sessions on others, if one desires to participate

Page: 325

 x 24-Point **Lotus** Breaths from the AzurA, then on the next 24-Point

Page: 326

 Point Ra Centre **Lotus** breaths for a minute or two, waiting for the Eck-

 to facilitate the **Lotus** Run Client Session. · Copyright Ashayana & Azurtan Deane,

Page: 327

 of Ra & **Lotus** Touch access in preparation for Lotus Run Axiom Base Shield

 in preparation for **Lotus** Run Axiom Base Shield Bonding, and all Kathara Level- 4

 the 24 Petal **Lotus**) of the Le-AdOR-A completely surrounds your body. Step

Page: 328


 the 24 Petal **Lotus** Centre Point permeates and surrounds your entire body. Step 10

 (30-degree **Lotus** Petals in the Hon"a-tii-E-"a state)- and- second

 Zero-point vertical **Lotus** petals at Full Inhale) Krist Sparks. Hold the breath at


 Breath" Point (**Lotus** petals "flash off" in the Le-e-tii-E-"


Page: 331


 "6-Step **Lotus** Run Axiom Base Shield Bonding"; both personal and Client sessions.

 of Ra and **Lotus** Touch access. Through the activated "Eyes of Ra" you

 for use in **Lotus** Run Axiom Base Shield Bonding, instant Lotus Touch, Optical Lotus

 Shield Bonding, instant **Lotus** Touch, Optical Lotus Transmission, Remote Lotus Healing applications and other

 Lotus Touch, Optical **Lotus** Transmission, Remote Lotus Healing applications and other advanced Kathara techniques.

 Lotus Transmission, Remote **Lotus** Healing applications and other advanced Kathara techniques. Simply breathe on


 specific Chakras, out **Lotus** Fingers & Palms, out of Eyes, full Auric Field "-----"

Page: 332

 **Lotus** Run -Axiom Base Shield Bonding Introduction to Kathara Level-


 the 6-Step **Lotus** Run Session The process of Healing Facilitation through Crystal Body

 Body Alignment, the **Lotus** Run Axiom Base Shield Bonding is initiated (Kathara Level-


 Alignment procedure sequence, **Lotus** Run- Axiom Base Shield Bonding. The Kathara Level- 4 Programme

 body systems. The **Lotus** Run featured in Kathara Level-3 initiates Crystal Body Alignment


 Level- 4. The **Lotus** Run Axiom Base Shield Bonding procedure utilises the 90-Charge

 Current, via the **Lotus** Touch, to initiate natural sub-harmonic opening of the energetic

 Base Shield. The **Lotus** Run activates the natural 3-6 -12-24-48 Base

 24 Embodied PCM **Lotus** Centres, thereby re-introducing organic Base Pulse Rhythms into the


Page: 333

 the procedure of **Lotus** Run Axiom Base Shield bonding also assists the Axiom Template,

 Filter activations. Thus, **Lotus** Run Axiom Base Shield Bonding Technology can assist in the

Page: 334

 THE 6-STEP **LOTUS** RUN (AXIOM BASE SHIELD BONDING) CLIENT SESSION The K-


 period the Secondary **Lotus** Run (K-3, Tech"-5B- "Amping the Charge"-

 the Charge"- Amplified **Lotus** Run Follow-Up Session, page T61) can be offered to


 K-3 Secondary **Lotus** Run Follow-Up Sessions should be conducted only once every


 K-3 Secondary **Lotus** Run Follow Up Sessions are recommended twice per year, within

Page: 336

 Ethos Flames and **Lotus** Bud, PageT 41 Step- 5, Actions 1 -8: Le-

Page: 337

 Technique-S: The **Lotus** Run, Axiom Base Shield Bonding (PERSONAL & CLIENT) The


 CLIENT) The 24 **Lotus** Points Chart (for visual reference & accuracy) The Lotus

 & accuracy) The **Lotus** Touch Fingers Position Chart (if needed for reminder purposes)

 . Purpose: The **lotus** Run Technique utilises the 90-Charge "Flame of Ra"

 Ra"via the **Lotus** Touch, for . activation of the organic Ecka Base Shield

 the 24 embodied **Lotus** Points, re-Establishing the natural Phase-lock Bond between the


 embodied magnetic fields. **Lotus** Run Axiom Base Shield Bonding technology allows the Axiom Template,

 OPTION ONE Primary **Lotus** Run Preparation (For lotus Run Sessions conducted during the

 Preparation (For **lotus** Run Sessions conducted during the 8 -12 week le-

 to engaging the **Lotus** Run : Flame) A: Kathara Level - 2, Technique- 2;

 Technique- 2; "**Lotus** Touch Quick-Fire" (to activate Lotus Hands) D: Proceed

 (to activate **Lotus** Hands) D: Proceed to Power-Key Lotus Run Preparation Step

 to Power-Key **Lotus** Run Preparation Step "E"
















Page: 338

 TWO Power-Key **Lotus** Run (Rapid Access) Preparation (Preparation above, Steps A,

















 prior to engaging **Lotus** Run: E: Run Kathara Level- 3, Technique 48; "Opening

 hands into the **Lotus** Touch Fingers Position on PowerKey 1st Exhale breath (to

 (to activate **Lotus** hands) Personal Lotus Run Session F- proceed immediately to Lotus

-  Lotus hands) Personal **Lotus** Run Session F- proceed immediately to Lotus Run Engagement. (
-  proceed immediately to **Lotus** Run Engagement. (Optional) Kathara Level- 3, Technique- 58; "
-  Charge"- amplification of **Lotus** Run for follow up sessions. (**If the Power-Key
-  a Power-Key **Lotus** Run- OR- use the Primary Lotus Run preparation procedure). Client
-  use the Primary **Lotus** Run preparation procedure). Client Lotus Run SessiQn G- Position client
-  preparation procedure). Client **Lotus** Run SessiQn G- Position client lying down comfortably, on back,
-  release hands from **Lotus** Touch Finger Positions, from E, and run the Kathara Level-
-  3, 6- Step **Lotus** Run procedure as an "additional modality" before closing the
-  1: Client **Lotus** Run Session -Inhale a 48-Point breath at the
-  hands to the **Lotus** Touch Fingers Position on the Exhale breath. J: Proceed immediately
-  Technique- 5; "**Lotus** Run- Axiom Base Shield Bonding". NOTE: Client Lotus Run Sessions
-  Bonding". NOTE: Client **Lotus** Run Sessions should be conducted after a client has received
-  Kathara Level- 3 **Lotus** Run, but it IS necessary that the client has received
-  to the first **Lotus** Run Session, or else the Lotus Run will not initiate
-  or else the **Lotus** Run will not initiate within Clients" Multi-dimensional Anatomy.

Page: 339

-  The Six Step **Lotus** Run -Axiom Base Shield Bonding (PERSONAL & CLIENT)
-  or follow-up **Lotus** Run before engaging ... Note1: Tap-Code Base Pulse Rhythm
-  be induced into **Lotus** Points at the Etheric Body level, 1-2" above skin,
-  required in the **Lotus** Run Procedure. Tap-Code BPR"s can be induced with one
-  hand on one **Lotus** Point or, to save time, with 2 hands over 2
-  hands over 2 **Lotus** Points that are on the same horizontal plane (a
-  (a "**Lotus** Point Pair"), always keeping the fingers of both hands in
-  hands in the **Lotus** Touch Fingers Position throughout the Lotus Run Session, to keep
-  Position throughout the **Lotus** Run Session, to keep the "Flame of Ra" Currents
-  begin with the **Lotus** Points in the upper-most Shield, and with the upper-
-  most pair of **Lotus** Points, in each Shield 6-Set, working downwards. Single Hand
-  with the uppermost **Lotus** Point on the LEFT, then proceed to the Lotus Point
-  proceed to the **Lotus** Point on the RIGHT of the same horizontal plane. Move
-  starting with the **Lotus** Point on the Left side of the body, then the
-  downward through the **Lotus** Run, remembering to keep both the active and inactive hands
-  hands in the **Lotus** Touch "-----" Fingers Position throughout.. Two Hand Induction: Enter Tap-

- 📌 a PAIR of **Lotus** Points (the Left+ the Right on the same horizontal
- 📌 Shield, and uppermost **Lotus** Point Pair, in each Shield, working downward. **The Elbow-
- 📌 and the Personal **lotus** Run Session (BPR Self-induction): When engaging a single-
- 📌 single-hand personal **Lotus** Run Session it is necessary to use the LEFT Hand
- 📌 BPR into the **Lotus** Points in the RIGHT elbow and wrist. Switch to LEFT
- 📌 Points in the **Lotus** Run Sequence, then immediately switch back to RIGHT hand induction.
- 📌 2-Hand Personal **Lotus** Run Session, cross your arms loosely in front of your
- 📌 for simultaneous Elbow **Lotus** Centre access), and position the fingertips of BOTH hands to
- 📌 wrists for simultaneous **Lotus** Point-Wrist access. Consolidated Tap-Code Induction Follow-Up Sessions
- 📌 during the first **Lotus** Run Session (personal or client) each of the 5
- 📌 sequence of 24 **Lotus** Points; for example, the 3- Tap-Code is entered sequentially
- 📌 into all 24 **Lotus** Points, then the Lotus Run Sequence begins again with the
- 📌 Points, then the **Lotus** Run Sequence begins again with the 6- Tap-Code, returning
- 📌 the top 6 **Lotus** Points, again working downward, etc. as before. This process is
- 📌 requires 5 separate **Lotus** Run Sequence-Sets, each entering only one Tap-Code Base

Page: 340

- 📌 ensure that the **Lotus** Points have picked up the proper Tap-Rhythms during the
- 📌 during the initial **Lotus** Run Session. In Secondary, Follow-up Sessions it is fine
- 📌 BPR into each **Lotus** Point- or- Lotus Point Pair as you progress through the
- 📌 Lotus Point- or- **Lotus** Point Pair as you progress through the sequence. Consolidated Tap-
- 📌 - or- each **Lotus** Point needs encoding only one time; this method is effective
- 📌 in follow-up **Lotus** Run Sessions as long as there is a clear- anddistinct
- 📌 on to next **Lotus** Point Induction. A 12" diameter wall clock, with second"s hand,

Page: 341

- 📌 THE SIX STEP **LOTUS** RUN- AXIOM BASE SHIELD BONDING After Activating Lotus Hands through
- 📌 BONDING After Activating **Lotus** Hands through K-3, Tech"·5 Preparation Step "
- 📌 Hands in the **Lotus** Touch Fingers' Position Initiating the Base-3 Trinity Base
- 📌 "T" Transcendent **Lotus** Points of the head-neck, which correspond to PCM Density-
- 📌 - "T" **Lotus** Points, moving from the uppermost Lotus Point Pair in the
- 📌 from the uppermost **Lotus** Point Pair in the head, downward, completing with the Lotus
- 📌 completing with the **Lotus** Point Pair in the neck. Action 2: Proceed downward to
- 📌 "U" Upper **Lotus** Points in the shoulders, chest and inner elbows, which correspond
- 📌


shoulder "U" **Lotus** Point Pair, then move to the chest "U" Lotus


 chest "U" **Lotus** Point Pair, enter Tap Code, then complete with entering the

 elbow "U" **Lotus** Point Pair (for personal self-induction see the "


 "M" Middle **Lotus** Points of upper abdomen and wrists, which correspond to PCM


 upperabdomen "M"**Lotus** Point Pair, then move to the next upper-abdomen Lotus

 next upper-abdomen **Lotus** Point Pair and 3-Tap Code, completing with entry of

 Code in the **Lotus** Point Pair at the wrists(for personal self-induction see


 "L" Lower **Lotus** Points of the lower abdomen, knees and ankles, which-correspond

 abdomen "L" **Lotus** Point Pair, then move down to the "L" Lotus

 the "L" **Lotus** Point Pair at the knees and enter the 3-Tap

 the "L" **Lotus** Point Pair at the ankles, entering the tap Code at

 of the 24 **Lotus** Points. Step 3: Initiating the Base -12 Ecka·

 of the 24 **Lotus** Points. Step 4: Initiating the Base- 24 Ad-Don-draea

 of the 24 **Lotus** Points.

Page: 342

 of the 24 **Lotus** Points. Step 6A: Activating the Lotus Run - Ra Centre

 6A: Activating the **Lotus** Run - Ra Centre Consolidated BPR Induction Action 1: Using

 still in the **Lotus** Touch Fingers Position, enter the 3- 6- 12- 24- 48

 hands from the **Lotus** Touch Fingers Position; then complete the closing steps of the


 hands from the **Lotus** Touch Fingers position and allow your bio-field to momentarily

 3: For Personal **Lotus** Run Give the Mental Command: "Eyes of Ra Close,


 For K-3 **Lotus** Run Client Session While engaging E-Umbic- Ra Breathing, raise

Page: 344

 The Charge" Amplified **Lotus** Run Follow Up Session (Personal & Client) FOR USE

 or- Power Key **Lotus** Run Session; the amplified charge will cause the Ra Centre


 non-amplified general **Lotus** Run Session is NOT first conducted at a previous time,

 following the first **Lotus** Run Session and is a beneficial, but not mandatory, tool

 current during secondary **Lotus** Run follow-up Sessions. Preparation: K-3, T-5A Lotus


 3, T-5A **Lotus** Run Immediate Preparations Techniques, including Step "E" Step 1:


 3, T-SA **Lotus** Run Immediate Preparations Techniques, including Step E Step 2: At


 out of the **Lotus** Touch Finger positions and place palms in the appropriate positions


Page: 345

 hands to the **Lotus** Touch Fingers Positions on the Exhale. Proceed to Lotus Run

 Exhale. Proceed to **Lotus** Run procedure. For Client secondary session: Step 98: Complete step



 held in the **Lotus** Hands Finger Positions) directly over the. clients" Ra Centre, at

 Technique- 5A; "**Lotus** Run- Axiom Base Shield Bonding" procedure, for client Lotus Run.

 procedure, for client **Lotus** Run. /~7

File : [2004-04_Kathara23Diagrams_scan.pdf](#)
Title : Kathara 2-3 Diagram Pack
Subject : 12 laminated color diagrams from K2-3
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :








Page: 6

-  Spindles & Primary **Lotus** Arc Sets Form Ecka Monadic Beam anchors in PCM LatE"
 -  Staff and Primary **Lotus** Arcs 12PCM Primal Reuche Spindle Lines 12 Reuche PCM Density
-

Page: 8




-  of the T"iLE"a **Lotus** Arcs Merkabic Circulatory System & Sha-La Bi-polar Etheric
-

Page: 12





-  REUCHE PILLARS & **LOTUS** ARCS I.The Seed Atom and Base Shield of the
 -  12-Point Primary **Lotus** Arc Sets of the Ecka-Veca Body & OPENING OF
 -  Peta! Ecka-Lota **Lotus** Arc Set Once anchored in the Ecka Base Shield the
 -  Veca Body Primary **Lotus** Arc Sets . Ecka 12 North Axis Eckasha 12 North
 -  12 - Petal **Lotus** Arcs of the Eckasha& the 12- Ecka Reuche Pillars form
 -  Petal Ecka-Lota **Lotus** Arcs within the Ecka Base Shield, creating the 24- Petal
 -  Petal Ecka-Lota **Lotus** Arc Standing-Wave Arc Sets within the Ecka Base Shield
-

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 :




Page: 3

-  the Crystal Body **Lotus** Points. The principle of "Lo - ga" combines the
 -  the utilisation of **Lotus** Breathing/ Flame of Ra Currents with specific breathing- directional flow
 -  incorporating K2-3 **Lotus** breathing, & related technique. 3 Christiac determination and Conscious preparation
-




Page: 4

-  ability to breathe **Lotus** from your Ra, from your very first session whilst undertaking
 -  is to breathe **Lotus** and DIRECT the frequencies to where your body tells you,
 -  Signets, Chakras and **Lotus** Points, are intrinsic to the "Lo- ga" System and
 -  begin with the **Lotus** Touch "Quick Fire" (K-3, Tech"-2) and
-




Page: 5

-  Movement with the **Lotus** Touch "Quick Fire" Technique. Breathe 24, 36 or 48-
 -  or 48-Point **Lotus** Breaths from the Ra Centre throughout, exhaling into Target areas-
 -  Bio-etheric Interface **Lotus** Points T5/ 6 The MECO Freedom Teachings® Series Presented
-



