

# Search Results

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## Summary


Searched for : **practice**  
In index(es) : **H:\KS\_Scan\_Library\MasterIndex.pdx**  
Results : **78** document(s) with **583** instance(s)  
Saved on : **7/11/2017 9:48:08 PM**

File : [1999-05\\_IntroKeylonticMorphogeneticScience\\_scan.pdf](#)  
Title : Intro to Keylontic Morphogenetic Science - Handbook  
Subject : Keylontic Science for Daily Living  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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 through holistic spiritual **practice**) and Humanity's Evolutionary Journey, perspectives which are featured within the


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 explored, utilized or **practiced** by authorized MCEO translators/authors/ teachers and members of the


 effects of such **practices** are quite individualized, though predominantly positive, in nature. Therefore, however,


 and effect of **practice** that are inherent to this choice must also remain with

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 conjunction with such **practice**. It is further recognized that the individual, through the act

 with and/or **practice** of MCEO teachings, techniques and technologies. If one is uncomfortable

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 foundation for health **practice**. The physical body and "spiritual" Crystal Body are interwoven.

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File : [1999-07\\_AncientRightsPassage\\_Handbook\\_scan.pdf](#)

Title : The Ancient Rites of Passage - Handbook

Subject : Personal Healing Through Planetary Service


Author : MCEO Freedom Teachings - Anna Hayes Gruber

Keywords :

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 through holistic spiritual **practice**) and Humanity's Evolutionary Journey, perspectives which are featured within the

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 explored, utilized or **practiced** by authorized EOMC translators/authors/ teachers and members of the


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 conjunction with such **practice**. It is further recognized that the individual, through the act


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 body. With sincere **practice** of these exercises you will create true transformation in your

 1 month of **practice** the frequency of the exercise can be reduced to once

 3 months of **practice** the long version of the exercise is not necessary, but


 suggested that you **practice** simple Optical-Thyroid Solar Breathing frequently, until it becomes habit.


 your body. This **practice** also works wonders for healing and revitalization. It is suggested

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 was a common **practice** in those days, the practice was taught from early childhood

 those days, the **practice** was taught from early childhood and by early adulthood great

 was achieved. The **practice** is not intended to be abused, for if one attempts

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 participate in this **practice** now, for the Earth needs the assistance of humanity. And

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 via teleportation. With **practice** you can learn to master this process, being able to

-  Exercise should be **practiced** twice daily, once in the morning at waking and again
  -  of twice daily **practice** the new frequency program generated by the exercise will be
  -  exercise should be **practiced** 2-3 times per week, one time daily, preferably
-

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

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 imprint. If you **practice** this technique, it

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 from the regular **practice** of this meditation for 6 months to a year? •

 identity. The regular **practice** of this meditation can give us the ability to bring


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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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 utilized as standard **practice** in pre-ancient time periods. Bio-Regenesis Technologies are built

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 years within the **practices** of spiritual masters in every religious tradition. SPOKEN LANGUAGE itself

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 arts and healing **practices**. In Kathara theory, we simply refer to this energy ball

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 Healing Level-2 **practices**, that will utilize the Hara Level of the Kathara Level-

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 years. With knowledgeable **practice** of Kathara Grid realignment and supportive healing applications, within the

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 progressively removed through **practices** of Kathara Healing and utilizing the Maharic Shield to reawaken

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 Healing In the **practices** of Kathara Healing, we will use the MENTOR as a

 become a standard **practice** in our applications of Kathara Healing . In creating the

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 the Archetype. With **practice**, you can lean the energy of your waking awareness from

 Body Travel. 5. **Practice** creating and sensing the Mentor Sphere over your Right Shoulder.

