

Search Results

Summary

Searched for : **mindful**

In index(es) : **H:\KS_Scan_Library\MasterIndex.pdx**

Results : **25** document(s) with **72** instance(s)

Saved on : **7/11/2017 4:27:43 PM**

File : [1999-12_Kathara1_scan.pdf](#)

Title : Kathara 1 - Manual

Subject : Introduction to Kathara Bio-regenesis technologies, Color, Symbol, Sound and Bio-regenesis

Author : MCEO Freedom Teachings

Keywords :

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ONE-ness. 9. **MINDFULNESS** - Loving, Nurturing, and Being Attentive to the ALL-ONE-

Page: 198



of kindness and **mindfulness** . The MCEO Freedom Teachings® Series Presented by Adashi

File : [2001-09_BiVecaTriVecaIntroduction_scan.pdf](#)
Title : BiVeca TriVeca Introduction
Subject : Details contemporaneous to the introduction of the Veca Codes
Author : MCEO Freedom Teachings
Keywords :

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spirituality 101 stuff, **mindfulness**, choosing kindness, choosing love even when you feel angry, choosing

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

Page: 11



of kindness and **mindfulness**. Presented by Adashi MCEO LLC in Association with Azurite Press

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

Page: 70



ONE-ness. 9. **MINDFULNESS**- Loving, Nurturing, and Being Attentive to the ALL-ONE-ness.

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

Page: 320

 hours privately being **mindful** to continue EUmbic Cellular breathing, as if this were your

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 all possible), being **mindful** to continue EUmbic- Ra Breathing, as if this were your

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 hours privately, being **mindful** to continue E-Umbic Ra Breathing, as if this were

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: 7


 start to become **mindful**, becoming aware of what's going on 10 your mind, it


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 mcamabonallhoughts, so be **mindful**. You can leam to dis-create what you create. We

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

Page: 19


 focus- just beingness. **MINDFULNESS** AND SELF-AWARENESS ""I"afis fearning to direct tlie amazing

 the terrn is **Mindful**. Be mindful of yourself. You can know yourself a little


 is Mindful. Be **mindful** of yourself. You can know yourself a little better. A

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

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 of kindness and **mindfulness**. Tough Love Kind, Nurturing, Assertive Soft Love does not facilitate

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 ONE-ness. 9. **MINDFULNESS**- Loving, Nurturing, and Being Attentive to the ALL-ONE-ness.

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 well as becoming **mindful** of our thoughts and attitudes. As stated above, the Laws

File : [2007-05_KRYSTHLRiverDanceDiary_scan.pdf](#)
Title : KRYSTal River Dance - Diary
Subject : The KRYSTal River Dance 1st Dance of the Cycle of the Last Stands -
Workshop Diary
Author : MCEO Freedom Teachings
Keywords :






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group had been **mindful** enough to bring along a battery-operated oximeter ... and

File : [2008-11_Sliders3Diary_scan.pdf](#)
Title : Sliders 3 - Diary
Subject : The Wind Beneath Your Wings, Engaging Spirit for Slide - Workshop Diary
Author : MCEO Freedom Teachings
Keywords :

Page: 7

-  live interactive "**mindfulness** exercises" that we were progressively given over the period of
 -  Workshop. These "**mindfulness** exercises" (6 in all) are invaluable lessons in preparing
 -  morning"s 2 new **mindfulness** Techniques were "conscious movement" and "mindfulness of the
 -  movement" and "**mindfulness** of the Mind". The purpose of conscious movement was to
 -  The second "**mindfulness**" was very important, in order to start to pay attention
-

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: 2



Work Assignments in **Mindfulness**", a series of "Focus Exercises" that are designed to

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

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 ALL-ONE-ness. **Mindfulness**- Loving, Nurturing, and Being Attentive to the ALL-ONE-ness.

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 your thoughts. Become **Mindful**. Become aware of what is going on in your mind.


 this by becoming **Mindful**, which means you take some time to be alone privately,

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 hologram. Take a **mindful** look at creation around you. Can you see the beingness


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 All-ONE-ness. **MINDFULNESS** "Take learning to direct the amazing powers of your


 is called: Becoming **Mindful**, where you become aware of what you allow your mind

 a state of **Mindfulness**. It is like a Zen experience. There is a whole

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 the term is **Mindful**. Be Mindful of yourself. You can know yourself a little

 is Mindful. Be **Mindful** of yourself. You can know yourself a little better. A


 practice, diligence, and **MINDFULNESS**. We can stop our old pattern of emotional reactions simply

 Something to Ponder: **MINDFULNESS** - Loving, nurturing and Being attentive to the All-One-


 your breathing. Be **Mindful** of Yourself. LTR Statements: I AM Mindfulness. I Love, Nurture,

 Statements: I AM **Mindfulness**. I Love, Nurture, and AM Attentive to the All-ONE-


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 aware and attentive, **mindful**, respectful, loving, grace filled-all of these things. And we

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 persuasion depend. Be **mindful** of what energy-activity you allow your minds to dabble

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 a State of **Mindfulness**. Our emotional reactions can change - we can change them



Be Present! Practice **Mindfulness.**" (Phoenix Aug 2006) 1. Where are the thoughts and

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

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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 :

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Few Moments of **Mindfulness**" and focus upon observing your "Self-Speak"; do you