Page: 7

-  Movement with the **Lotus** Touch "Quick Fire" Technique. Breathe 24, 36 or 48-
 -  or 48-Point **Lotus** Breaths from the Ra Centre throughout, exhaling into Target areas-
 -  Bio-etheric Interface **Lotus** Points L3/ L4(Rodl . FBM #3: Ue
-

Page: 8

-  Movement with the **Lotus** Touch "Quick Fire" Technique. Breathe 24, 36 or 48-
 -  or 48-Point **Lotus** Breaths from the Ra Centre throughout, exhaling into Target areas-
 -  Bio-etheric Interface **Lotus** Points U .112 & U516, M11hru" L6, L 1 thru"
-

Page: 9


-  Movement with the **Lotus** Touch "Quick Fire" Technique. Breathe 24, 36 or 48-
-  or 48-Point **Lotus** breaths from the Ra Centre throughout, exhaling into Target areas-


 Bio-etheric Interface **Lotus** Points L 1 thru" L6 FBM f 11; Sit, do

 Blo-etheric Interface **Lotus** Points M1 lhru M4, & L 1/2 fiDiL.U:

 elheric Interface **Lotus** Points L31hru" L6 The MCEO Freedom Teachings® Series Presented


Page: 10

 the 48-Petal **Lotus**. 4. Intend/ visualize the 48-Petal Lotus with the Emerald


 the 48-Petal **Lotus** with the Emerald Crystal at its centre over the Ra

 the 48-Petal **Lotus**, with the Emerald Crystal Centre & the Le-Ad OR-


 the 48-Petal **Lotus** at the Pineal, Exhale gently on a horizontal projection line


 & 48-Petal **Lotus** at Pineal). Bring hands out of "prayer" position during

 body, fingers into **Lotus** Touch position. Phase- 2: "Heart of Ra"- Chakra-4


 its 48-Petal **Lotus** downward with last part of the Inhale into Heart-Chakra-

Page: 11

 with fingers in **Lotus** Touch, up to rest "Lotus Fingers" gently on Chakra-


 to rest "**Lotus** Fingers" gently on Chakra-4. 9. Keeping Emerald Crystal &

 & 48-Petal **Lotus** in Heart Chakra, Exhale slowly & gently on a forwardbackward


 & 48-Petal **Lotus** from Chakra-4 downward to the E-Umbi. Hold breath

 & 48-Petal **Lotus** stationed at E-Umbi 1-2 inches below Navel. Phase-

 Umbi and place **Lotus** Touch fingers gently on E-Umbi. Exhale on a 2-

 Crystal/ 48 Petal **Lotus** in E-Umbi, using Exhale to expand the Le-e

 Crystal/ 48 Petal **Lotus** down to a point in the Central Vertical Current directly

 Crystal/ 48-Petal **Lotus** stationed at Knees Point. Phase- 4: "Throne of Ra"-

 fingers/ hands from **Lotus** Touch position & allow arms/ hands to relax at your


 Crystal/ 48-Petal **Lotus** at Knee Point, use the Exhale breath to expand the


 Emerald Crystal & **Lotus** remain stationed there. (Continue to Part-S, or break

 Crystal/ 48-Petal **Lotus** within the Knee Point Station and give mental Command: "

 the 48-Petal **Lotus** stationed at the Knee Point. Take several deep relaxed breaths

Page: 12

 Crystal-48 Petal **Lotus** rapidly down to the Mahadra at Earth Core, quickly Inhale










 a 48-Petal **Lotus** Breath from Chakra-14, then Rapidly Exhale using the Exhale






Page: 13









 Nadra Sheath Release. **Lotus** Point-Radis Line Activation 23. Observe, and try to feel







 your 24-PCM-**Lotus**-Points a// become Pale Violet-SilverPink Starburst Spheres with an

 Inner Pillar 24 **Lotus**-Points "Turn On" the AdonA Light ... the 24-

-  Schedule instructions. 3 **Lotus** Encryption: Induction of "Le-Ad OR-A- UN- Esta-
-  48-Petal- Encrypted- **Lotus** breath at Chakra-3, Ra Centre using Inhale to draw
-  to draw the **Lotus** down to the Density Nadra Key Seal at "Feet
-  push the Encrypted **lotus** into the Ethos Seed Atom stationed at the Nadra Key
-  the 48-Petal **Lotus** from the Nadra Key (at FeetPoint) downward and into
-  4 When the **Lotus** enters the Mahadra at the "Bottom of the Exhale",
-  to draw the **Lotus** up to your AzurA- and Hold this Inhale with the
-  Inhale with the **Lotus** stationed at the AzurA. 5 Immediately raise and extend both
-  the 48-Petal **Lotus** stationed at the AzurA while using the Exhale to push









-  gentle 48-Petal **Lotus** breath from the Ra Centre, hold briefly, then Exhale Forcefully,
-  new" 48-Petal **Lotus** down to the Mahadra at Earth Core. 12 When the
-  new" 48-Petal **Lotus** enters the Mahadra, Inhale rapidly at the Mahadra using the
-  the 48-Petal **Lotus** upwards and into the Ka Centre (Chakra-2), then
-  ACTIVATING THE ETHERIC **LOTUS** ARC SETSARC BREATHING I "CYCLING THE PETAL ARCS"
The

-  48-Point Encrypted **Lotus** (Phase One, Prep" Step 3) from the Nadra Key
-  Inhale into the **Lotus** at the Ra Centre and on down to the Ka
-  a 6-Petal **Lotus** Axis from the AzurA, observing as the Ra-Ka Crystal
-  of the 6 **Lotus** Projection Lines while the original Ra-Ka Crystal remains in
-  (45deg.) Axis **Lotus** Petal Arcs and the 2 "Bottom" Diagonal (45deg.)
-  (45deg.) Axis **Lotus** Petal Arcs begin to CONTRACT, moving inward towards the stationary
-  4-Diagonal Axis **Lotus** Petal Arcs expand back outward again to their 45 degree
-  4-Diagonal Axis **Lotus** Petal Arcs around you again contract with the Inhale. folding







-  keeping the diagonal **Lotus** Petal Arcs expanding & contracting in synchronisation with each Inhale/
-  Cycling of the **Lotus** Petal Arcs" from the Nadra Key throughout. When the Loga"s-
-  Inhale 48-Point **Lotus** from Nadra Key (Feet Point), up to Ra Centre
-  AzurA, pushing the **Lotus** from AzurA, downward to the Mahadra Centre in Earth Core
-  extended breath when **Lotus** enters the Mahadra, using the Inhale to draw 1/3"
- 

of this "**Lotus** Breath" 3rd -1 f3rd Inhale, sense/ observe/ intend that

Page: 20





-  Freeing the 24 **Lotus** Points & Nadradon Cells from the Pentagonai"C-60 Bucky-ball"
 -  deep, 48-Petal **Lotus** breath into the AzurA and draw 48-Petal Lotus down
 -  draw 48-Petal **Lotus** down to the Ra Centre from the AzurA as the
 -  the 48-Petal **Lotus** from the Ra Centre down to the Nadra Key Feet-
 -  briefly with the **Lotus** at the Nadra Key and call to mind the 7-
 -  the 48-Petal **Lotus** at the Nadra Key. Exhale gently into the Nadra Key,
 -  Key, keeping the **Lotus** and Ka-Ra Crystal Cluster Centre at the Nadra Key.
 -  Aquamarine D-13.5 **Lotus** Light, and a vibration wave begins to emerge through the
-

Page: 21







-  D-13. 5 **Lotus** Light within the Nadra Key Feet point. 9 Inhale again
 -  a 48-Petal **Lotus** into the D-13.5 Aquamarine Lotos Crystal in the Chakra-
 -  the 24 PCM **Lotus** Points, and sense a corresponding Vibration emerge in all 24
 -  in all 24 **Lotus** Points before spreading into the Central Vertical Current and the
 -  from all 24 **Lotus** Points into the Central Pillar of Power and down into
 -  Power" and all **Lotus** Points intensifies and brightens .. . The MCEO Freedom Teachings
-

File : [2004-09_MichaelMaryLine_scan.pdf](#)
Title : The UK Michael-Mary Line - Handbook
Subject : The Zendradon, Ecka-Indigo Shiled and Planetary Shield Awakening of the Universal Indigo Sun and Planetary Diamond Sun Host
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :








Page: 9

-  3 Crystal Body **Lotus** Healing Technologies; understanding the Anatomy of the Personal Ecka·
 -  access, Crystal Body **Lotus** Applications featured in the Kathara 2·3 Programme. Direct
 -  Direct Crystal Body **Lotus** Healing techniques are necessary to free the personal Multidimensional anatomy
 -  the Reijche Core, **Lotus** Arc Sets, Le-e TOR-A & Sha-LA-a
-

Page: 10

-  REUCHE PILLARS & **LOTUS** ARCS 1. The Seed Atom & Base Shield of the
 -  Reuche Pillars Primary **Lotus** of the Ecka-Veca Body Creation of the 24-Petal
 -  Petal Ecka,Lota **Lotus** Arc Set Once anchored In the Ecka Base Shield the
 -  the 12- Petal **lotus** ArcEs kof ~eta Eckasha & the 12- Ecka Reuche
 -  a· o **lotus** Arcs within the Ecka Base Shield, creating the 24- Pet
 -  a- 5Lola **Lotus** Arc Standing -Wave Arc Set within the Ecka Base
-



Page: 14

-  Rod & Staff, **Lotus** Arc Sets, Crystal Body Light Grid, Stair-Step Vortices, Shield
 -  for use of **Lotus** Run technologies. . Section- 8 introduces the anatomy & dynamics
 -  Rod & staff, **Lotus** Arc Sets, Crystal Body Ught Grid, Stair-step Vortices, Shield
 -  Diodic Vortex & **Lotus** Point Grids & the Living . Light Etheric-Atomic Spark-
 -  Tech"-1 "**Lotus** Hands, Hara C.entre and Ra Centre Activation (Pages
 -  Tech"~2 "**Lotus** Touch Quick Fire" (Pages T45-T46) utilising the Le-
 -  Imprinting Chart and **Lotus** Touch Finger.; position Chart; and, iii) K-3, Tech"-3
-

Page: 15

-  Spindles & Primary **Lotus** Arc Sets Form · PHASE 2: 24 Vertical Lo!E"
-

Page: 17


-  Staff and Primary **Lotus** Arcs 1. Ecka Monadic Beam anchors pcm LatE" "131h
-  6·petal **Lotus** Arc set standmg wave 1e <•(EM-· ·staff


Page: 28

 tt)e T"ILE" a **Lotus** Arcs, Merkabic Circulatory System & Sha·La Bi·_polar

Page: 29

 Refraction Screen, T"ILE" a **Lotus** Arc Set & Radial 89dles, and the Etherlc· Axi


 Loll6·point **lotus** Ate ullta farm 12-palnl Lotus ArT; uls within the


 farm 12-palnl **Lotus** ArT; uls within the T)LE"Aopheras.

Page: 30


 an Intemai6-Petai **Lotus** Arc Set through which the TIL-e- "a Planes Phase

Page: 35

 Body Template. The **Lotus** Flow Template Is encoded withIn every Density & Dimensional Shield


 primary & Density **Lotus** Aic Sets of the PCM LatE"; PKA Loti and Eck-


 of the Density **Lotus** Arc /)ets cross throuQh each other and those of


 llie Prtmary **Lotus** Arc Set, forming the Mlodlc-Diodlc Points within the LatA

 activates, allowing th"e **Lotus** Aic Currents and 24. Internal and external Rod and Staff

Page: 37

 Currents. NOTE: Density **Lotus** Arc Sets expand to 45deg. AxiS upon "Physical Exhale"

 through the interior **Lotus** Points & enter "storage units" within the "Pillar

 Etheric-Atomic 24 **lotus** Point Sets & into simultaneous Etheric-Atomic Exhalef Expansion, expanding

Page: 38


 14 Seal 24 **Lotus** Points link Central Etheric-Atomic Pillar to other LotE, Lotum


Page: 39

 I Diadic Grid **Lotus** Point Sets, Polarising to Form the Horizontal & Vertical LatE

Page: 55

 PCM latE "**lotus** Points" lotus Points ,..<" . link the physical" v. ~



 "lotus Points" **lotus** Points ,..<" . link the physical" v. ~· ·

 PKA loti "**Lotus** Points" PKA Eiros -ve After sufficient Spark Charge builds









Page: 60

 14 Seal 24 **Lotus** Points link Central Etheric-Atomic Pillar to other LotE, Lotum

Page: 61

-  The 24 LotE **Lotus** Points in the LotE Pillar of Power direct Spark Pulse
 -  Loti Pillar and **Lotus** Points run horizontally as the LotE PCM Rod Currents.
-

Page: 62

-  -(THE 24 **LOTUS** POINTS & THE 20 EMBODIED ETHOS ETHERIC FLAMES Each Dimensional
 -  Kathara Grids). The **Lotus** Points of the LotE PCM, PKA Loti & Etho~·
 -  in each level. **Lotus** ·Points are points of Trans-Density frequency interface thaf
 -  Etheric Body structure. **Lotus** Points circulate frequencies of the Ethos, Eiros & 15-Ray
 -  of the 24 **Lotus** Point Spheres controls the Base Pulse Rhythm of the Denslty
 -  · molecular structUre. **Lotus** Points are Control · Centres for the Multidimensional "Blo-
 -  conditions the 24 **Lotus** points serve as · "Spark Distribution Centres" carrying the
 -  Mutation" the 24 **Lotus** Points have been limited io re-circulation of Static Energy
-







Page: 63

-  Power & 24 **Lotus** points . 12-Dlmentlonat.SlngiQ BI-Veca Merkaba Actus/ Fieldwllh
-



Page: 73

-  The 24 **Lotus** Points & Density-1 "Yan-Yun-A" Flow J
-

Page: 74

-  The 24 **Lotus** Points, Embodied Staff & Natural "Yan-Yun" Flow (
 -  Set of 6 **Lotus** Points~ 1 ~~~~" There are 4 Density / "" Shields
 -  6 = 24 **Lotus** Points | \ Lotus Point Spheres are 3-Dimeri.sional
 -  Points | \ **Lotus** Point Spheres are 3-Dimeri.sional Geomantic Grids thai form
 -  through each other. **Lotus** Points direct 8heric Body Currents from the o-3. and
 -  f!!Oiecular expression. **Lotus** Pomts control the flow of tho D-13. Monadic, D-
-




Page: 75



-  Holographic Projection as **Lotus** Points direct the Yan-Yun Flow from the Pillar of
 -  Power & the **Lotus** Points direct them through the Density Shields expanding Matter Density
-






Page: 77


-  & Eiros & **Lotus** Flow between PKA Loti and Ecka Lota .
-

Page: 83



-  ·- Petal **Lotus** ArcEs kof tlheta Eckasha & the 12- Ecka Reuche Pillars
 -  c a- O **Lotus** Arcr. within the Ecka Base Shield creating the 24- Pelal
 -  Pelal ~ckaLota **Lotus** Arc Standing-Wave Arc Set within the Ecka Base Shield.
-



-  The 24 LotE **Lotus** Points in the LotE Pillar of Power direct Spark Pulse
 -  loti Pillar and **lotus** Points run horizontally as the lotE PCM Rod Currents.
-







-  THE 24 **LOTUS** POINTS Jr.. THE 20 EMBODIED ETHOS ETHERIC FLAMES an&- ~
 -  fb..-fM~ ~**Lotus** P o•int s are points of Each Dimensional &
 -  " Body structure. **Lotus** Oenslty-1 irans!1annoruc + ~.~.f.l~il ~
 -  of the 24 **Lotus** Point · Spheres controls the Base Pulse Rhythm of the
 -  mole Jar strucfure. **Lotus** Poi are Control· Centres for the Multi· tlimenslonal"~
-




-  Spiral, LotA & **Lotus** Points, Yan-Yun Flow, Chakra Vortex System, Reu-che ·
-





-  TA "Double **Lotus** Arc Sets" and initiate re-set of the organic Reu-
-

-  a-TA Double **Lotus** Arcs and Planetary Diamond Sun anchoring ... all these energetic
 -  Ra-NaTA Double **Lotus** Arc Sets of Earths" Diamond Sun Crystal Body Lotosphere and
-





-  a 48-Point **Lotus** Breath Inhale. Exhale the imprint of the Khem Code genHy
 -  slow, 48-Point **Lotus** breaths from the RA Centre, and observe the Khem-Code
-