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 Right Shoulder. 5. **Practice** shifting the focus of your attention back and forth between

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 repetition of this **practice**, the energy-holding capacity of your Kathara Grid progressively increases,

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 frequent, consistent daily **practice** of this process, the Maharic Seal will self-sustain in

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 awareness occurs. Kathara **practices** serve to stimulate progressive integration and embodiment of the Multidimensional

 of Kathara Healing **practice**, it is helpful for the Kathara facilitator to understand the

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 Grid healing. With **practice** and consistent application of the Maharic Seal and Liquid Light

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 several months of **practice** in running the 4th-Dimensional Doradic-Phase-1 Current, the

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 time, attention and **practice**, and requires that the facilitator works to heal personal


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 you desire to **practice** the Kathara Bio-Spiritual Healing System® in a regular,


 the Theory and **Practice** of the Kathara Bio-Spiritual Healing System® and the

 professionalism in the **practice** of Spiritual Healing Facilitation and Instruction. All members of the

 are permitted to **practice** Kathara Healing facilitation as SPIRITUAL SERVICE. For the protection of

 promoted, explained and **practiced** as a non-diagnostic spiritual healing enhancement service only and

 and Excellence in **practice**, the Azurite Press MCEO cannot recognize Non-Registered Facilitators or

 relationship to the **practice** of Kathara Healing Facilitation and Instruction within the parameters of


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 you desire to **practice** the Kathara Bio-Spiritual Healing System® in a regular,

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 ity for the **practice** and application of the Kathara Bio-Spiritual Healing System®

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 knowledgeable in the **practice** and teaching of Kathara, but are also asked to commit

 unethical behavior and **practices**, and racial, gender, or religious discrimination of clients and participants

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 initiate professional private **practice** of the Kathara BioSpiritual Healing System through individual Client Sessions,


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 applications of Kathara **practices**, I willingly accept responsibility, hereunder, for any and all effects

 Each Kathara Facilitator **practices** Kathara Healing technique as an Independent Spiritual Healing Facilitator for

 Spiritual techniques and **practices** contained within the Kathara Bio-Spiritual Healing System Manual. This

 and Non-Kathara **practices** rest solely between myself and the Facilitator. With my singular

 the Kathara Healing **practice** I have requested, I hereby give consent to such additional

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 to embody and **practice** the ideals of Healing and Health through Holism. Before we

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 manually employing specific **practices** of Kathara "Maharic Shield" Core Template Dynamics in combination

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 Insta-Seal. Then **practice** each set of Vecatones separately while fixating visual focus on

 vibrational induction). With **practice** this will progressively expand the personal consciousness while activating the

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File : [1999-12\\_MilleniumRoundup\\_scan.pdf](#)  
Title : Millenium Roundup - Handbook  
Subject : The Voyagers Project Millenial Preparation Workshop  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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Physics and the **practices** of Keylontic Morphogenetic Science- the Science of the Geometrical Light-

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

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 conjunction with such **practice**. It is further recognized that the individual, through the act

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 with and/or **practice** of MCEO teachings, techniques and technologies. If one is uncomfortable

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 that will, if **practiced** sincerely, begin to open the fields of higher consciousness and

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 as a general **practice**, even when not using the techniques. Observe your consciousness, your


 program - patience, **practice** and persistence - are most helpful in achieving the results

 Advanced Keylontic Healing **Practices**, Developing Manifestation Skills, Honing Multi-vector Consciousness, Advanced Merkaba Mechanics

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 quite common. This **practice** is more than simply showing gratitude for one's bounty. Originally

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 as in the **practice** of Affirmations, or specific sound-tone combinations, such as in

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 projection in visualization **practices**. In this method, the disharmonic content of a present-life


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 weeks, then reducing **practice** to 2-3 times per week, once daily, in active


 month, then reducing **practice** to once every 2 weeks for 3 months. Following the


 the initial format, **practice** only once or twice per year is needed. More rapid

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 Unlike other Merkaba **practices**, this technique works to simultaneously activate 3 phases of the

 days between each **practice** so any residual energies released during the exercise can process

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 Vehicle activation. Frequent **practice** of this . is exercise will progressively strengthen one's conscious


 with consistent, frequent **practice**. The MCEO Freedom Teachings® Series Presented by Adashi MCEO