In these "**Mindfulness** Moments ", choose to take responsibility for "catching yourself"

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your first "**Mindfulness** Moment" of the day, employ Aurora Continuum Time-Travel Technique-








your other "**Mindfulness** Moments" throughout the day, but it is important to use



the first "**Mindfulness** Moment". Note on "Self-Speak": "Negative Self-Speak",

File : [2009-05_Sliders4_scan.pdf](#)
Title : Sliders 4 - Handbook
Subject : The Call of Aurora Probability Alignments & The Adjugate Bond,
Intermediate Atmic / Ah-VE"-yas Body Training
Author : MCEO Freedom Teachings
Keywords :

Page: 38

-  Few Moments of **Mindfulness**" and focus upon observing your "Self-Speak"; do you
 -  In these "**Mindfulness** Moments", choose to take responsibility for "catching yourself" when
 -  your first "**Mindfulness** Moment" of the day, employ Aurora Continuum Time-Travel Technique-
 -  your other "**Mindfulness** Moments" throughout the day, but it is important to use
 -  the first "**Mindfulness** Moment". Note on "Self-Speak": "Negative Self-Speak",
-

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

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the Irish grids. **Mindful** that we had our AquafarE" friends with us to help

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

Page: 133



should all be **mindful** of the fact that we're pieces of something quite precious

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 :



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process); D. 6 **Mindfulness** exercises E. —Orb-fest 1 & 2|| Group Sha-

File : [2011-04_ManifestersGuideCocreation_scan.pdf](#)
Title : Manifester"s Guide to CoCreation - Supplement
Subject : Transduction Sequence
Author : MCEO Freedom Teachings - Kathara Team
Keywords :

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 not judge myself". **Mindfulness** Learn to slow your mind down enough to catch it
 its doing. Becoming **mindful**: Where you become aware of what you allow your mind

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 9. I AM **Mindfulness**. I love, Nurture, and AM Attentive to the All-ONE-

File : [2011-04_ShA-DahL-UUN13Virtues_Codes_scan.pdf](#)
Title : ShA-DhaL-UUN 13 Virtues Color Codes
Subject : Laminated set of color Virtues
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :


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Tone: Commitment, Responsibility, **Mindfulness**, Practice Power (creation power) 8- Thymus,
Rear Upper Head/

File : [2011-04_ShA-DahL-UUN13Virtues_scan.pdf](#)
Title : ShA-DhaL-UUN 13 Virtues - Handbook
Subject : The ShA-DhaL-UUN Rite, 13 Virtues and the Shores of Ah-MA-ya-san,
Planetary Mirror in the Sky Activation 1
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :


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 (commitment, responsibility, **mindfulness**, practice) (attention, acknowledgement, appreciation, allowance) (affection, equality, regard,

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 Tone: Commitment, Responsibility, **Mindfulness**, Practice Power (creation power) 8- Thymus, Rear Upper Head/

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 ONE-ness. 9. **MINDFULNESS**- Loving, Nurturing, and Being Attentive to the ALL-ONE-ness.

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 Tone: Commitment, Responsibility, **Mindfulness**, Practice Power (creation power) 8 -Thymus, Rear Upper

File : [2011-05_Sliders10_scan.pdf](#)
Title : Sliders 10 - Handbook
Subject : Return of the Sacred Butterfly, Te, Chi, & the DhA-Ya-Tei, Ultimate Desire,
DhA-Ya-fication of the Vessel, Eternal Identity & the Adept Mind
Author : MCEO Freedom Teachings
Keywords :

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Power-commitment, responsibility, **mindfulness**, practice/ Pa-SU"N/Teu"a 12-Freedom-
resolve, release, trust, confidence/

File : [2014-12_KDDL1ChartPack_scan.pdf](#)
Title : Keylontic™ Discourses for Daily Living
Subject :
Author : (C)2015 E"Asha Ashayana
Keywords :


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 ALL-ONE-ness. **Mindfulness**· Loving, Nurturing, and Being Attentive to the ALL-ONE-

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 (5-3) **Mindfulness** (L-3) Kindness Fearlessness Conservation Engaged Detachment Co-operation/

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 Impeccability) Judgmentalism (+**Mindfulness** L-3) Animosity (+Fearlessness) Indifference (+Engaged Detachment) Bondage

File : [2016-03_KDDL2_scan.pdf](#)
Title : Arhayas Productions KDDL2 Hand Book
Subject :
Author : (C)2015 E"Asha A. Arhayas
Keywords :

Page: 44

 ALL-ONE-ness. **Mindfulness**· Loving, Nurturing, and Being Attentive to the ALL-ONE-

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 Connection (camaraderie) **Mindfulness** (L-3) Kindness Harmony 10. Intimacy Fearlessness
Conservation Endearment

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 Impeccability) Judgmentalism (+**Mindfulness** L-3) Animosity (+Fearlessness) Indifference
(+Engaged Detachment) Bondage

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 Imprints/Implants AD9 **MindfulnessJudgmentalism** A07 AccountabilityConcealment ADS
ResponsibilityConcealment RCS Self-LoveIsolation RC3 Self-ContainmentPretension

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 AD-RC 9- **Mindfulness** & Kindness Transmutes Reversed Imprints: W -1 Sloth &

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

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