-  draw the Density **Lotus** Arcs to Vertical Inhale Position, to begin a Breathing Cycle.
 -  Shield down, expand **Lotus** Arcs to 45°Axis Expansion/ Inhale position. 3. Inhale upward
 -  cells) and draw **Lotus** Arcs to vertical. . - Count Actions 2 & 3
 -  Breaths +moving **Lotus** Arcs In & OLit in synchronisation. After completing the 5th
 -  Cell initiates. Draw **Lotus** Arcs to vertical. NOTE: Steps 6 & 7 = Aro-
 -  Photo-cells. Expand **Lotus** Arcs to 45°, as you Exhale. Zendradon Cell activates. Pause
-



-  navel) and draw **Lotus** Arcs from 45° Axis Expansion to 30° Expansion ONLY (
 -  E-Umbi & **Lotus** Arcs at 30 deg. - Honatilea State begins; Etheric &
 -  Earth Core, as **Lotus** Arcs close to vertical axis. Ecka Leta Breathing Tube opens
-

-  draw the Density **Lotus** Arcs (Ra-Na-TA Arcs) into the vertical Position
 -  N a-TA **Lotus** Arcs outward to the 45deg. axis position. PAUSE"
 -  A Diamond Sun **Lotus** Arc Sets of the Lotosphere and Logosphere in the Crystal
 -  while keeping the **Lotus** Arc Sets and Breathing Tube Breaths fixed in their Ra~
-









Page: 125

-  the interwoven 24 **Lotus** Points ... and the Lotus Points transfer the Pulsar Waves
 -  ... and the **Lotus** Points transfer the Pulsar Waves into the Radon Cells in
 -  from the 24 **Lotus** Points. 6. Re-engage Breathing Tube breaths with a slow
 -  shaped) Flame Body, **Lotus** Points, Yan Flow and into the "ManU Windows" in
-






Page: 127

-  Ra-N aTA **Lotus** Arc Sets "Flash" with a brilliant Pale Aquamarine/ Pale
 -  axis along the **Lotus** Arc Transmission Lines of the Ra-N a-TA, and
-




Page: 128





-  a 48-Point **Lotus** Breath into the RA Centre, bring hands into "Prayer
 -  the hands into **Lotus** Touch Fingers position at your side(s) and Expand the
 -  position. 2. Using **Lotus** Touch Fingers of Right Hand, place the 3-Finger-tips
 -  1 on to **Lotus**-tips of Right hand Oust as if the Etheric Code
 -  3-Finger-tip **Lotus** cluster of the R-Hand). Hold breath at top of
 -  BOTH hands in **Lotus** Touch Fingers position 000 3. Move Right hand with Chakra
 -  the Right hand **Lotus** Touch finger-tips and into the Chakra-1 Vertical spiral.
 -  magnetic hand in **Lotus** Touch Fingers position. 4. Breathe natural "Surface breaths" (lungs
-





Page: 129




-  Imprints" on the **Lotus** Touch Finger-tips of the Right hand. Use a separate
 -  Left hand in **Lotus** Touch Fingers Position. Tap in a 12-Tap Code, into
 -  ("Ra") Density **Lotus** Arcs up to Vertical and the Sha-Na-TA ("
 -  ("Sha") Diamond **Lotus** Arcs simultaneously to the 45 deg. open position. Release the
 -  hands from the **Lotus** Touch Fingers Position as you Inhale, bringing the hands to
-



Page: 131






-  the Crystal Body **Lotus** Points. The principle of "Lo - ga" combines the
 -  the utilisation of **Lotus** Breathing/ Flame of Ra Currents with specific breathing -directional
 -  incorporating K2-3 **Lotus** breathing, & related technique. 3 Christiac determination and Conscious preparation
-

-  ability to breathe **Lotus** from your Ra, from your very first session whilst undertaking
 -  is to breathe **Lotus** and DIRECT the frequencies to where your body tells you,
 -  Signets, Chakras and **Lotus** Points, are intrinsic to the "Lo- ga" System and
 -  begin with the **Lotus** Touch "Quick Fire" (K-3, Tech"-2) and
-

-  Movement with the **Lotus** Touch "Quick Fire" Technique. Breathe 24, 36 or
 -  or 48-Point **Lotus** Breaths from the Ra Centre throughout, exhaling into Target areas-
 -  Bio-etheric Interface **Lotus** Points T1 thru" T9 FBM #2: Stand, feet apart
 -  Bio-etheric Interface **Lotus** Points L3/ L4(Rod) FBM #3: Lie flat, knees
-





-  Movement with the **Lotus** Touch "Quick Fire" Technique. Breathe 24, 36 or 48-
 -  or 48-Point **Lotus** Breaths from the Ra Centre throughout, exhaling into Target areas-
 -  Bio-etheric Interface **Lotus** Points T5/6
-

-  Movement with the **Lotus** Touch "Quick Fire" Technique: Breathe 24, 36 or 48-
 -  or 48-Point **Lotus** Breaths from the Ra Centre throughout, exhaling into Target areas-
-



-  Movement with the **Lotus** Touch "Quick Fire" Technique. Breathe 24, 36 or 48-
 -  or 48-Point **Lotus** breaths from the Ra Centre throughout, exhaling into Target areas"--
 -  Bio-etheric Interface **lotus** Points L 1 thru" L6 FBM #11: Sit, do
 -  Bio-etheric Interface **Lotus** Points M1 thru M4, & L 1/2 FBM #
 -  etheric Interface **Lotus** Points L3 thru" L6
-

File : [2004_APindex_scan.pdf](#)
Title : Index of AP publications through 2003
Subject : Index reference for early printed materials
Author : MCEO Freedom Teachings
Keywords :


Page: 6

-  Activating the "**Lotus** Seed" CCR-HB 39 Activating the "Lotus Seed" SSC-
 -  Activating the "**Lotus** Seed" SSC-HB 61 Activating the "Lotus Seed" (
 -  Activating the "**Lotus** Seed" (EirA- Stage 2) CCR-HB 41 Activating the
 -  Activating the "**Lotus** Seed" (ManU- Stage 3) CCR-HB 43 Activating the
-

Page: 51



-  HB 6 32 **Lotus** Bud Breath & the AzurA Lotus Flow SSC-HB 59
 -  & the AzurA **Lotus** Flow SSC-HB 59 Love MR-HB 1C 13 Love-
-

Page: 53


-  HB 4 ManA **Lotus** Breaths 7 - 24 SSC-HB 60 Manifestaion (Radial
-

File : [2005-01_KethradonAwakeningDiary_scan.pdf](#)
Title : Kethradon Awakening - Workshop Diary
Subject : India trip journal
Author : MCEO Freedom Teachings
Keywords :

Page: 1

 a 9-petaled **lotus**. The architecture was strikingly similar to the Sydney Opera House.
 of dialing up, **lotus** breaths and dropping the Khem and other codes in silence.

Page: 4


 Antarctica. The "**Lotus** Centre" for this 999-Temple is actually situated under the

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: 2

 Templar Anatomy, "**Lotus** Arcs", Crystal Body; "Breathing Tube", "Pillar of Power",

Page: 9


 via Remote "**Lotus** Phase-Bud Infusions" into Planetary E-Cou-Sha·TA

Page: 11


 Activation Remote "**Lotus** Phase-Bud Infusions" into Planetary Arc-7 Phoenix A2. and


 "Triple-9 **Lotus**" and "Andromeda Arrow" Arc of the Covenant Infiltration Temple


Page: 15

 Seed of the **Lotus**", is the heart of the "Genetic Time Code Template"

Page: 59

 compiled Code between **Lotus** Finger-tips. Recharge monadic orbs/ flames at fingertips by drawing


 x 3 using **Lotus** Arc/ Pillar breaths, attaching Code to fingertips. · 3 Put

 ·back to **Lotus** position. 4 Inhale 48-point. Hold to build charge. Imagine

Page: 60

 CAPSULE Rapid Access **Lotus** Touch Flame of Ra Activati.on 1. · Place the

 into the "**Lotus** Touch" Fingers P6sition with your arins outto the sides on

 kept in the **Lotus** Touch position, bring both hands upwards and place Lotus Touch

 upwards and place **Lotus** Touch fingers at the base of the Thyroid Gland at

 Point Double Arc **Lotus** breath from the Ra Centre up to 1he k.urA

 urA. 2. Wrth **Lotus** Touch finger-tips of both hands positioned over the thyroid

 Exhale PAUSE, with **Lotus** Touch finger-tips still at 1he Thyroid, waiting a moment


 Spark from each **Lotus** Touch hand into the Thyroid Gland. 3. Inhale another 48-


 Point Double Arc **Lotus** breath up from Earth Core and into the k.urA

 Gland. Move the **Lotus** Touch finger-tips up from the Thyroid and place them


 sparleaps from your **Lotus** Finger-tips and into Chakra-6 as you complete Tap#

Page: 61


 Breath Double AA; **Lotus** breaths in and out gently as you visualise the image

 Arc! Ethos Pillar **Lotus** breaths and repeat gently, 3 TIMES, in your mind, the

 Arc/ Ethos Pillar **Lotus** breath rhythm and observe or intend that a beautiful

 Jc/ Ethos Pillar **Lotus** breathing, and observe or intend that your Etheric body, all

Page: 62

 360 FLAME "**LOTUS** PHASE-BUD INFUSION" Preparation: Rapid Access Lotus Touch Flame of

 Preparation: Rapid Access **Lotus** Touch Flame of Ra Activation {See Kelhradon Awakening Technique-

 Formation of the **LOTUS** PHASE-BUD CELL Ad-Don-Dra-360 Generator 1: Recall the

 1) 2: With **Lotus** Touch Hands and Flame of Ra activated, place


 , place **Lotus** Touch fingertips of both hands at "the AzurA and

 DON-ORA FLAME **lotus** Breath {"ad UP") from the Mahadra Chakra-13 Earth

 while using both **lotus** Touch hands to quickly and firmly run a 24-TAP


 complete, place activated **Lotus** Touch hands back into the "Praying Hands" position, this

 Orbs at the **Lotus** Touch fingertips will release a pale Aquamarine AD-Don-

 4 Bring activated **lotus** Touch fingertips of both hands up from the naveVEumbi region


 Orbs at the **Lotus** Touch fingertips first release a brilliant Pale-Emerald Green/Pale-


 Living light "**Lotus** Phase-Bud"Cell to life within the Miniature Ad-

 ("All UP") **Lotus** Breathing for the remainder of this technique.

Page: 63

 of the TRIVECA **Lotus** Phase-Bud Cell is a Pale Emerald-Green with a

 called a "**LOTUS** PHASE-BUD CELL" which is capable of continual generation of

 8: PHASING the **Lotus**-Phase-Bud Cell to activate God-Seed Spark-Pulse Current


 ("All UP") **Lotus** Breathing, keeping your mental attention upon the Triveca Formation Lotus

 the Triveca Formation **Lotus** Phase-Bud Cell within the Miniature Ad-Don-Dra Flame

 of the natural **Lotus** Breath breathing, intend that a minute Pale Aquamarine Spark leaps.


 area of the **Lotus** Phase-Bud Cell Triveca Formation, and is drawn into the








 drawn into the **Lotus** Phase-Bud Cell at the "Creation Point" Center-Point

 a Continue gentle **Lotus** Breathing and observe/intend that as soon as the "






















 Spheres of the **Lotus** Phase-Bud Cell begin to PHASE. with the Pale

 emerges from the **Lotus** Phase-Bud Cell into the Miniature Ad-Don-OrA Flame



 PETAL **LOTUS** ARC SET , its central point deep within the center

-  Point of the **Lotus** Phase-Bud Cell, with its 6 delicate Pale Aquamarine Arc
-  Formation of the **Lotus** Phase-Bud Cell and into the surrounding Miniature Ad·
-  Flame RepDca Your **Lotus** Phase-Bud Cell is now ready to initiate PHASING for
-  upon your natural **Lotus** Breath breathing rhythm, while keeping in mind the tiny Pale
-  6-PET AL **LOTUS** ARC SET now stationed within your Lotus Phase-Bud Cell
-  stationed within your **Lotus** Phase-Bud Cell in the Miniature Ad· Don-Dra
-  a· TA **Lotus** Arc Petals are also in the "INHALE-UP-CLOSED"

Page: 64

-  6-PET AL **LOTUS** ARC SET of your Lotus Phase-Bud Cell at "
-  SET of your **Lotus** Phase-Bud Cell at "the AzurA into Eternal Life
-  center of your **lotus** Phase-Bud Cell at ihe AzurA, emptying the _Lungs
-  Point of ihe **Lotus** Phase-Bud-cell. Hold ihe exhale breath at 1he Lotus
-  breath at 1he **Lotus** Phase-Bud Cell at the "Bottom of the Exhale"
-  tiny 6-Petal **Lotus** Arc Set of the Lotus Phase-Bud Cell has now
-  Set of the **Lotus** Phase-Bud Cell has now beaun to PHASE of its
-  Allow the tiny **Lotus** Phas~Bud Arc Set to rapidly Phase 3 times before
-  that the tiny **Lotus** Phase-Bud Arc Set has Phased "Open and Closed"
-  ("All UP") **Lotus** Breathing, drawing a slow INHALE breaih upward from the Mahadra
-  that 1he tiny **Lotus** Phase-Bud Arc Set within your Azura now synchronizes its
-  Arc Se~. Your **Lotus** Phase-Bud Cell wi11 now continually and automatically phase with
-  ·Dra Flame **Lotus** Breathing cycle. Each time your Lotus Phase-Bud Arc Set
-  Each time your **Lotus** Phase-Bud Arc Set pha5es it generates a set of
-  and into the **Lotus** Phase-Bud Cell at the Azurk, hold the Inhale for
-  set emerge from **Lotus** Phase-Bud Cell. 14 Nex~ use a forceful Starburst Breath-
-  UP into the **Lotus** Phase-Bud Cell. Hold Starburst Breath-21nhale at the Louts
-  Ra Center, the **Lotus** Phase--Bud CeO in the AzurA begins emilling a constant
-  center of the **Lotus** Phase-Bud Cell and in1o the small Ad·Don
-  which time the **Lotus** Phase-Bud Cell will stop phasing unti11his abundance of Eckasha
-  the Rapid Access **Lotus** Touch Flame of Ra Activation preparatory technique, on~ 2 times
-  evening sleep), the **Lotus** Phase-Bud Cell wiD automatically resume Phasing and Eckasha
-  God-











Page: 65

-  via Remote "**Lotus** Phase-Bud Infusions" into Planetary E-Cou-Sha·TA
-  Activation Remote "**Lotus** Phase-Bud Infusions" into Planetary Arc-7 Phoenix /il













- 📄 rapki acgl-ss **Lotus** Touch prep", per A below {Prep" India Tech""1).
 - 📄 Arrl Ethos Pillar/ **Lotus** "up" breaths. 7. Then follows the E-Cou-Sha
 - 📄 deep 48-Point **Lotus** Double Arc/ Ethos Pillar breath up from Earth Core to
 - 📄 into the "**Lotus** Touch" Fingers Position with your arms out to the sides
 - 📄 and into the **Lotus** Phase-Bud Cell at the Azurk, hold the Inhale for
 - 📄 set emerge from **Lotus** Phase-Bud Cell · · Step 2: · · Next, use
 - 📄 Ra Center, the **Lotus** Phase-Bud Cell in the HurA begins emitting a constant
 - 📄 center of the **Lotus** Phase-Bud Cell and into the small Ad·Don-
 - 📄 which time the **Lotus** Phase-Bud Cell will stop phasing until this abundance of
-

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: 1




-  48-Petal **Lotus**. 4. Intend/ visualize the 48-Petal! Lotus with the Emerald
 -  the 48-Petal! **Lotus** with the Emerald Crystal at its centre over the Ra
 -  the 48-Petal **Lotus**, with the Emerald Crystal Centre & the Le-AdOR·
 -  the 48-Petal **Lotus** at the Pineal, Exhale gently on a horizontal projection line
 -  & 48-Petal! **Lotus** at Pineal). Bring hands out of "prayer" position during
 -  body, fingers into **Lotus** Touch position. Phase- 2: "Heart of Ra"- Chakra-4
 -  its 48-Petal **Lotus** downward with last part of the Inhale into Heart-C
 -  with fingers in **Lotus** Touch, up to rest "Lotus Fingers" gently on Chakra-
 -  to rest "**Lotus** Fingers" gently on Chakra-4. 9. f<eeping Emerald Crystal
 -  & 48-Petal **Lotus** in Heart Chakra, Exhale slowly & gently on a forwardbackward
-