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 Family Tree), the **practice** of Melchizedek Cloister Ordination is often used to assist the

 Seed identity. The **practice** of Melchizedek Ordination (MCO) can save the incarnate many




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File : [1999\\_Voyagers1\\_Intro.pdf](#)  
Title : Voyagers I (Intro Section) - Book  
Subject : The Sleeping Abductees, Second Edition (Intro Section only, ruman numeral pages)  
Author : Ashayana Deane  
Keywords :

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-  rituals and spiritual **practices** of old could represent intuitive comprehension of the direction of
  -  spiritual beliefs and **practices** and realize that such practices might have advanced scientific validity
  -  realize that such **practices** might have advanced scientific validity at their core. If we
- 

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-  co-creative evolution, **practiced** by advanced races who understand the interconnections between all life
-

File : [1999\\_Voyagers1\\_scan.pdf](#)  
Title : Voyagers I - Book  
Subject : The Sleeping Abductees, Second Edition  
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Keywords :

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 built. There are **practices** which can assist you in your quest for biological mastery,

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 sleep or during **practice** of meditation or focused solitude are the most effective methods

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 the cognition and **practice** of brotherhood will be achieved. Though the Zeta generally are

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 comprehension (a **practice** coloring most of the world"s traditional religions), are primary targets

 with some Eastern **practices** and traditions popular within the South American continent have been

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 The events and **practices** we have mentioned in this section all have direct bearing

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 esoteric" philosophies, or **practice** ritualized ceremony to understand and develop a working relationship with

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 many ideas and **practices** that may seem foreign to the logical/intellectual minds of

 you discredit the **practices** that will allow your logical mind to grow, find humility,

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 reality effectively? Your **practice** of hypnotic therapy is a starting point. This method appears

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 that can, with **practice**, assist you to begin the process of awakening the multi-

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 Components of Mind **practice** again during the next sleep period, telling your body and

 dream state. With **practice** of these self-hypnotic commands, you will train your consciousness

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 mind. (With **practice** they will). 8. Give yourself the mental command to "

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 It will take **practice** to remember the steps of this exercise and practice is


 this exercise and **practice** is needed for the subliminal Keylonta Symbol Code organizational program


 into consciousness with **practice** of this exercise. At first the recall may appear fragmented.

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 just take more **practice**. We might add that people who believe they "do

 with education and **practice**. People inclined to dream recall may see rapid results from

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 waking awareness. With **practice** you can become accustomed to being awake and aware while

 advanced skills require **practice** in becoming aware of and directing the focus of your

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 the steps and **practice** the visualizations and their sequence slowly, for familiarity. 1. Imagine

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 this exercise is **practiced**, the longer the Pillar will remain. 21. For quick reinforcement

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 With consistent **practice** of the full technique, over an extended period of time,


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File : [2000-02\\_BeyondTheVeils\\_scan.pdf](#)  
Title : Beyond the Veils - Handbook  
Subject : Embracing the Eternal Self  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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 through holistic spiritual **practice**) and Humanity's Evolutionary Journey, perspectives which are featured within the

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 effects of such **practices** are quite individualized, though predominantly positive, in nature. Therefore, however,

 and effect of **practice** that are inherent to this choice must also remain with

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 conjunction with such **practice**. It is further recognized that the individual, through the act

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 with and/or **practice** of MCEO teachings, techniques and technologies. If one is uncomfortable

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 to death by **practice** of the NEAR DEATH EXPERIENCE. The NDE is simply a


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File : [2000-04\\_ArchLightSecretIndigoChild\\_scan.pdf](#)  
Title : Architects of Light, Secrets of the Indigo Children - Handbook  
Subject : Indigos and Race Heritage  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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

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 the steps and **practice** the visualizations and their sequence slowly, for familiarity. 1. Imagine

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 this exercise is **practiced**, the longer the Pillar will remain. 21. For quick reinforcement


 time. With consistent **practice** of the full technique, over an extended period of time,