Page: 2







-  & 48-Petal **Lotus** from Chakra-4 downward to the E-Umbi. Hold breath
 -  & 48-Petal **Lotus** stationed at E-Umbi 1-2 inches below Nave!. Phase-
 -  Umbi and place **Lotus** Touch fingers gently on E-Umbi. Exhale on a 2-
 -  Crystal/ 48 Petal **Lotus** in E-Umbi, using Exhale to expand the Le-e
 -  Crystal/ 48 Petal **Lotus** down to a point in the Central Vertical Current directly
 -  Crystal/ 48-Petal **Lotus** stationed at Knees Point. Phase- 4: "Throne of Ra"-
 -  fingers/ hands from **Lotus** Touch position & allow arms/ hands to relax at your
 -  Crysta!/48-Petal **Lotus** at l<nee Point, use the Exhale breath to expand
 -  Emerald Crystal & **Lotus** remain stationed there. (Continue to Part-B, or break
 -  Crystai/48-Petal **Lotus** within the Knee Point Station and give mental Command: "
 -  he 48-Petal **Lotus** stationed at the Knee Point. Take several deep relaxed breaths
 -  Crystal-48 Petal **Lotus** rapidly down to the Mahadra at Eartli Core, quickly Inhale
-









Page: 3






-  a 48-Petal **Lotus** Breath from Chakra-14, then Rapidly Exhale using the Exhale

-  Nadra Sheath Release. **Lotus** Point-Radis Line Activation 23. Observe, and try to feel
-  your 24-PCM-**Lotus**-Points all become Pale Violet-SilverPink Starburst Spheres with an
-  Inner Pillar 24 **Lotus**-Points "Turn On" the AdonA Light ... the

-  Schedule instructions. 3 **Lotus** Encryption: Induction of "Le-AdOR-A- UN- Esta- Yun-
-  Petal - Encrypted- **Lotus** breath at Chakra-3, Ra Centre using Inhale to draw
-  to draw the **Lotus** down to the Density Nadra Key Seal at "Feet
-  push the Encrypted **lotus** into the Ethos Seed Atom stationed at the Nadra Key
-  the 48-Petal **Lotus** from the Nadra Key (at FeetPoint) downward and into
-  4 When the **Lotus** enters the Mahadra at the "Bottom of the Exhale",
-  to draw the **Lotus** up to your AzurA- and Hold this Inhale with the
-  Inhale with the **Lotus** stationed at the AzurA. 5 Immediately raise and extend both
-  the 48-Peta\ **Lotus** stationed at the AzurA while using the Exhale to push

-  gentle 48-Petal **Lotus** breath from the Ra Centre, hold briefly, then Exhale Forcefully,
-  new" 48-Petal **Lotus** down to the Mahadra at Earth Core. 12 When the
-  new" 48-Petal **Lotus** enters the Mahadra, Inhale rapidly at the Mahadra using the
-  the 48-Petal **Lotus** upwards and into the Ka Centre {Chakra-2}, then
-  ACTIVATING THE ETHERIC **LOTUS** ARC SETSARC BREATHING I "CYCLING THE PETAL ARCS"
Preparation
-  48-Point Encrypted **Lotus** (Phase One, Prep" Step 3) from the i~adra









-  Inhale into the **Lotus** at the Ra Centre and on down to the Ka
-  a 6-Peial **Lotus** Axis from the AzurA, observing as the Ra-Ka Crystal
-  of the 6 **Lotus** Projection Lines while the original Ra-Ka Crystal remains in
-  (45deg.) Axis **Lotus** Petal Arcs and the 2 "Bottom" Diagonal (45deg.)
-  (45deg.) Axis **Lotus** Petal Arcs begin to CONTRACT, moving inward towards !he
-  4-Diagonal Axis **Lotus** Petal Arcs expand back outward again to !heir 45
-  4-Diagonal Axis **Lotus** Petal Arcs around you again contract with the Inhale. folding
-  keeping the diagonal **Lotus** Petal Arcs exoanding & contractina in synchronisation with each Inhale/

-  Cycling of the **Lotus** Petal Arcs" from the Nadra Key throughout. When the Loga"s-
 -  Inhale 48-Point **Lotus** from Nadra Key (Feet Point), up to Ra Centre
 -  AzurA, pushing the **lotus** from AzurA, downward to the Mahadra Centre in Earth Core
 -  extended breath when **lotus** enters the Mahadra, using the Inhale to draw 1J3rd Ethos
 -  of this "**Lotus** Breath" 3rL 1/3rd Inhale, sense/ observe/ intend that the
-






Page: 10

-  Freeing the 24 **Lotus** Points & Nadrakon Cells from the Pentagonal "C
-



Page: 11

-  deep, 48-Petal **Lotus** breath into the AzurA and draw 48-Peta! Lotus down
 -  draw 48-Peta! **Lotus** down to the Ra Centre from the AzurA as the
 -  the 48-Petal **Lotus** from the Ra Centre down to the Nadra Key Feet-
 -  briefly with the **Lotus** at the Nadra Key and call to mind the 7-
 -  the 48-Petal **Lotus** at the Nadra Key. Exhale gen!ly into the Nadra
 -  Key, keeping the **Lotus** and Ka-Ra Crystal Cluster Centre at the Nadra Key.
 -  Aquamarine 0-13.5 **Lotus** Light, and a vibration wave begins to emerge through the
 -  Aquamarine 0-13.5 **Lotus** Light within the Nadra Key Feet point. 9 Inhale again
-







Page: 12

-  a 48-Petal **Lotus** into the D-13.5 Aquamarine Lotos Crystal in the Chakra-
 -  the 24 PCM **Lotus** Points, and sense a corresponding Vibration emerge in alf 24
 -  in alf 24 **Lotus** Points before spreading into the Central Vertical Current and the
 -  from all 24 **Lotus** Points into the Central Pillar of Power and down into
 -  Power"" and all **Lotus** Points intensifies and brightens ... 18 Continue Natural Lotos Light
-




Page: 18

-  a 48-Point **Lotus** Breath Inhale. Exhale the imprint of the Khem Code gently
 -  slow, 48-Point **Lotus** breaths from the RA Centre, and observe the Khem-Code
-





Page: 20

-  draw the Density **Lotus** Arcs to Vertical Inhale Position, to begin a Breathing Cycle.
 -  Shield down, expand **Lotus** Arcs to 45°Axis Expansion/Inhale position. 3. Inhc:de
 -  cells) and draw **Lotus** Arcs to vertical. Count Actions 2 & 3 as Exha/
 -  Breaths + moving **Lotus** Arcs In & Out in synchronisation. After completing the 51h
 -  Cell initiate~. Draw **Lotus** Arcs to vertical. NOTE: Steps 6 & 7 = Aro-
 -  Photo-cells. Expand **Lotus** Arcs to 45°, as you Exhale. Zendradon Cell activates. Pause
-





Page: 21

-  navel) and draw **Lotus** Arcs from 45° Axis Expansion to 30° Expansion ONLY (
 -  E-Umbi & **Lotus** Arcs at 30 deg. - Honatilea State begins; Etheric &
 -  Earth Core, as **Lotus** Arcs close to vertical axis. Ecka Lola Breathing Tube opens
-



Page: 22

-  the intervoven 24 **Lotus** Points ... and the Lotus Points transfer the Pulsar Waves
 -  ... and the **Lotus** Points transfer the Pulsar Waves into the Radon Cells in
 -  from the 24 **Lotus** Points. 6. Re-engage Breathing Tube breaths with a slow
 -  haped) Flame Body, **Lotus** Points, Yan Flow and into the "ManU Windows" in
-









Page: 23

-  draw the Density **Lotus** Arcs (Ra-Na·TA Arcs) into the vertical
 -  Ra-Na-TA **Lotus** Arcs outward to the 45deg. axis position. PAUSE at the
 -  TA Diamond Sun **Lotus** Arc Sets of the lotosphere and Logosphere in the Crystal
 -  while keeping the **Lotus** Arc Sets and Breathing Tube Breaths fixed in their Ra~
-






Page: 25




-  and Ra-NaTA **Lotus** Arc Sets "Ftash" with a brilliant Pale Aquamarine/ Pale
 -  axis along the **Lotus** Arc Transmission Lines of the Ra-Na-TA, and observe/
-













Page: 26





-  a 48-Point **Lotus** Breathing into the RA Centre, bring hands into
 -  the hands into **Lotus** Touch Fingers position at your side(s) and Expand
 -  position. 2. Using **Lotus** Touch Fingers of Right Hand, place the 3-Finger-tips
 -  1 on to **Lotus**-tips of Right hand just as if the Etheric Code
 -  3-Finger-tip **Lotus** cluster of the R-Hand). Hold breath at top of
 -  BOTH hands in **Lotus** Touch Fingers position ... 3. Move Right hand with
 -  the Right hand **Lotus** Touch finger-tips and into the Chakra-1 Vertical
 -  magnetic hand in **Lotus** Touch Fingers position. 4. Breathe natural "Surface breaths" (
-










Page: 27

-  Imprints" on the **Lotus** Touch Finger-tips of the Right hand. Use a separate
 -  Left hand in **Lotus** Touch Fingers Position. Tap in a 12-Tap Code, into
 -  ("Ra") Density **Lotus** Arcs up to Vertical and the Sha-Na-TA ("
 -  ("Sha") Diamond **Lotus** Arcs simultaneously to the 45 deg. open position. Release the
 -  hands from the **Lotus** Touch Fingers Position as you Inhale, bringing the hands to
-

-  compiled Code between **Lotus** Finger-tips. Recharge monadic orbs/ flames at fingertips by drawing
 -  x 3 using **Lotus** Arc/ Pillar breaths, attaching Code to fingertips. 3 Put Code
 -  fingertips back to **Lotus** position. 4 Inhale 48-point. Hold to build charge. Imagine
-

-  CAPSULE Rapid Access **Lotus** Touch Flame of Ra Activation 1. Place the palms together
 -  deep 48- Point **Lotus** Double Arc/ Ethos Pillar breath up from Earth Core to
 -  into the "**Lotus** Touch" Fingers Position with your arms out to the sides
 -  kept in the **Lotus** Touch position, bring both hands upwards and place Lotus Touch
 -  upwards and place **Lotus** Touch fingers at the base of the Thyroid Gland at
 -  Point Double Arc **Lotus** breath from the Ra Centre up to the AzurA. HOLD
 -  AzurA. 2. With **Lotus** Touch finger-tips of both hands positioned over the thyroid
 -  and into the **Lotus** Touch finger-tips and thyroid gland. At the bottom of
 -  Exhale PAUSE, with **Lotus** Touch finger-tips still at the Thyroid, waiting a moment
 -  Point Double Arc **Lotus** breath up from Earth Core and into the AzurA and,
 -  Gland. Move the **Lotus** Touch finger-tips up from the Thyroid and place them
 -  leaps from your **Lotus** Finger-tips and into Chakra-6 as you complete Tap#
-

-  Breath Double Arc **Lotus** breaths in and out gently as you visualise the image
 -  Arc! Ethos Pillar **Lotus** breaths and repeat gently, 3 TIMES, in your mind, the
 -  Arc/ Ethos Pillar **Lotus** breath rhythm and observe or intend that a beautiful pale
 -  Arc! Ethos Pillar **Lotus** breathing, and observe or intend that your Etheric body, all
-

-  360 FLAME "**LOTUS** PHASE-BUD INFUSION" Preparation: Rapid Access Lotus Touch Flame of
-  Preparation: Rapid Access **Lotus** Touch Flame of Ra Activation (See Kethradon Awakening Technique-
-  Formation of the **LOTUS** PHASE-BUD CELL Ad-Don-Dra~360 Generator 1: Recall
-  1) 2: With **Lotus** Touch Hands and Flame of Ra activated, place Lotus Touch
-  Ra activated, place **Lotus** Touch fingertips of both hands at the AzurA and INHALE
-  DON-DRA FLAME **Lotus** Breath ("all UP") from the Mahadra Chakra-13 Earth
-  while using both **Lotus** Touch hands to quickly and firmly run a 24-TAP
-  complete, place activated **Lotus** Touch hands back into the "Praying Hands" position, this
-  Orbs at the **Lotus** Touch fingertips will release a pale Aquamarine AD-Don·














- 4 Bring activated **Lotus** Touch fingertips of both hands up from the navel/Eumbi
 - Orbs at the **Lotus** Touch fingertips first release a brilliant Pale-Emerald Green/Pale-
 - Living Light "**Lotus** Phase-Bud"Cell to life within the Miniature Ad-Don-
 - ("All UP") **Lotus** Breathing for the remainder of this technique. 31
-

Page: 40











- of the TRIVECA **Lotus** Phase-Bud Cell is a Pale Emerald-Green with a
 - called a "**LOTUS PHASE-BUD CELL**" which is capable of continual generation of
 - B: PHASING the **Lotus**-Phase-Bud Cell to activate God-Seed Spark-Pulse Current
 - ("All UP") **Lotus** Breathing, keeping your mental attention upon the Triveca Formation Lotus
 - the Triveca Formation **Lotus** Phase-Bud Cell within the Miniature Ad·Don·
 - of the natural **Lotus** Breath breathing, intend that a minute Pale Aquamarine Spark leaps
 - area of the **Lotus** Phase-Bud Cell Triveca Formation, and is drawn into the
 - drawn into the **Lotus** Phase-Bud Cell at the "Creation Point" Center-Point
 - 8 Continue gentle **Lotus** Breathing and observeIntend that as soon as the "Spark.
 - Spheres of the **Lotus** Phase-Bud Cell begin to PHASE, with the Pale-Silver-
 - emerges from the **Lotus** Phase-Bud Cell into the Miniature Ad·Don·
 - 6-PETAL **LOTUS** ARC SET , its central point deep within the center
 - Point" of the **Lotus** Phase-Bud Cell, with its 6 delicate Pale Aquamarine Arc
 - Formation of the **Lotus** Phase-Bud Cell and into the surrounding Miniature Ad-Don
 - Flame Replica. Your **Lotus** Phase-Bud Cell is now ready to initiate PHASING for
 - upon your natural **Lotus** Breath breathing rhythm, while keeping in mind the tiny Pale
 - Aquamarine 6-PETAL **LOTUS** ARC SET now stationed within your Lotus Phase-Bud Cell
 - stationed within your **Lotus** Phase-Bud Cell in the Miniature Ad· Don·Ora
 - Ra-Na-TA **Lotus** Arc Petals are also in the "INHALE-UP-CLOSED"
-

Page: 41










- Aquamarine 6-PETAL **LOTUS** ARC SET of your Lotus Phase-Bud Cell at the
- SET of your **Lotus** Phase-Bud Cell at the AzurA into Eternal Life Ad-
- center of your **Lotus** Phase-Bud Cell at the A:l.urA, emptying the
- Point"" of the **Lotus** Phase-Bud Cell. Hold the exhale breath at the Lotus
- breath at the **Lotus** Phase-Bud Cell at the "Bottom of the Exhale"
- tiny 6-Petal **Lotus** Arc Set of the Lotus Phase-Bud Cell has now
- Set of the **Lotus** Phase-Bud Cell has now begun to PHASE of its
- Allow the tiny **Lotus** Phase-Bud Arc Set to rapidly Phase 3 times before
- that the tiny **Lotus** Phase-Bud Arc Set has Phased "Open and Closed"

 ("All UP") **Lotus** Breathing, drawing a slow INHALE breath upward from the Mahadra
 that the tiny **Lotus** Phase-Bud Arc Set within your Azura now synchronizes its
 Don-Ora Flame **Lotus** Breathing cycle. Each time your Lotus Phase-Bud Arc Set
 Each time your **Lotus** Phase-Bud Arc Set phases it generates a set of
 13 Once your **Lotus** Phase-Bud Cell has begun self-sustained PHASING and Spark-
 and into the **Lotus** Phase-Bud Cell at the AzurA; hold the Inhale for a
 set emerge from **Lotus** Phase-Bud Cell. 14 Next use a forceful Starburst Breath-
 UP into the **Lotus** Phase-Bud Cell. Hold Starburst Breath-2 Inhale at the
 Ra Center, the **Lotus** Phase-Bud Cell in the AzurA begins emitting a constant
 center of the **Lotus** Phase-Bud Cell and into the small Ad-Don·
 which time the **Lotus** Phase-Bud Cell will stop phasing until this abundance of
 the Rapid Access **Lotus** Touch Flame of Ra Activation preparatory technique, only 2 times
 evening sleep), the **Lotus** Phase-Bud Cell will automatically resume Phasing and Eckasha God-