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 PLATFORM. G. SIMPLY **PRACTICE** GOING INTO THIS CONTACT SPACE AND STAYING FOCUSED THERE, DOING

 2 WEEKS OF **PRACTICE**), AN EO MEMBER WILL GENTLY APPROACH YOU IN YOUR VISUAUZA

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---

 each object. Through **practice** of this process your neuro, logical system will begin to

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---

 the room. With **practice** of this tech, nique you can learn to quickly locate

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---

 let/burgundy). With **practice**, your neurological system will become sensitized to high-frequency scanning

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 repetition and frequent **practice**, this technique can become an accurate "quick gauge" to

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 home language. With **practice** you will also receive Visual and Direct Cognition translations of

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 VISITOR MANIPULATION • **PRACTICE** MAHARIC SEAL FREQUENTLY, IN MORNING UPON AWAKENING, AND AT NIGHT

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File : [2001-12\\_TheRealChristmasStory\\_scan.pdf](#)  
Title : The Real Christmas Story - Handbook  
Subject : Eieyani dispensation  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

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 it is presently **practiced**. Within this true historical record we rediscover the original "

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 associated traditional spiritual **practices** long upheld by the Eieyani Priests of Ur of Inner

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

Title : Masters Templar Stewardship - Field Guide

Subject : Planetary Shields Clinic Field Guide


Author : MCEO Freedom Teachings - Ashayana Deane

Keywords :

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 these Sacred Science **practices** were employed daily by a specialized collective of humans known

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 Maharic Seal. **Practice** of the Maharic Seal temporarily activates and runs the Maharata

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 as essential, daily **practice**. The Maharic Seal, as all Bio-Regensis Technologies, implies application

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 the steps and **practice** the visualizations and their sequence slowly, for familiarity. 1. Imagine

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 this exercise is **practiced**, the longer the Pillar will remain. 21. For quick reinforcement

 time. With consistent **practice** of the full technique, over an extended period of time,

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 activation. Have individuals **practice** their Psonn a bit while sitting in position before beginning

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 each object. Through **practice** of this process your neurological system will begin to develop

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 the room. With **practice** of this technique you can learn to quickly locate interdimensional

 12 White. With **practice**, your neurological system will become sensitized to high-frequency scanning

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 method, but takes **practice** to become skilled .) Once center vortex position is found,

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 camera, but with **practice** it becomes "auto-focus", once the neurological structure grows


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 of interdimensional energy **practices**. A TGTF is an intrinsic part of the Azurite Universal


 Human Divine Commission. **Practice** of the TGTF will begin return of the ancient Sacred


 Sacred Science Arts. **Practice** of TGTFs will advance the abilities of individuals and groups

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File : [2001\\_MastersTemplarStewardshipManualintro-only\\_scan.pdf](#)  
Title : Masters Templar Stewardship - Manual (Intro section)  
Subject : (doc contains only the intro section -- first 18 pps of the manual -- scanned separately so the page numbers in the main content are accurate in searches)  
Author : MCEO Freedom Teachings  
Keywords :

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 private Clinical Hypnotherapy **practice** in Pennsylvania, through which she assisted clients in personal healing

 hypnotherapy and healing **practice** was, and is, simple: "All healing is self-healing"

 her Clinical Hypnotherapy **practice** for over 10 years, before closing private practice in

 before closing private **practice** in order to more fully serve the MCEO mission. In

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 they Love", "**Practice** what they Preach" and respectfully "Share what they have


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

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 time, attention and **practice**, and requires that the facilitator works to heal personal internal

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 years within the **practices** of spiritual masters in every religious tradition. SPOKEN LANGUAGE itself

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 brought these "-----" **practices** to a close, the Anunnaki focused their attentions upon the

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 Angelic Humans who **practice** DNA Template/Kathara Grid/Merkaba Field Bio-Regenesis procedures will

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 Divine Blueprint. This **practice**, called Monadic Reversal, is used to trick humans into subliminally


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 that was once **practiced** here, in the pre-Atlantian crystal Temples of the Amenti

 as it was **practiced** by Temple Cloister Races 200,000 years ago on Earth, and

 with comprehension and **practice** of the Law of ONE. The Mahara Rite involves a

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 and sacred science **practices** and light-sound DNA activation codes of the Cloister Race

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 manually employing specific **practices** of Kathara "Maharic Shield" Core Template Dynamics in combination

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 Insta-Seal. Then **practice** each set of Veca-tones separately while fixating visual focus

 vibrational induction). With **practice** this will progressively expand the personal consciousness while activating the

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

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 manually employing specific **practices** of Kathara "Maharic Shield" Core Template Dynamics in combination

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 vibrational induction). With **practice** this will progressively expand the personal consciousness while activating the

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 (and as **practiced** throughout history), Maharata Text Translation Contracts are solely entrusted to

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 there; with repeated **practice** of this technique the steps below Step 22 will"disappear"



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 After a few **practice** breaths, initiate the Activation Breath, INHALING Maharic Current into the

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 room etc. With **practice** Etheric Body perception will progressively .. "turn on" and

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---

 creative powers. Through **practiced** mental relaxation, affirmative thoughtchoosing and appropriate "spiritual-mind technologies"

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 8 procedures are **practiced** consistently, sustaining Level-4 Amoraea Flame activation, this L TR

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 dream-state; consistent **practice** at" the same time of day helps to open and


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

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 matriarchal slant whose **practices** centered around the teachings of the sacred Law of One,

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 ofUr shared most **practices** of the Priests of Mu, but developed interest in more

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 culture back toward **practice** of the Law of One, teachings that had fallen into

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 created through its **practice**, control organizations will no longer be able to blindly lead

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 not begin ascension **practices** until 1367 BC, when his sanctuary at Akhetaton had been

 BC Akhenaton successfully **practiced** the rites of ascension among the Annu populations from 1367

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 in their ascension **practices**. Using the Staff, Akhenaton attempted to close the Halls of

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 Ur that ascension **practices** be stopped. This request was given in good measure, as

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 male elite to **practice** interracial discrimination, the Elohim's preferred lineage of humans could be

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 period thatJesheua-12 **practiced** in Egypt (8 AD- 21 AD), the second Christ,

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---

 primarily hidden and **practiced** as a secret "mystery school" within Egypt at Giza

---

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---

 AD, while Jesheua-12 **practiced** ascension rites at Giza, several expeditions were made by Jesheua-

---

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---

 to do, with **practice**. To release your crystallized thought patterns from your DNA and

 page 473, and **practice** it now. Through exercises of this nature you are learning

---

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---

 of time and **practice** to develop. We recommend that you clear as many of

---

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---

 events. In the **practice** of conscious evolution, cellular clearing and DNA transmutation, this is

---

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---

 present. It takes **practice** to develop skill in conscious manifestation and you must become

---

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---

 manipulation during this **practice**, for these skills will become tremendously valuable over the next

---

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---

 be used and **practiced** to develop proficiency. We cannot stress enough the importance of

---

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---

 that were once **practiced** as "daily 246

---

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---

 Templar Mechanics, when **practiced** with integrity, are the very same dynamics of energy that

---

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---

 of the sacred **practices** of religions and mystical traditions. It represents the place where

---

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---

 other holistic health **practices**. THE STELLAR BRIDGE Stellar Spirals, Stellar Activations and "Wtlve

---

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

---

Page: 26

---

 to the unconditional **practice** of Christiac Free Will Choice, the Path of the Host

---

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: 1


---

 and thus this **practice** is not encouraged by us, we, the Eieyani, also understand

---

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---

 Christiac manner; a **practice** through which one might find the feed back one hopes

---

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 :

---

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---



Seed: · · **Practice** first to find a melody and feel the frequency charge,


---

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: 6


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 through holistic spiritual **practice**) and Humanity's Evolutionary Journey, perspectives which are featured within the