Page: 42

 Run rapid access **Lotus** Touch prep", per A below (Prep" India Tech" 1).
 Arci Ethos Pillar/ **Lotus** "up" breaths. 7. Then follows the E-Cou-Sha
 deep 48-Point **Lotus** Double Arc/ Ethos Pillar breath up from Earth Core to
 into the "**Lotus** Touch" Fingers Position with your arms out to the sides
 and into the **Lotus** Phase-Bud Cell at the AzurA; hold the Inhale for
 set emerge from **Lotus** Phase-Bud Cell. Step 2: Next, use a forceful Starburst
 UP into the **Lotus** Phase-Bud Cell. Hold Starburst Breath-2 Inhale at the
 Ra Center, the **Lotus** Phase-Bud Cell in the AzurA begins emitting a constant
 center of the **Lotus** Phase-Bud Cell and into the small Ad-Don-Ora
 which time the **Lotus** Phase-Bud Cell will stop phasing until this abundance of


Page: 44

 p Rapid Access **Lotus** Touch & Star Burst Breath Shorthand STEP 1 2 3
 continue breath to **Lotus** Touch fingers. IN- Pale Emerald Spark, Earth Core to Phase
 activates in AzurA/ **Lotus** TriVeca) EX- MicroSpark 12 from Phase Bud Cell to Earth
 Right; 6 Petal **Lotus** @ Centre of Amoraesa Sphere surrounded by 12 tiny TriVeca
 TriVeca Cells and **Lotus** Petal Sets). STEP 2 7 Do "Dial Up" STEP
 Tones Rapid Access **Lotus** Touch & Star Burst Breath Shorthand STEP 1 2 3
 continue breath to **Lotus** Touch fingers. IN- Pale Emerald Spark, Earth Core to Phase
 activates in AzurAJ **Lotus** T riVeca) EX- MicroS park 12 from Phase Bud Cell


Right; 6 Petal **Lotus** @ Centre of Amoraea Sphere surrounded by 12 tiny T


 riVeca Cells and **Lotus** Petal Sets). STEP 2 7 Do "Dial Up" STEP


Page: 52

 1) Rapid Access **Lotus** Touch and Star Burst Breath inc. "Mother Stream Command";


Page: 53

 3a: Rapid Access **Lotus** Touch and Starburst Breath Shorthand* and- 3b: E-Cou-


 continue breath to **Lotus** Touch fingers. 1 3 Inhale drawing Pale Emerald Spark from

 activates in AzurA! **Lotus** Tri-Veca) 4 Exhale Micro-Spark 12 from Phase Bud

 Left; 6 Petal **Lotus** around Centre of Amoraea Sphere surrounded by 12 tiny Tri-

 Veca Cells and **Lotus** Petal Sets]. 7 Do "Dial Up"- and immediately before:


Page: 57

 Na-TA Density **Lotus** Arc Set into the upward, vertical, position. Hold the Inhale


Page: 58

 a-T A **Lotus** Arc Set downward to a 90deg. Horizontal position so that

Page: 60

 5, "Blue **Lotus**" code @ Ch-5, Chakra codes 1, 3 & 7

Page: 61

 the "Blue **Lotus**" code in front of you ... Place your Right palm


 of the Blue **Lotus** as a spark of light ... Be sure to breathe,

Page: 67

 Rapid Access 11Blue **Lotus**" Monadic Passage Voyage Straight Vertical Ascent (T-5) .

 colour unified Blue **Lotus**-Khemalohatea-Ad-Don-dra Passage Code, The Eckasha-A Ascent


 of the Blue **Lotus** (Voyager Code# 1), and then project your Ra-

 of the Blue **Lotus** Code ... Inhale, and pause atthe top of the Inhale,

Page: 68

 of the Blue **Lotus**, Voyager Code# 1. The Voyager Series Technologies™. Copyright

Page: 69

 in the Blue **Lotus**, Code # 1 to the entry point of Code #

Page: 73

 5: The Blue **Lotus** Voyage ACCESS COMMAND: A -RA -hoo A -

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



Page: 14





Veca Body Primary **Lotus** Arc Sets. Mahadra Adhrana This Master Key Code specifically opens

File : [2005-05_EthradonAwakeningDiary_scan.pdf](#)
Title : Ethradon Awakening - Diary
Subject : Morocco Workshop Diary
Author : MCEO Freedom Teachings
Keywords :

Page: 2


-  breath procedures (**Lotus** quick fire or the rapid access lotus touch starburst breaths).
 -  the rapid access **lotus** touch starburst breaths). After a quick tea break, Ash joined
-

Page: 20

-  2. Pause + **Lotus** breath 3. Repeat mentally x 2 (in full) ...
 -  full) ... with **Lotus** breath between each pause and repeat. 4. Repeat aloud, or
-




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 :

Page: 31







 elements, like the **lotus** arcs. There is much more to these drawings than a

File : [2005_LotusBreathingExplanation_scan.pdf](#)
Title : Lotus Breathing Explanation
Subject : Clip from eGroup where NU NU writes to explain Lotus Breathing
Author : MCEO Freedom Teachings
Keywords :









Document Metadata

-  Title: **Lotus** Breathing Explanation
 -  Subject: writes to explain **Lotus** Breathing
 -  Found 2 instance(s) in additional metadata
-



Page: 1

-  online group discussing **Lotus** Breaths< These breathing sequences were introduced during the workshops from
 -  Don-Dra Flame **Lotus** Breath". I'll take it step-by-step in building this
 -  (petalled) pointed **lotus** from a given part of your anatomy (AzurA, E-
 -  point of the **lotus** and then on the exhale breathe expands on the 6,12,24
 -  petals of the **lotus**. b) Ethos Pillar breathing Workshop: Mexico August 2004 workshop. Technique
 -  TA Diamond Sun **Lotus** Arc Sets are used in the double arc breathing. How
-

Page: 2



-  as 6-pointed **lotus** petals, where the Sha-N A-TA arcs are considerably
 -  360 Flame: "**Lotus** Phase-Bud Infusion". How to envision breathe: (quote from
 -  Aquamarine 6-Petal **Lotus** Arc Set of your Lotus Phase-Bud Cell at the
 -  Set of your **Lotus** Phase-Bud Cell at the AzurA "open to 45-
 -  a deep 48-**PointLotus** Double-Arc/Ethos Pillar breath from the earth core and
 -  Point Double Arc **Lotus** breath from the Ra Center." Here (a) above is
 -  Arc/Ethos Pillar **Lotus** breaths" same as above: " .. adopt a gentle Double
 -  Don-Dra Flame **Lotus** Breath"
-

Page: 3


-  the 48 point **Lotus** Double Arcs on the Ethos Pillar? The 48 point lotus
 -  The 48 point **lotus** breathes are not ON the Pillar of power they are
-

File : [2006-02_TreasuresOfTheTowerDiary_scan.pdf](#)
Title : Treasures of the Tower - Diary
Subject : Workshop diary
Author : MCEO Freedom Teachings
Keywords :

Page: 2



 and the eternal **lotus** seed. According to the mathematical configuration of the 12-tree
 from the Eternal **Lotus** Seed to create the Living Light Cells and Light Balls

Page: 4


 the chakras, the **lotus** arcs the pillar of power, the Ethos & Biros templates

File : [2006-04_AnatomyOfTime_scan.pdf](#)
Title : Anatomy of Time
Subject : Anatomy of Time Kathara Team Module
Author : MCEO Freedom Teachings
Keywords :

Page: 12






-  phasing of the **lotus** breath is related to the mechanics of the time cycles,
 -  we engage in **lotus** breathing, with increasing levels of sparking occurring with every single
-

Page: 13




-  Seed of the **Lotus"**. It is the first keylon within the Eckasha Base Shield,
-

File : [2006-10_IntroToMonad_scan.pdf](#)
Title : Intro to the Monad
Subject : The Spark of the Living Flame
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :


Page: 21

 Embodied Monad and **Lotus** Breathing Everywhere there is a Kathara rM Grid, there is
 of the Ecka.) **Lotus** breathing is also called "monadic breathing", and it is
 is open. The **lotus** breath pattern for the particum Monad has 6 "petals",
 begins with the **lotus** "bud" in the AzurA, and opens a flow of
 onacific CBreatliing" Or **Lotus** CBreatfiing: 7"fie 6-peta{ {otus · j}ow

Page: 22

 the outbreak. The **Lotus** arcs of the PCM LotE, the PKA Loti, and the
 LotA 24 petal **lotus** "flash off" CopyrightAsh"aandAz"aDeant2005. AHRightsResarved. at full
inhale. Another powerful
 uses intention and **lotus** breathing to build strength of charge with which to release

Page: 26

 Awakening the Living **Lotus** (Phoenix and Long Beach 2004) • Michael-Mary Line

File : [2006-10_SacredSexClass_scan.pdf](#)


Title : Sacred Sex Class

Subject : Questions and Answers

Author : MCEO Freedom Teachings

Keywords :


Page: 53

 Hethalon Cycles. 10. **Lotus** breathing: Full field breathing, which means you're consciously stimulating the


Page: 61


 the ManA "**Lotus** Seed" Activation? State the differences between the two. The 6-

 of • "**Lotus** Bud" breaths from the AzurA to the Etheric Body (

 the ManA "**Lotus** Seed," and how is this "platform" accessed? • The

Page: 62


 point (Heliotalic/**Lotus**) breath: On the exhale, 6 Heliotalic balls of energy are

 the ManA "**Lotus** Seed" Activation, the 6-point breaths direct Heliotalic frequency in


 of • "**Lotus** Bud" breaths (Technique 1) from the AzurA to the


 During the "**Lotus** Bud" breath technique, the 6 Heliotalic balls are directed to


Page: 63

 technique. 7. "**Lotus** Bud" breath: Refers to Technique 1 of the ManA "


 the ManA "**Lotus** Seed" Activation, which serves to build Heliotalic frequency in the

 9. ManA (**Lotus**) breaths: The breathing pattern of Breatharians. ManA (Lotus) breaths

 Breatharians. ManA (**Lotus**) breaths pull in Heliotalic frequency via the 6-point breath

 the ManA "**Lotus** Seed" Activation, the 24 ManA breaths comprise 4 sequences of

Page: 65

 6. The "**Lotus** Bud" breaths (a) direct Heliotalics from the AzurA to

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 :


Page: 73












Awakening the Living **Lotus**": 2004 K4-1/6DVD/2CDT/H8: Introduction to Elements of

File : [2007-04_Kathara23Sect7-8_scan.pdf](#)
Title : Kathara 2-3 Sections 7 & 8 Module
Subject : Kathara Team Module expanding the technical details of Kathara 2-3
Author : MCEO Freedom Teachings
Keywords :

Page: 2

 8 24 Petal **Lotus** Arc Set.. 9 Creation of the
Veca Templates


Page: 9

 24 Petal **Lotus** Arc Set (Figure 7) There are a total of
 Petal Ecka-Lota **Lotus** Arc Set)~ 7 stepping down to form two sets
 Veca Body primary **Lotus** Arc Sets. The Eckasha and Ecka each have 12 primary
 have 12 primary **Lotus** Arc Sets or Lotus Petals. These are key to the
 Arc Sets or **Lotus** Petals. These are key to the breathing rhythm of creation,
 chambers via the **Lotus** Arc Sets. They are also important in the functioning of
 the 12-petal **Lotus** Arcs 1 · · d h · 1 f T
 petal Ecka-Lota **Lotus** Arcs within the EckaBaseShield,creatingthe24-petal energieS and
fLOWing through
 are Ecka-Lota **Lotus** Ate Standing wave Arc set withintheEckaBaseshield. different types,
usually with



Page: 12

 and forth. The **Lotus** Arcs Sets move and energies flow through the chambers with




Page: 15

 spins, chamber flows, **Lotus** Arc Sets moving, dimensional and density shields spinning,
sending the



Page: 17

 Spindles and Primary **Lotus** Arcs form The Ecka-Monadic Beam anchors in the Particum
 Primary and Density **Lotus** Arc Sets and the Miodic-Diodic Grid Vortice Grid of


Page: 21

 that forms the **Lotus** Arc Sets. These spinning Spindle Pillars are flow lines for
 primary 6-peta/ **Lotus** Arc Set of the LotE. The 6-petal Arc Set
 how different the **Lotus** Arcs" shape, length , and angle could be if the

Page: 22

-  Reuche Pillars & **Lotus** Arc Stanz Shield Clock Template All Dtnsity and Dimensional shields
 -  Signets, and a **Lotus** Arc Set. There is also a set of Nodes that
-










Page: 25

-  Parallel Ecka. The **Lotus** Arc Sets of the Ecka-Veca Body are seen, and
-



Page: 30

-  the formation of **Lotus** Arc Sets and Merkaba Sets for each individual Tii-E-"
-





Page: 37

-  activation of the **lotus** Flow & Miodic - Diodic Grid The Eternal Life Krist
 -  Body Template. The **Lotus** Flow Template is encoded within every Density & Dimensional (
 -  A set of **Lotus** Points are shown for the LotE (small solid circles)
 -  small open circles). **Lotus** Points are complex and will not be fully explained until
 -  The large primary **Lotus** Arc Set for the LotE is also visible in the
 -  with the density **Lotus** Arc Transmission Lines of the LotE, Transharmonic Radeonic Najeu/s
 -  the Nodes and **Lotus** Arcs interact and activate the connections with the Ecka Lota.
 -  Ecka Lota. The **Lotus** Arc Transmission Lines travel vertically and at 45o from vertical,
 -  combination of the **Lotus** Arcs" movement along with the Nodes spinning activates powerful vortices
-

Page: 47



-  lines are the **Lotus** Arc Transmission Lines that create the Transharmonic Radeonic Najeuls that
 -  These are also **Lotus** Arc Transmission Lines. In this direction, the Nodes traversed run
-

Page: 48

-  Awakening the Living **Lotus**" Healing Facilitation Through Crystal Body Alignment. Phoenix, AZ, April 2004
 -  Petal Ecka Lola **Lotus** Arc Set Fiqure 8 Opening of the Le-e-TOR-
 -  of the Primary **Lotus** Arc Set Fiqure 17 The Shield Clock Template Fiqure 18
 -  Activation of the **Lotus** Flow and Miodic-Diodic Grid Fiqure 31 The 15 Suns
-


File : [2007-11_AmsterdamClass_scan.pdf](#)
Title : Amsterdam Class
Subject : Multiple Choice Questions and Answers
Author : MCEO Freedom Teachings
Keywords :

Page: 78

-  degrees of the phasing **Lotus** Arc Sets. • By hijacking the original Lotus Arc Sets
 -  hijacking the original **Lotus** Arc Sets where they had been first partially split and
-


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 :

Page: 266

 which are the **Lotus** Arcs Sets ... they are core flow sets that circulate

 were doing the **Lotus** Arc Sets, we were getting those arcs moving again while




Page: 307

 still have the **Lotus** Points, but the Lotus Points don't grab them as if

 Points, but the **Lotus** Points don't grab them as if you're putting tape around


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: 104

-  fingers in the **Lotus** Touch positions. Over your head, touch your Lotus Touch fingers
 -  head, touch your **Lotus** Touch fingers together and inhale up, all the way up
 -  Exhale through the **Lotus** fingers in the region there. Take another inhale keeping the
-

File : [2007_12TribesVol2_scan.pdf](#)
Title : 12 Tribes Volume 2 transcript
Subject : 12 Tribes Volume 2 scan of the binder
Author : MCEO Freedom Teachings
Keywords :


Page: 454

 what form the **lotus** petals of the LUma Eterna, and these are the ...

Page: 467

 where the natural **lotus** arc system. Well, they started with that diagram to begin


Page: 500

 would have in **Lotus** Arcs and that's because they're actually stretched- it's like springing


Page: 501

 Astura Flows, the **Lotus** Petal Flows. So that said, next one please .. [

Page: 502



 of what the **Lotus** Arc structure should be in the Kathara Grid, and these

Page: 510



 of the natural **lotus** arcs to form this outer Daisy of Death, all right.