---

Page: 7

---

 explored, utilized or **practiced** by authorized EOMC translators/authors/ teachers and members of the


 effects of such **practices** are quite individualized, though predominantly positive, in nature. "!"here

 and effect of **practice** that are inherent to this choice must also remain with

---

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---


 conjunction with such **practice**. It is further recognized that the individual, through the act

 with and/or **practice** of EOMC teachings, techniques and technologies. If one

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---

 they Love, "**Practice** what they Preach" and respectfully "Share what they have

---

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---

 Healing Level-2 **practices** that will utilize activation of the RA Center for advanced healing

---

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---

 arts and healing **practices**. In Kathara IheOI} "we simply refer to this energy.

---

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---


 to Schedule-3 **practice**.


---


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---

 applications of Kathara **practices**, I willingly accept responsibility, hereunder, for any and all effects

 Each Kathara Facilitator **practices** Kathara Healing technique as an independent Spiritual Healing Facilitator for

 Spiritual techniques and **practices** contained within the Kathara Bio-Spiritual Healing System Manuals. This


 Kathara and nonKathara **practices** rests solely between myself and the Facilitator. With my signature(

 the Kathara Healing **practice** I have requested, I hereby give consent to such additional

---

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---

 Pair Off- Group **Practice** ,I.n.. In K-2, Tech" 3, Pas T38-

 Day of Group **Practice** .Cw1l SECTION 11: TOOLS & CHA~TS BODY &

---

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---

 repetition of this **practice** the energy-holding capacity of your Kathara Grid progressively

---

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---

 frequent, consistent daily **practice** of this process, the Maharic Seal will 'self-sustain

---

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---


 there; with repeated **practice** of this technique the steps below Step 22 will "

---

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---


 After a few **practice** breaths, initiate the Activation Breath, INHALING Maharic Current into the


 room etc. With **practice** Etheric Body perception will progressively "turn on" and

---

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---


 A Activation." Technique **Practice** Recommendations: It is recommended that the "Le...: e TOR

 (herein) is **practiced** as a supplementary/ .. maximiser Technique o"nce weekly immediately

---

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---

 Ra Centres technique **practiced** once every 6 days (144 hour interval) will sustain

---

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---

 (or to **practice** "Opening the Eyes of Ra").

---



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

---



maximised; all Technique **practice** can be "potentised", and all personal, inter-personal and


---

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 :

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---

 in motion. 8. **Practice** several sets of "Double Arc" Inhale/ Exhale Breaths from

---

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---

 maximised; all Technique **practice** can be "potentised", and all personal, inter-personal and


---

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

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---

 in motion. 8. **Practice** several sets of "Double Arc" Inhale/ Exhale Breaths from

---

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---

 LA vehicle, with **practice**/ over time, initiation of this state can be instantly created

 projection or manifestation **practices** that correspond to the "Ah-Seu-Ra-Shan" State.

 takes time and **practice** for the DNA Template to hold the Ah-Seu-Ra-

---

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

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---

 into our fields **Practice** each set of Veca tones by themselves while fi)(ating


---

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

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---

 own religions and **practices** but in order to do so "legally" and without


---

File : [2005-05\\_EthradonAwakeningTranscript\\_scan.pdf](#)  
Title : Ethradon Awakening (partial Morocco workshop transcript)  
Subject : Partial transcript for Morocco Workshop, includes PSONNs  
Author : MCEO Freedom Teachings  
Keywords :

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---

 should be standard **practice**. I mean, I don't know how many times I do

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---

 can, that's enough **practice**, and there's one more on this one, and then we'll


---

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

---

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---

 affirmative statement. Such **practices** will help you to Shield your personal Morphogenetic Fields from

---

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---

 you don" t **practice** the necessary consciousness needed to allow your body to hold


---

File : [2006-04Ta-kEy-onCycleInitiation\\_scan.pdf](#)  
Title : Ta-kEy-on Cycle Initiation - Technique  
Subject : Tauren Light Seed Activation Part 2, Opening the Diamond Door  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

---

Page: 1


---

 release breathing pattern. **Practice** with the prop prior to using technique until you can

---

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---

 and that with **practice** in using your Inner Viewing Screen, you will eventually develop

---




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

---

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---

 The more we **practice** alignment with our Divine Blueprint, the more frequency we'll be

---

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---

 6it more seriously. **Practice** Selfawareness. " (Ma"a, Eieyani Ecka Council) What is that  
 somebody or something. **Practice** Self-awareness "Is this really rnine?" Most people assume


---

File : [2006-10\\_SacredSexClass\\_scan.pdf](#)  
Title : Sacred Sex Class  
Subject : Questions and Answers  
Author : MCEO Freedom Teachings  
Keywords :

---

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---

 we have to **practice** with) and see how many strands activated, just cut that

---

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---

 we have to **practice** with) and see how many strands activated, just cut that

---

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---

 society as currently **practiced** on Earth characterized as the "Pleiadian" model or the

---

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---

 happen with continued **practice**. 3. Code images are inanimate instructions for our multidimensional bodies,


---

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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---

 time, attention and **practice**, and requires that the facilitator work to heal personal internal

---

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---

 Christiac manner; a **practice** through which one might find the feedback one hopes to

---

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---

 such as the **practice** of Linguistic Template Reprogramming Grids or specific sound tone combinations,

---

File : [2007-04\\_KRYSTarAwakeningTranscript\\_scan.pdf](#)  
Title : KRYSTar Awakening (workshop transcript)  
Subject : Full transcript for April 2007 Workshop (right after the murder of SOL)  
Author : MCEO Freedom Teachings  
Keywords :

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---

 never a Kristic **practice**. Mummification was never a Kristic Page 31 of 151

---

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---

 **practice**. We've been tricked into thinking these things were alright. Why?


---

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

---

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---

 historical and contemporary **practices** pertaining to common traditions of "last rites" and "burial"

---

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---

 going to be **practices** that we can take home with us from here that

---

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---

 can use a **practice** similar to what we will do as a group tomorrow

---

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---


 can't say we'll **practice** part 1, because it is quite simple, it is just

 will do the **practice** and then when we feel fairly smooth about that, we

---

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---

 Continues with Stand **Practice** run-through] Sunday Evening Aurora Key Runners Elemental Master Command

---

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---

 form of meditative **practice** or whether before you go on a journey until we

---

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---


 to speak, who **practice** diligently the techniques that develop through each 12 Tribe gathering,

---

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---

 of before-hand **practice** and having an idea of what you are doing, it's

 not just the **practice** round. It is live action. And, the stronger the stand

---

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---


 form of meditative **practice** or whether before you go on a journey until we

---

Page: 285

---

 to say. Stand **Practice** and Set-Up -A"zah[CD 3, Track 7] This

 do a little **practice**, move our bodies around in the appropriate places on the

---

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---

 more and more **practice** of going back and forth starting with our mental and

---

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---


 through the Kristiac **practices**, that is being born here to hold field and to

---

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---


 Cloud-Walkers Stand" **Practice** Session [DVD 2, Session 5] With your frame of

 Stand training and **practice** which would be followed by a short break. Theoretically at

---

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---

 regular degree of **practice**, right. I don't know how it is for you guys.

---

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---

 get a little **practice** with that with the journey tonight. No, we don't have


---

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 :

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---

 set and the **practice** round all at the same time, because most people here

---

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---

 start real slide **practice** where your body might disappear, you want to be able

---

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---

 in your meditative **practice** and other forms of energetic work when you're at home.

 into your personal **practice** whether it's for meditation, whether it's, if you're setting up

---

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---

 more time? We'll **practice** a little bit before we do, I don't know how

---

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---

 the beginning. The **practice** run that you did with Az for the Stand, now

---

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---

 this is like **practice** round all right, and it's like palms not fingers ...


---

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

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---

 where you just **practice**. This is not about that They keep running this little

---

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---

 do as we **practice** this is there are these orbs here that are flames.