File : [2007_12TribesVol3_scan.pdf](#)
Title : 12 Tribes Volume 3 transcript
Subject : 12 Tribes Vol Binder scan
Author : MCEO Freedom Teachings
Keywords :


Page: 27

 before, where natural **lotus** arcs, right. .. natural phase arcs of a system would
 of the natural **lotus** configuration could be powered and get back its two-thirds



Page: 28

 the arcs, the **lotus** arcs, of the Milky Way system, the Procyak system, back
 with the natural **lotus** arc system Alright? So, this is Milky Way. This is


Page: 32

 third Milky Way **lotus** arcs for the two thirds Krist AquA"elle Host back-tilt



Page: 36

 at FOL the **lotus** arcs, those lotus arcs, the 1/3 ones that have
 lotus arcs, those **lotus** arcs, the 1/3 ones that have been stuck in,

Page: 101

 that form the **lotus** petals, and it has its, like little figure-S-shaped

Page: 107

 kind of like **lotus** petals but they're more powerful and lotus petals actually run
 more powerful and **lotus** petals actually run larger _____. But you'll feel the

File : [2008-01_EngagingLoadOutDiary_scan.pdf](#)
Title : Engaging the Load-Out - Diary
Subject : FOL "08 Engaging the Load-Out, the Last Ascension Cycle and the Gate of
AshaLA - Workshop Diary
Author : MCEO Freedom Teachings
Keywords :



Page: 3




Death finite life **Lotus** configurations, the Bubble of Trouble, the Golden Mean finite Life

File : [2008-01_EngagingLoadOutWorkshopTranscript_scan.pdf](#)
Title : Engaging the Load Out (workshop transcript)
Subject : Full transcript for FOL "08 workshop
Author : MCEO Freedom Teachings
Keywords :



Page: 26

 actually form the **lotus** petals. They are literally the lotus petal runs that we
 are literally the **lotus** petal runs that we learned about in Kathara 2-3.


Page: 38

 then, with the **Lotus** Touch, that brought it to another level. But the outer


Page: 42

 give you the **lotus** petal, where you see twelve lotus petals, but there's actually
 you see twelve **lotus** petals, but there's actually 24, all right, one for AdorA




Page: 43

 we have our **Lotus** Points and those kinds of things, but if you notice

Page: 64

 together form the **Lotus** Arcs, so that's where you get the structure of the

Page: 70

 have the natural **lotus** arcs at 45 degree angles, two up, two down, and
 phasing of the **lotus** arcs are what allow the Light Body Cells and the
 the arms of **lotuses** are stretched and phase-locked, they cannot move the Monad,

Page: 88

 configuration of the **Lotus** Arcs. Through the Host that is now activating progressively step

Page: 112

 r Now the **Lotus** Points are natural points, but there are points of constriction




File : [2008-08_Sliders1Diary_scan.pdf](#)
Title : Sliders 1 - Diary
Subject : Emerging from Darkness, Preparing the MIND for Slide - Workshop Diary
Author : MCEO Freedom Teachings
Keywords :

Page: 2




 Eiros currents, the **lotus** petal flows, the Eiradonas Body levels, the Logos stream, Prana,

File : [2008-09_Sliders2_scan.pdf](#)
Title : Sliders 2 - Handbook
Subject : Reclaiming the Vessel - Preparing the Body for Slide, Introductory Telluric Body Training
Author : MCEO Freedom Teachings
Keywords :




Page: 41

-  in the "**Lotus** Fingers" position, INHALE and Hold, then "Tap the physical
 -  "Right hand **Lotus** Fingers". Exhale your awareness fully back into the physical body.
 -  the Right Hand **Lotus** Fingers", while Inhaling, then Exhale yourself as "Conscious Water"
-

Page: 47





-  into the "**Lotus** Touch Position" (re: Kathara 2-3), and using both
 -  simultaneously with "**Lotus** Touch" finger tips, tap the AzurA!Base of Thymus Gland
 -  with Right Hand **Lotus** Fingers, then Exhale yourself as "Conscious Water" into the
-

Page: 53




-  with Right Hand **Lotus** Fingers, then Exhale yourself as "Conscious Water" into the
 -  into the "**Lotus** Touch Position" (re: Kathara 2-3), and using both
 -  simultaneously with "**Lotus** Touch" finger tips, tap the AzurA!Base of Thymus Gland
-

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: 6

-  Movement with the **Lotus** Touch "Quick Fire" Technique. Breathe 24, 36, or 48-
 -  or 48-Point **Lotus** Breaths from the Ra Centre throughout, exhaling into Target areas-
 -  Bio-etheric Interface **Lotus** Points T1 thru T6 FBM #2: Stand, feet apart
 -  Bio-etheric interface **Lotus** points L3/L4 (Rod) FBM #3: Lie flat,
-






Page: 7

-  Movement with the **Lotus** Touch "Quick Fire" Technique. Breathe 24, 36, or 48-
 -  or 48-Point **Lotus** Breaths from the Ra Centre throughout, exhaling into Target areas-
 -  Bio-etheric Interface **Lotus** Points T5/6 The MCEO Freedom Teachings® Series Presented
-

Page: 8

-  Movement with the **Lotus** Touch "Quick Fire" Technique. Breathe 24, 36, or 48-
 -  or 48-Point **Lotus** Breaths from the Ra Centre throughout, exhaling into Target areas-
 -  Bio-etheric Interface **Lotus** Points U 1/2 & U5/6, M 1 thru
-

Page: 9



-  Movement with the **Lotus** Touch "Quick Fire" Technique. Breathe 24, 36, or 48-
 -  or 48-Point **Lotus** Breaths from the Ra Centre throughout, exhaling into Target areas-
 -  Bio-etheric Interface **Lotus** Points L 1 thru L6 FBM #11: Sit. Do
 -  Bio-ether Interface **Lotus** points M4, & L 1/2 Rod FBM #12:
 -  Bio-etheric Interface **Lotus** Points L3 thru L6 The MCEO Freedom Teachings® Series
-

Page: 22


-  VE-yas (**Lotus**) Point activation to "Inner Sun of Aquareion" -151
-

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

Page: 63

 one. Doing a **lotus** breath before you do a few shots of tequila and
 or did a **Lotus** breath now and then. The GA32 can provide you with

Page: 97


 Awakening the Living **Lotus"** Healing Facilitation Through Crystal Body Alignment, Long Beach, CA, 2004.

File : [2008_SacredPSONNsInvocationsARofMastery_scan.pdf](#)
Title : Sacred PSOINN Book
Subject : PSONNs Invocations and A&Rs
Author : MCEO Freedom Teachings - A"shayana Deane
Keywords :

Page: 3

 "Rapid Access **Lotus** Touch" (Kethradon awakening) prior to Dial-Up ... then


Page: 4

 2. Pause + **Lotus** breath 3. Repeat mentally x 2 (in ful l)

 l) ... with **Lotus** breath between each pause, and repeat. 4. Repeat aloud, or


File : [2009-01_FOLFloatingBuddhas_scan.pdf](#)
Title : FOL "09 - Supplement
Subject : Brave New World & the Floating Buddhas, The Treaty of Al-Ben"-Yhan, Being Buddha, Engaging YOUR Place of Power, Healing the Wounds of Time, Elemental Command Slider Teams & the 12:12 Aquai"-ah de So-La"-RA LU"-na Transmissions
Author : MCEO Freedom Teachings
Keywords :

Page: 11

 in "Loose **Lotus**" position 2. 3 "Krystar Breaths" 3. Elemental Orb Call

 the "Loose **Lotus**" position on their Hierophant Points. They have become the "

Page: 12

 the "Loose **Lotus**" Position) suspended above where your head was when you were

File : [2009-04_DrumsOfAquaferion_scan.pdf](#)
Title : Drums of Aquaferion - Handbook
Subject : Doorways Through Time and the Drums of Aquaferion Circle of Life Drum
Circle Celebration
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :


Page: 10



Astura ~"Double **Lotus**" The MCEO Freedom Teachings® Series Presented by Adashi MCEO

File : [2009-05_Sliders4Transcript_scan.pdf](#)
Title : Sliders 4 (workshop transcript)
Subject : Transcript for Sliders 4 Workshop
Author : MCEO Freedom Teachings
Keywords :

Page: 71

 head. The Living **Lotus** right in your head. And when those flows are flowing

File : [2009-10_Sliders6Diary_scan.pdf](#)
Title : Sliders 6 - Diary
Subject : Sliders 6 - Workshop Diary
Author : MCEO Freedom Teachings
Keywords :


Page: 3




our 48 Petal **Lotus** Bud traveling Vehicle, which can be used in projections by


File : [2009-10_Sliders6Transcript_scan.pdf](#)
Title : Sliders 6 (workshop transcript)
Subject : Transcript for Sliders 6 workshop
Author : MCEO Freedom Teachings
Keywords :

Page: 27


 it's called the **Lotus** Bud Vehicle; it is an upgrade on the Krystar Vehicle,

Page: 74

 48-point Crystal **Lotus** that your Buddha is sitting in, and imagine that your


 your little Krystal **Lotus** when you go to sleep or something, and see where

Page: 76

 it's called the **Lotus** Seed. What is it? Receiving the Lotus Seed. This has

 it? Receiving the **Lotus** Seed. This has to do with getting our first little

Page: 93

 they call the **Lotus** Seed or the Silver Seed of our own, just a

Page: 103


 this Receiving the **Lotus** Seed or the Silver Seed. And it's from the Aquareion


Page: 104

 of the Krystal **Lotus** with yourself as Buddha sitting in the middle of it.


 of the 12 **Lotus** Petals, we actually are having 4, which are the 48-

 keeping in that **Lotus**, Krystal Lotus configuration where you're kind of sitting like a


 that Lotus, Krystal **Lotus** configuration where you're kind of sitting like a Buddha in

 12, if your **Lotus** only had 12 petals, you wouldn't be able to pick

Page: 105

 in your Krystal **Lotus** Buddha form. And on the exhale you're going to push









 call our Floating **Lotus** Self back, we're going to call it back and then

 as your Floating **Lotus**. Now, use the exhale to gently bring it back down,






 and feel your **Lotus** Buddha get just as big as you are. Actually a

 in the Krystal **Lotus** now and you are the Buddha but you also feel


Page: 106

 with our Floating **Lotus** Buddha Self, we're going to use the breath to actually
 in our Krystal **Lotus** candle holders. We're moving in the Lotus so, inhale and
 moving in the **Lotus** so, inhale and hold for a moment into the Karanadis
 your Buddha's and **Lotus**, toward the blue krystal in front of you (exhales).
 DA" body Floating **Lotus** Self See if you can see, you're still in your
 still in your **Lotus** now, your Krystal Lotus and we're all kind of floating
 now, your Krystal **Lotus** and we're all kind of floating down with our Krystal
 with our Krystal **Lotuses** right underneath us, sitting in them, and we're spiraling down





Page: 107

 if our little **lotuses**, our little Krystal Lotuses are little boats that we can
 our little Krystal **Lotuses** are little boats that we can sit in and we're
 DA" Floating Buddha **Lotus** projection At a certain point the spinning is going to
 all of our **lotuses** that are floating in the air. It's a Shield, beautiful,
 in mind our **Lotus** Self projection and also our Self here in a dual








Page: 116

 had that little **lotus** cluster of quartz, would like to bring it in, then

Page: 122

 did our Krystal **Lotus** Buddha thing, where we created a little version of ourselves
 in our Krystal **Lotus**. I like to call it the Krystal Lotus Candle Holder,
 it the Krystal **Lotus** Candle Holder, where we're sitting Buddha-style in that So
 in your Krystal **Lotus** Flying Machine, 48-petals you know. Ok, now we're going

Page: 123


 of the Krystal **Lotus** Vehicle. And feel that your feet are actually on the
 bottom of the **Lotus** Vehicle, the Krystal Lotus. And we're going to use an
 Vehicle, the Krystal **Lotus**. And we're going to use an Inhale breath to bring
 bring the Krystal **Lotus** with the Buddha up to the plane that comes out
 the whole Krystal **Lotus** up around us. And it's quite large. Try to sense
 sense your Krystal **Lotus** Flying Buddha Vehicle Self just landing over on the ground
 these beautiful Krystal **Lotuses**. Now also notice over there, in the parts of ourselves


Page: 126

 in their Krystal **Lotuses** that are hanging out at the top of Skellig Michael.


Page: 127

 here the Krystal **Lotus**, 48-point Krystal Lotus, and also the one that's there.


 48-point Krystal **Lotus**, and also the one that's there. And now for a


 physically manifest Krystal **Lotus** thing around you, where you're sitting comfortably in the center

Page: 137


 their little Crystal **Lotuses**. So we can bring them back tonight when we're done


Page: 139

 with our Krystal **Lotus** Vehicle again ThaL I call it the crystal candle holder.

 holder. The crystal **lotus** candle holder. That's going to be moving to various places.

Page: 140


 .. our Krystal **Lotus** will end up down here, like below our feet sitting

 fact that this **Lotus** is going to be down here, except it's going to


 with that Krystal **Lotus**, but they haven't told me yet But I just have

Page: 142

 48-Petal Crystal **Lotus** Access Code, which is .. that's what that is ...


 draw the Crystal **Lotus** gently downward, through your AzurA and into your Karanadis Seal.

 push the Crystal **Lotus** upward, from the Karanadis Seal to the Upper Aurora Point,

 draw the Crystal **Lotus** and a stream of Golden-Silver sparkle-current called the

 push the Crystal **Lotus** and the Golden-Silver Star-Light Prana Stream downward, into


Page: 143


 leaving the Crystal **Lotus** in Earth's Core, inhale, using the inhale breath (all


Page: 144

 draw the Crystal **Lotus** up, all the way up to the Upper Aurora Point,

 bring the Crystal **Lotus** gently downward from the Upper Aurora Point and into your

 push the Crystal **Lotus** down, into the Lower Aurora Point in Earth Core (

 draw the Crystal **Lotus** and a stream of Indigo-Silver SparkleCurrent, called the Star-

 push the Crystal **Lotus** and the Indigo-Silver Star-Dust Eiron Stream upward, into

 leaving the Crystal **Lotus** in the Upper Aurora Point Inhale, using the inhale-breath

Page: 145








 draw the Crystal **Lotus** down from the Upper Aurora Point So, we're going to

 bring the Crystal **Lotus** down from the Upper Aurora Point, through your Central Vertical











leave the Crystal **Lotus** in your Karanadis Seal. And, try to become aware of






Page: 146

 from the Crystal **Lotus** Access Code, that's in your Karanadis Seal while being mildly
 from the Crystal **Lotus** in the Karanadis Seal, speak the combined Electrical and Magnetic
 into the Crystal **Lotus** at the Karanadis Seal (all inhale) and hold at
 from the Crystal **Lotus** at the Karanadis (all exhale), and using the 24-
 out from the **Lotus** and into the field, into your lines. Now, this is
 on the Crystal **Lotus** in the Karanadis Seal, inhale slowly and deeply, using the
 into the Crystal **Lotus** at the Karanadis Seal. Now, we're just going to exhale


Page: 147

 of your Crystal **Lotus**; imagine it is in the center of your Crystal Lotus
 of your Crystal **Lotus** at your Karanadis Seal. And, now we're going to inhale
 into the Crystal **Lotus** and Silver-Seed (all inhale) and visualize your Silver-
 center of your **Lotus**. And, hold at the top of that "inhale". Now,
 within the Crystal **Lotus**. And, as the Silver-Seed snaps, the Eiron Star-Dust
 within the Crystal **Lotus**, becoming a single, pale Aqua-Silver Current called the Star-
 at the Crystal **Lotus** Core, in the Karanadis Seal. And, we're going to take
 and the Crystal **Lotus** shift upward from your Karanadis Seal, into your AzurA. So,





Page: 148

 into the Crystal **Lotus** in your AzurA (all inhale) and hold. And, as
 out the Crystal **Lotus** and make it the size of the Shield that actually
 that the Crystal **Lotus** is now huge. It's 64 feet around you now. Ok,
 that the Crystal **Lotus** is actually starting to descend as you just breathe normally.
 point, once the **Lotus** settles down into your Maharic Shield, your Density-1 T

Page: 150

 now a Crystal **Lotus** is growing out of that Water-Gel Matrix, with the

Page: 151

 center of this **Lotus** Flower that's growing out of the center at this point
 hanging over that **Lotus** structure with the SilverSeeds in it Ok, now, the AquaFar"E
 "Raise the **Lotus** Shield", they're calling it the Lotus Shield. It is the
 calling it the **Lotus** Shield. It is the center point of the Shield, of

Page: 152

- 📄 push this big **Lotus** construct, with its little Merkaba on top, all the way
 - 📄 they brought the **Lotus** down into the Core, this huge Merkaba Field just went
 - 📄 be moving the **Lotus** construction that's down in Earth's Core; they're going to move
-

Page: 153

- 📄 in the little **Lotus**, Crystal Lotuses that we left in the circle, over at
 - 📄 little Lotus, Crystal **Lotuses** that we left in the circle, over at Skellig Michael.
-

Page: 180

- 📄 with 48-point **lotuses**, then it would look like a 48-point star So
-

Page: 188

- 📄 with 48-petalled **lotuses**, that it would activate those as well. Probably a set
-

Page: 192







- 📄 the, our Krystal **Lotus**, 48-petal Lotus that is down in our Maharic Shield
 - 📄 Lotus, 48-petal **Lotus** that is down in our Maharic Shield like as if
-

Page: 193









- 📄 with the Crystal **Lotus**, just sitting in the middle of it you know, in
 - 📄 with the Crystal **Lotus**, in this way. You can also use it as just
-

File : [2009-10_Sliders6_scan.pdf](#)
Title : Sliders 6 - Handbook
Subject : The Arc of the Covenant, Sphere of Destiny & the Stairway to Heaven,
Engaging the Spirit for Slide Intermediate Level
Author : MCEO Freedom Teachings
Keywords :










Page: 29











-  48-petal Crystal **Lotus** access code at your third eye, on the inside of
 -  to draw Crystal **Lotus** gently downward through your AzurA and into your Karanadis Seal
 -  push the Crystal **Lotus** upward from the Karanadis Seal and up to the trans-
 -  draw the Crystal **Lotus** and a stream of go/den-silver-sparkle-current, called
 -  push the Crystal **Lotus** and the golden-silver Starlight Prana Steam downward into the
 -  leaving the Crystal **Lotus** in Earth Core, INHALE, using the inhale breath to draw
-

Page: 30

-  draw the Crystal **Lotus** upward from the Lower Aurora Point in Earth Core, through
 -  with the Crystal **Lotus** positioned in the Upper Lotus Point, and become aware of
 -  in the Upper **Lotus** Point, and become aware of the clockwise electrical Starlight Prana
 -  to draw Crystal **Lotus** gently downward from the Upper Aurora Point far above your
 -  push the Crystal **Lotus** downward from the Karanadis Seal and down to the trans-
 -  draw the Crystal **Lotus** and a stream of indigo-silver-sparkle-current, called the
 -  push the Crystal **Lotus** and the indigo-silver Stardust Eiron Steam upward into the
 -  leaving the Crystal **Lotus** in the Upper Aurora Point, INHALE, using the inhale breath
-


Page: 31

-  draw the Crystal **Lotus** downward from the Upper Aurora Point through your Central Vertical
 -  moments, with Crystal **Lotus** positioned in your Karanadis Seal, and become aware of the
 -  from the Crystal **Lotus** access code in your Karanadis Seal, while being mildly aware
 -  from the Crystal **Lotus** in the Karanadis Seal, speak the combined Electrical (33
 -  into the Crystal **Lotus** in the Karanadis Seal, and HOLD at the top of
 -  from the Crystal **Lotus** at the Karanadis Seal, using the 24-point exhale to
 -  on the Crystal **Lotus** in the Karanadis Seal, INHALE slowly and deeply, using the
 -  in the Crystal **Lotus** at the Karanadis Seal, at the top of the inhale
 -  within the Crystal **Lotus** at the point where the Stardust Eiron Stream and Starlight
-








-  in the Crystal **Lotus** center; INHALE into the Crystal Lotus and Silver Seed, and
 -  into the Crystal **Lotus** and Silver Seed, and visualize your Silver Seed contracting into
 -  of the Crystal **Lotus**. HOLD at the top of the inhale. 9. EXHALE firmly,
 -  within the Crystal **Lotus**, and as the Silver Seed snaps, the Stardust Eiron Stream
 -  within the Crystal **Lotus**, becoming a single pale aqua-silver current called the "
 -  at the Crystal **Lotus** Core in the Karanadis Seal. 12. Take two more inhale-
 -  and the Crystal **Lotus** shift upward from your Karanadis Seal and into your AzurA.
 -  into the Crystal **Lotus** in your AzurA, and HOLD. 17. EXHALE firmly, and notice
 -  exhale, the Crystal **Lotus** rapidly expands outward within your StarFlight Shield, expanding to
a
 -  64-foot Crystal **Lotus** now slowly descends to just below your feet, and anchors
-

File : [2010-01_ElementsOfDiscovery_scan.pdf](#)
Title : The Elements of Discovery - Handbook
Subject : 15 Dimensional Anatomy, Exploring the God Worlds, Cosmic Clock, Gifts of the KRYSTHL River Prayer
Author : MCEO Freedom Teachings - Kathara Team
Keywords :


Page: 3

 Rotations 67
Lotus Arc Sets
.....
67 The Monadic Code: a Map

Page: 67


-  PKA Systems. **Lotus** Arc Sets Lotus Breathing technologies represent the organic breathing function
 -  Lotus Arc Sets **Lotus** Breathing technologies represent the organic breathing function of the Eternal
 -  perpetually renewed. 31 **Lotus** Breathing opens the flow of energy called Heliotalics from the
 -  Sun. By doing **Lotus** breathing we start to align all the spheres within spheres
 -  Cosmic Clock. The **Lotus** Arc wings that form petals emerge from the AzurA at
 -  plug into the **Lotus** Arcs from the PKA side, which then shifts the petals
 -  Nibiru 121212. 31 **Lotus** Breathing was introduced during Hetharo. See Dance for Joy, Paxos,
-

Page: 92

 Awakening the Living **Lotus**" Healing Facilitation Through Crystal Body Alignment, Long Beach, CA, 2004.


File : [2010-01_FOL10Diary_scan.pdf](#)
Title : FOL "10 - Diary
Subject : AmorAea KRYSTHL Temples, the Monadic Passage & Galactic Spiral
Alignments, Aquafereion Shield Stardust Blue Transharmonic AmorAea
Merkaba Activation 1 - Workshop Diary
Author : MCEO Freedom Teachings
Keywords :

Page: 4

 that create the **Lotus** petal flows), opposite spin Adashi flows, theAmoraea Pass-Through and


File : [2010-04_CamelotInterview_scan.pdf](#)
Title : Camelot Interview - Handbook
Subject : Diagram pack for Camelot Interview
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

Page: 55

 field alignment Organic **Lotus** Arcs expand and contract ""YAN-YUN" FLOW the Planetary


 Kathara Grid and **Lotus** Arcs Natural Divine Blueprint & Planetary Shield core structurethe "

Page: 59

 DAISY of DEATH **Lotus** Arc distortion generates artificial Merkaba Field harness & forms unnatural





File : [2010-04_MakersOfWingsDiary_scan.pdf](#)
Title : Makers of Wings - Diary
Subject : Makers of Wings and Other Things, The Orbs of Ah-SA-yas, Planes of Aurora, Ancient Arrows, Planetary Mirror Ball and the Hidden Cities of Earth - Workshop Diary
Author : MCEO Freedom Teachings
Keywords :

Page: 4

 in-and-out" **Lotus** dancing, and the Sha-DA Buddha Elemental Team Calling Tones.

File : [2010-04_MakersOfWings_scan.pdf](#)
Title : Makers of Wings and Other Things - Handbook
Subject : The Orbs of Ah-SA-yas, Planes of Aurora, Ancient Arrows, Planetary Mirror Ball and the Hidden Cities of Earth
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

Page: 32


-  area for "**Lotus** Dancers," and organize remaining drummers and people in concentric rings
 -  dancers dance and **Lotus** Dancers "Pulse" (open & close) the "Lotus"
 -  close) the "**Lotus**" at center while repeat-toning the Elemental Orb Call with
 -  dancing, and "**Lotus** Pulsing" a while until Ash is given the "end"
-


File : [2010-04_SpiralsOfCreation_scan.pdf](#)
Title : Spirals of Creation - Handbook
Subject : Spiral Math, comparing KRYSTic and Metatronic, Fibonacci, Fib-of-NO-chi
Author : MCEO Freedom Teachings - Kathara Team
Keywords :

Page: 19

 intended to be. **Lotus** Breathing The Kathara Grid is a living structure. It holds

Page: 20

 to as the **Lotus** Breathing pattern. It is illustrated in the diagram. The blue

 to as the **Lotus** petals. As the breathing pattern progresses the outer petals at


 sets of parallel **Lotus** petals PCM & PKA phase rhythmically with one set open

 distortion where the **lotus** petals are pulled beyond their 45° natural extension and are


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: 18


 in "Loose **Lotus**" position 2. 3 "Krystar Breaths" 3. Elemental Orb Call


 the "Loose **Lotus**" position on their hierophant points. They have become the "

Page: 20

 area for "**Lotus** Dancers," and organize remaining drummers and people in concentric

 dancers dance and **Lotus** Dancers ""Pulse" (open & close) the ~~Lotus"

 close) the ~~**Lotus**" at center while repeat-toning the Elemental Orb Call with

 dancing, and "**Lotus** Pulsing" a while until Ash is given the "end"


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: 5

 Awakenning the Living **Lotus||** Healing Facilitation Through Crystal Body Alignment, and Facilitators' Presentation Portfolio;

Page: 33


 and activates the **Lotus** Bud Vehicle (access code for the 48-Strand DNA


 Orb Vehicle), and **Lotus** Bud Vehicle activation (access code for the 48-Strand

Page: 62


 Crystal Body, Shields, **Lotus** Arcs, Chakras, Auric Fields etc. • Chariot of Fire

Page: 104

 in —Loose **Lotus||** position 2. 3 —Krystar Breaths|| 3. Elemental Orb Call

 the —Loose **Lotus||** position on their hierophant points. They have become the —

Page: 105

 the —Loose **Lotus||** position) suspended above where your head was when you were


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: 2


 Sacred Butterfly-24 **Lotus** Points, Embodied Staff & Natural "Yan-Yun" Flow 32

Page: 33

 Sacred Butterfly: 24 **Lotus** Points, Staff, Natural Yan-Yun & DhA-ya-TEi Flows

 Set of 6 **Lotus** Points. There are 4 Density Shields & thus $4 \times 6 =$

 $4 \times 6 = \sim$ **Lotus** Points Density-1 T ransharmonic + Dimensional Heliotalic Seur Pillar

 Elemental Staff 6 **Lotus** Points D-1 Atomic Staff J 16 Lotus Points DN-

 Staff J 16 **Lotus** Points DN-1112 + o-13. DN-2/1 I

 & A Deane **Lotus** Point Spheres are 3-Dimensional Geomantic Grids that form where


 through each other. **Lotus** Points direct Etheric Body Currents from the D-3 and

 & molecular expression. **Lotus** Points control the flow of the D-13 Monadic, D-

File : [2012-01_Sliders12Pt1_scan.pdf](#)
Title : Sliders 12 Part 1 - Handbook
Subject : Externalization of the KRYST, Secrets of the Tan-Tri-A"Jha, The 7 Suns of Cos-MA-yah, Keys of Aden, Budding of the Lotus Seed and Plasma Body Initiation
Author : MCEO Freedom Teachings
Keywords :

Document Metadata


 Subject: Budding of the **Lotus** Seed and Plasma Body Initiation

 Found 1 instance(s) in additional metadata


Page: 1

 Budding of the **Lotus** Seed and Plasma Body Initiation. Sarasota, FL FOL 12 1/

Page: 2

 Chakras Plasma Body **Lotus** Anatomy- Basic Structures One Krystened Eye Full Plasma Body Activation

Page: 40

 deep space Plasma **Lotus** 36" above head MC14 ---~ Seeds are in the Seed

Page: 41

 Plasma Body **Lotus** Anatomy- Basic Structure Crown CK- 7 Lotus- Anchors in Pineal


 Crown CK- 7 **Lotus**- Anchors in Pineal (Chakras 6,8, & 1 Lotuses NOT

 6,8, & 1 **Lotuses** NOT shown) CK5 CK4 THL Heart Tube of Transfiguration The

 The "P. **Lotus**" Once Activates Blood it emerges from the Prostate in males


 6 point Chakra **Lotus** Page 41 of 50

Page: 44

 her plasma body **Lotus** Anatomy through a progression of visitations in density & within

 blend with Yoshi's **Lotus** Anatomy. 4. Securing the Aden-CVC Braiding: YAden braids his

 blend with Yoshi's **Lotus** Anatomy. 6. Blending the DhA-Fiows-Instep of YAden: YAden

 his plasma body **Lotus** anatomy. 11/30-12/6/11 9. Aden Keys Activation:

Page: 45

 RhAyas. Raising the **Lotus**: Event on Sanctuary Island Ah-min"-yah 1 Aya Temple;



Page: 46




activate the Living **Lotus** plasma body & open the Krvstar Chambers of everyone in

File : [2012-04_Sliders12Pt2_scan.pdf](#)
Title : Sliders 12 Part 2 - Handbook
Subject : Externalization of the KRYST, Secrets of the Tan-Tri-A"Jha, Dueling Plasmas, the 15th Bridge, Myotic Awakening, the 7 Stands of the KRYST-Host Fail Safe & Fail Safe Stand 2
Author : MCEO Freedom Teachings
Keywords :






Page: 2

-  38 Plasma Body **Lotus** Anatomy - Basic Structure 39 Fail Safe Stand 2B: The
 -  2B: The Myotic **Lotus** Body and "The Eternal Eyes of RhAyas" 41 One
-




Page: 7

-  related Plasma Body **Lotus** Anatomy, and the necessity of their Activation April - May
-



Page: 39

-  Plasma Body **Lotus** Anatomy - Basic Structure Crown CK- 7 Lotus Anchors in
 -  Crown CK- 7 **Lotus** Anchors in Pineal (Chakras 6,8, & 1 Lotuses NOT
 -  6,8, & 1 **Lotuses** NOT shown) CK5 CK4 KrysTHL Heart Tube of Transfiguration The
 -  The "P. **Lotus**" Once Activates Blood it emerges from the Prostate in males
 -  6 point Chakra **Lotus** Page 39
-

Page: 40

-  CK - 7 **Lotus** - sustains & permeates Anchors in each Dimensional and Pineal
 -  The "P. **Lotus**" Once Activates it emerges from the Prostate in males from
 -  48 Point Chakra **Lotus** Nest ©A&A Deane, All Rights Reserved; Part of
-




Page: 41

-  Field The Myotic **Lotus** Body and "The Eternal Eyes of RhAyas" 1st Eye
 -  48 point Myotic **Lotus** Body 3rd Eye of RhAyas: KUmA-yah AL-Hum-Bhra
-

Page: 43

-  to 48 point **Lotus** © A&A Deane, All Rights Reserved; Part of the
-

Page: 44

-  Crown Chakra 7 **Lotus** upward into Krystar Shield and P. Lotus downward into "
-  Shield and P. **Lotus** downward into "Ray Rug" on Aurora Shield. Leave Lotuses
-  Aurora Shield. Leave **Lotuses** in this position throughout breathing technique and afterward

(they








from your Myotic **Lotus** Body around you. B. Hold at top of inhale &







surrounding your Myotic **Lotus** Body. Continue breathing in this manner as long as desired

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: 31

-  2/CK-2-**lotus** & "Wing Spot". #5. "Tan-Tri-A"Jha/
 -  activation: CK-3-**Lotus** "Blood-Crystal Sac". #6. "Tan-Tri-A"Jha
 -  11/CK-11-**Lotus** (18" above head). #7. "Tan-Tri-A"Ra
 -  8/CK-8- **Lotus** {Thymus-Thyroid). #8. "Tan-Tri-A"Jia Crystar:
 -  activation: Strand-SICK-**SLotus** {Throat).
-



Page: 32

-  2-**Lotus** & "Wing Spot". #5. "Tan-Tri-A"Jha/
 -  activation: CK-3-**Lotus** "Blood-Crystal Sac". #6. "Tan-Tri-A"Jha
 -  11/CK-11-**Lotus**. (18" above head) . #7. "Tan
 -  8/CK-8-**lotus** (Thymus- Thyroid)," MC10 Galactic 1 . Mc11 G I
-

Page: 33


-  your Chakra-2-**Lotus**, and at the "top of the Inhale", draw a
-

Page: 34


-  21CK-2-**Lotus** & "Wing Spot". ARI • add your personal Sun-8
 -  activation: CK-3-**Lotus** "Blood-Crystal Sac". - A"sha add your personal Sun-
-

File : [2012-12_13DaysOfKRYSTHLmass_scan.pdf](#)
Title : 13 Days of KRYSTHLmass
Subject : Details about FOL post-Dec 2012 workshop
Author : ARhAyas Productions
Keywords :

Page: 2

 Seed Atom, Planetary **Lotus** Temple Plasma Phase Generator, Planetary Halls of ARhAyas, Eye of

Page: 4


 Ever "Planetary **Lotus** Temple Plasma Phase Generator" Elemental Plasma Template Manufacturing Center Gust

 like the "**Lotus** Temple" Phase-Generators of Sanctuary Island.). The cores of Median

 the "Planetary **Lotus** Temple Plasma Phase-Generator"" was activated when Median & Net

 Silver-Seed and **Lotus** Temple Phase-Generator, also on 12/23/2012, the "


Page: 5

 as the 2 **Lotus**-TempleD-Span Gates of Median and Net Earth progressively merge

Page: 6


 Point & Planetary **Lotus** Temple Plasma PhaseGenerator Activation: The Sun-8 Core Plasma Current

 Point, the Planetary **Lotus** Temple Plasma Phase-Generator is brought into activation. The Eye

 Bhirus and Planetary **Lotus** Temple Plasma PhaseGenerator will progressively generate a new and permanent




Page: 8

 the 1st Planetary **Lotus** Temple Plasma Phase-Generator was born on Earth. * On

 its 1st Planetary **Lotus** Temple Plasma Phase-Generator begins generation of elemental-atomic plasma


File : [2012-12_AgeOfEnlightenmentChartpack1_scan.pdf](#)
Title : Dawn of the Age of Enlightenment - Chartpack 1
Subject : The Dance of ARhAyas, RAI Talisman Codes, KRYSTHL Spire of AL-HumBhra and Aurora Ascension Earth Stand 7
Author : ARhAyas Productions
Keywords :

Page: 17






-  phase-generator "**Lotus** Tenplen Elemental Plasma Template manufacturing center. The "Lotus Petlas"
 -  center. The "**Lotus** Petlas" (Transmitters/receivers) begin recycling (opening & closing)
 -  of Net Earth's **Lotus** begins at dawn 12/26/2012 These events of 12/
-

File : [2012-12_AgeOfEnlightenmentChartpack2_scan.pdf](#)
Title : Dawn of the Age of Enlightenment - Post Workshop Dispensation
Subject : 13 Days of KRYST-mass and the Planetary Silver Seed Awakening
Author : ARhAyas Productions, E"Asha Ashayana
Keywords :


Page: 1

 Seed Atom, Planetary **Lotus** Temple Plasma Phase Generator, Planetary Halls of ARhAyas, Eye of



Page: 3

 Ever "Planetary **Lotus** Temple Plasma Phase Generator" Elemental Plasma Template Manufacturing Center (
 like the "**Lotus** Temple" Phase-Generators of Sanctuary Island.). The cores of Median
 the "Planetary **Lotus** Temple Plasma Phase-Generator" was activated when Median & Net
 Silver-Seed and **Lotus** Temple Phase-Generator, also on 12/23/2012, the "
 as the 2 **Lotus**-TempleD-Span Gates of Median and Net Earth progressively merge



Page: 4

 Point & Planetary **Lotus** Temple Plasma PhaseGenerator Activation: The Sun-8 Core Plasma Current

Page: 5




 Point, the Planetary **Lotus** Temple Plasma Phase-Generator is brought into activation. The Eye
 Bhirus and Planetary **Lotus** Temple Plasma Phase-Generator will progressively generate a new and

Page: 7

 the 1st Planetary **Lotus** Temple Plasma Phase-Generator was born on Earth. *On
 its 1st Planetary **Lotus** Temple Plasma Phase-Generator begins generation of elemental-atomic


File : [2012-12_AgeOfEnlightenment_scan.pdf](#)
Title : Dawn of the Age of Enlightenment - Handbook
Subject : The Dance of ARhAyas, RAI Talisman Codes, KRYSTHL Spire of AL-HumBhra & Aurora Ascension Earth - Stand 7
Author : ARhAyas Productions - E"Asha Ashayana
Keywords :

Page: 24

-  phase-generator "**Lotus** Tenple" Elemental Plasma Template manufacturing center. The "Lotus Petlas"
 -  center. The "**Lotus** Petlas" (Transmitters/receivers) begin recycling (opening & closing)
 -  of Net Earth"s **Lotus** begins at dawn 12/26/2012 These events of 12/
-

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 :

Page: 57

 cell KHY-YON **Lotus** Seed Transfiguration, the Catheion Back-Flow Return Wave (code

Page: 60

 E-LAi-sa **Lotus** Phase-Generator Temple" in the Sun-8 Silver Seed Krystar

Page: 66

 E-LAi-sa **Lotus** Plasma Phase-Generator Tenple" in the Sun-8 Silver Seed


 KHY-yon Living **Lotus** Seed Plasma Generator Cell. The Tan-Tri-Ahura Teachings- The

Page: 67


 KHY-yon Living **Lotus** Seed, KHY Currents, KHY Waves and Solar Symbiosis. 1. After

 KHY-yon Living **Lotus** Seed Plasma-Tryptolase Generator. 4. The KHY-yon Cell Down-


Page: 68


 the KHY-yon **Lotus** Seed, KHY Waves & the return of the Solar Symbiosis

 KHY-yon Living **Lotus** Seed Plasma-Tryptolase Generator that out-steps KHY currents on

 yon KHY-yon **Lotus** Seed Plasma-T rryptolase Generator '''

Page: 69

 Earth Planetary ----+~ **Lotus** Generator Complex The Catheion Crucible Net Earth South Pole Median

 Net Earth planetary **Lotus** plasma Generator Complex Net Earth North Pole Median Earth South


Page: 79

 t Plasma Body **Lotus** Anatomy • Basic Structu,. -e-l-to-'C


Page: 80

 48 point Myotic **Lotus** Body Your petSONal "Sphere ol Co&-Min-Yahas" Mission


Page: 91

 & Thyroid gland. **Lotus** f.:~>r•~>r>=~·tn,.....-...1. JI~--+-'''' Complex The Catheion

Page: 92

 & Median Earth **Lotus** Interface and breast Chakra-4 & Catheion Seals 2-4

Page: 96

 KHY·YON **lotus** Seed Tnnsfcuratlon, the cathelon Back· flow Return Wave (



Page: 105

 the KHY-yon **Lotus** Seed, engages the Catheion Back-Flow-Return Wave, and engages

 engages KHY-yon **Lotus** Seed transfiguration of the Cha-RH Cells in the neurons.

File : [2013-08_ItineraryAndSummary_scan.pdf](#)
Title : Itinerary and Summary for August 2013 workshop
Subject : Workshop details
Author : ARhAyas Productions
Keywords :


Page: 6

-  ·yon"" LMng **Lotus** Seed Plasma Tryptolase Generator (n Sm-8 Core; 1\!:
 -  KHY-yon"" Living **Lotus** Seed are known as the " Grt.tttst Kryst-Fiows
-

Page: 7

-  KHY-YM"" IJvng **Lotus** Seed (Sun-a Plasma Tryptolase Generator) within the
-

Page: 8

-  KHY-yon"" LIVING **Lotus** Seed (Sun--8 Plasma Tryptolase Generator), the E-W~
-

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

Page: 10

 E-LAi-sa **Lotus** Phase-Generator Temple" in the Sun-8 Silver Seed Krystar

Page: 15

 E-LAi-sa **Lotus** Plasma Phase-Generator Tenple" in the Sun-8 Silver Seed

 KHY-yon Living **Lotus** Seed Plasma Generator Cell. The Tan-Tri-Ahura Teachings- The

Page: 16

 KHY-yon Living **Lotus** Seed, KHY Currents, KHY Waves and Solar Symbiosis. 1. After

 KHY-yon Living **Lotus** Seed Plasma-Tryptolase Generator. 4. The KHY-yon Cell Down-


Page: 17


 the KHY-yon **Lotus** Seed, KHY Waves & the return of the Solar Symbiosis

 KHY-yon Living **Lotus** Seed Plasma-Tryptolase Generator that out-steps KHY currents on


 yon KHY-yon **Lotus** Seed Plasma-T rypolase Generator '´´

Page: 18

 Earth Planetary -----+++"**Lotus** Generator Complex The 1st 4 Catheion Chismatic Seals The Catheion

 Net Earth planetary **Lotus** plasma Generator Complex Net Earth North Pole Median Earth South

Page: 21

 cell KHY-YON **Lotus** Seed Transfiguration, the Catheion Back-Flow Return Wave (code


Page: 23

 2012. Plasma Body **Lotus** Anatomy • Basic Structu,. -.C-.r.o.-n.C

Page: 24

 46 point Myotic **Lotus** Body The Ari-E Ah-RhA-yas Ah-min-yahas

Page: 30

 & Thyroid gland. **Lotus** f.:~>r•~>r,,, 'tno---..1. JI~--+---.... Complex The Catheion

Page: 31

 & Median Earth **Lotus** Interface and breast Chakra-4 & Catheion Seals 2-4


Page: 37

 the KHY-yon **Lotus** Seed, engages the Catheion Back-Flow-Return Wave, and engages

 engages KHY-yon **Lotus** Seed transfiguration of the Cha-RH Cells in the neurons.

Page: 46


 yon™ Living **Lotus** Seed Plasma Tryptolase Generator (in Sun-8 Core; re

 yon TN Living **Lotus** Seed are known as the "Greatest Kryst-Fiows in


Page: 54

 yon TM Living **Lotus** Seed (Sun-8 Plasma T rypolase Generator) within the

Page: 55


 yon rM Living **Lotus** Seed (Sun-8 Plasma T rypolase Generator), the E-

Page: 73


 Tryptophaisic Nervous System **Lotus** Anatomy and Catheion Crucible Field of Plasma Body To Chakra

Page: 78

 Plasma Body **Lotus** Anatomy · Basic Structure Crown CK-7 lotus· Anchors

 Crown CK-7 **lotus**· Anchors in Pineal (Chakras 6,8, & 1 lotuses

 6,8, & 1 **lotuses** NOT shown} CK5 CK4 t Tube of Transfiguration The "





 The "P. **Lotus**· Once Avtivates it emerges from the Prostate in males

Page: 81



 & Median Earth **Lotus** Interface and breast Chakra-4 & Catheion Seals 2-4

File : [2013_04_ELAiSaAwakening_Handbook_scan.pdf](#)
Title : E-LAi-Sa Awakening - Handbook
Subject : The Indelible KRYST Code & Chismatic Self-Healing Level 1
Author : ARhAyas Productions - E"Asha Ashayana
Keywords :



Page: 77

-  Plasma Body **Lotus** Anatomy · Basic Structure (Chakras 6.8, & 1 Lotuses
 -  6.8, & 1 **Lotuses** NOT shown) CK5 CK4 KrySTHL Heart Tube of Transfiguration The
 -  The "P. **Lotus**" Once Activates Blood it emerges from the Prostate in males
 -  6 point Chakra **Lotus** 76
-

Page: 80






-  Field The Myotic **lotus** Body and "The Eternal Eyes of RhAyas" 1st Eye
 -  48 point Myotic **Lotus** Body 3rd Eye of RhAyas: KUmA-yah AL-Hum-Bhra
-

Page: 81

-  Krystar Vehicle. Trwl"P **Lotus**• Once Activates "" el!Ofges from the Prostalt In malas
 -  48 Point Chakra **Lotus** Nest ©4/2013 E"Asha Ashayana, All Rights Reserved. 80
-

File : [2014-04_ShiftMasters1_scan.pdf](#)
Title : Tan-Tri-Ahura Teachings™ ShiftMasters™ Course-1
Subject :
Author : (C)2014 E"Asha Ashayana
Keywords :

Page: 61

-  t Plasma Body **Lotus** Anatomy · Basic Structure Crown CK • 7 Lotus·
 -  CK • 7 **Lotus**· Anchors in Pmeal (Chakras 6,8, & 1 Lotuses
 -  6,8, & 1 **Lotuses** NOT shown} CKS CK4 Tube of Transfiguration The "P.
 -  The "P. **Lotus**· Once Avtivates it emerges from the Prostate in males
 -  6 point Chakra **Lotus** Tan-Tri-Ahura Teachings TN ShiftMasters "M Course Series-
-


Page: 62

-  2012. Plasma Body **Lotus** Anatomy • Basic Structure Cro-1\CK · I --
-


Page: 63

-  46 point Myotic **Lotus** Body The Ari-E Ah-RhA-yas Ah-min-yahas
-

Page: 66

-  48 Point Chakra **Lotus** Nest Tan-Tri-Ahura Teachings TM ShiftMasters n.t Course
-

Page: 68


-  Tryptophaisic Nervous System **Lotus** Anatomy and Catheion Crucible Field of Plasma Body To Chakra
-

File : [2014-07_FactuallySpeaking.pdf](#)
Title : Factually Speaking
Subject : Details of the Divorce between Speaker 1 & Speaker 2
Author : ARhAyas Productions
Keywords :

Page: 43

 I he Uvino **Lotus**· Hea~ng Facilitation Through Cry~tal BodjAhgnment. SSC I

Page: 49


 ding ot the **lotus** Seed a.nd PI:Kma. Body Initiation Recorded Dec;embel30.

Page: 51

 MA."-yah, KeysofAdcr, **BuddirgoltheLotus** SeedandP\asOlaBOOyIniUaton RecGrdiKI
Decem!)er 30, 2011 at t~e

File : [2014-08_WorkshopDescription_scan.pdf](#)
Title : Freedom for Freedom Workshop Description
Subject : Workshop description
Author : ARhAyas Productions
Keywords :

Page: 1

 of the White **Lotus** & Your Personal Paragon Cathedral-Clearing "Cue Zones" and

File : [2014-08_WorkshopProgramSummary.pdf](#)
Title : Workshop Program Summary (August 2014)
Subject : Details about the August 2014 Workshop in Sarasota
Author : ARhAyas Productions
Keywords :

Page: 1

 71wlg>~lleetir St31:ofltlt"M"lilelotus&YourPtsonatParagoncalht<Irai-
Oeai"Ig"CCI!Z«res"and~"f(N/ Etem&

File : [2014-12_KDDL1ChartPack_scan.pdf](#)
Title : Keylontic™ Discourses for Daily Living
Subject :
Author : (C)2015 E"Asha Ashayana
Keywords :

Page: 17

 f Pillsma Body **Lotus** Anatomy • Basic Structu,. -C-lt-o-1·

Page: 18


 46 point Myotic **Lotus** Body The Ari-E Ah-RhA-yas Ah-min-yahas

File : [2016-03_KDDL2_scan.pdf](#)
Title : Arhayas Productions KDDL2 Hand Book
Subject :
Author : (C)2015 E"Asha A. Arhayas
Keywords :

Page: 21

 2012. I"llml Body **Lotus** lwaotrtt • Basic Structu .. Clo-nCK· 1 l<

Page: 181

 a relaxed "**Lotus** Pose", levitating gently within the center point of the "

Page: 209

 ZhEon, Plasma Body **Lotus** Anatomy & the Heart of E/f·E"-Mah

Page: 214

 ZhEan, Plasma Body **Lotus** Anatomy & the Heart of Eff·E"-Moh •


Page: 215

 ZhEon, Plasma Body **Lotus** Anatomy & the Heart of Eff-E"-Mah • The

Page: 220

 Shields, Crystal Body, **Lotus** Arcs, "Astra I Body", Keylontic Merkaba. Remains finite until

Page: 232

 ZhEon, Plasma Body **Lotus** Anatomy & the Heart of Eff-E"-Mah Through the


 Crown CK- 7 **LotusAnchors** in Pineal (Chakras 6,8, & 1 Lotuses NOT shown)

 6,8, & 1 **Lotuses** NOT shown) CK5 Tube of Transfiguration The "P. Lotus"


 The "P. **Lotus**" Once Avtivates it emerges from the Prostate in males from

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


Page: 6

 1 ManU Breaths **LotusBudB1**"(1(Jth NCTNND ::"J-1 Master Psoons Tweh·

Page: 187

 D-1 .. **Lotus** Arc Pt tal Stts-. (IDckaoRallate~ ~Ctimc PR:adn

Page: 191

 w1th, Clj"stal Body **Lotus** Points. T~ pnnctple of "Lo-Ca" combines the utilization

Page: 193

 J IICIIIIrY [**lotus** Bud &] ManU Breaths Refe ren ces ECKA ~

 Page L-8 **Lotus** Bud & ManU Breath "-"-"" ... -'-----~

Page: 302

 Lhiu : Lizbt **Lotus** Sf"td which allows for- what is called a return bockflow