---



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

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---

 Family Tree), the **practice** of Melchizedek Cloister Ordination (MCO) accomplishes activation of all

---

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---


 Expediting Ascension The **practice** of Melchizedek Ordination (MCO) can save the Incarnate many

 technique where you **practice** visualizing the color blue.15 If after about 6 months

---

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---

 Divine Blueprint. This **practice**, called Monadic Reversal, is used to trick humans into subliminally

---

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 :

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---

 in certain healing **practices** that they're going to give us later, that involve tuning

---

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---

 and the spiritual **practices** that are being brought through-most of there-legions (

---

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---


 we're going to **practice** it first, to get used to doing the tuning forks,

---

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---

 we're going to **practice** with these first. Then Az is going to go over

 into what we **practiced** earlier with the tones, with the tuning forks. They'll let

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---

 do in the **practice** round is really just find the tones, first of all,

---

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---

 Ash aLA Excellent **practice** round. Oooh. (Toning stops.) That was excellent. And fast.

---

File : [2008-09\\_Sliders2Diary\\_scan.pdf](#)  
Title : Sliders 2 - Diary  
Subject : Reclaiming the Vessel, Preparing the Body for Slide - Workshop Diary  
Author : MCEO Freedom Teachings  
Keywords :

---

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---

 Indigo began their **practice** of the Peace Day Global Party of Harmonics. As 12


---

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 :

---

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---


 through holistic spiritual **practice**) and Humanity's Evolutionary Journey, perspectives which are featured within the

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---

 explored, utilized or **practiced** by authorized MCEO translators/authors/ teachers and members of the

 effects of such **practices** are quite individualized, though predominantly positive, in nature. Therefore, however,

 and effect of **practice** that are inherent to this choice must also remain with

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---


 conjunction with such **practice**. It is further recognized that the individual, through the act

 with and/or **practice** of MCEO teachings, techniques and technologies. If one is uncomfortable

---

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---


 "Movement" is **practiced**, the longer the fields will stay animated after activation. In

 In time, with **practice** of this "Movement", the same result can be achieved

---

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---

 Phase-Toning Note: **PRACTICE** the "BID-SHIFT MOVEMENT" in Section- B-STEP 15,

---

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---

 apex suddenly disappear.) **Practice** toning the Lower Diatone for a moment, then stop toning

---

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---

 for the previously **practiced**\* "BID-SHIFT MOVEMENT" to come in Step-15. 15.

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---


 "Movement" is **practiced**, the longer the fields will stay activated. In time, with


 In time, with **practice** of this "Movement", the same result can be achieved

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---

 "Movement" is **practiced**, the longer the fields will stay activated. In time, with

 In time, with **practice** of this "Movement", the same rest.dt can be

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---

 Zone". With patience, **practice** and an attitude of gentle nurturing toward the body, the



---

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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---

 of Mastery to **practice** doing in order to be, versus "Being" in order  
 put them into **practice**. They are a ROAD MAP of how to reclaim your

---

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---

 Christiac manner; a **practice** through which one might find [that] the feedback one

---

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---

 a moment and **practice** looking for the Divine Love within all situations. Something to  
 fun one to **practice**. Obviously, there is a lesson for us all in each  
 good chance to **practice** Detachment and Allowance. (Speaker 3, Feb 2006) "There

---

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---

 Something to Ponder: **Practice** putting up a Teflon shield, a shield from which stuff  
 slide off. Next, **practice** putting up a rubber field , shield, or capsule. Try

---

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---

 mean to you? **Practice** being aware of what you say to people. When you

---

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---

 bit more seriously. **Practice** Self-awareness." (Speaker 2, Allentown 2002) You can make

---

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---

 over the place. **Practice** Self-awareness. "Is this really mine?" Most people assume  
 a matter of **practice**, diligence, and MINDFULNESS. We can stop our old pattern of  
 way out of **practice**. (Speaker 3, 19 Jun 05) Something to Ponder: What

---

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---

 within your body. **Practice** singing it like a lullaby. Something to Ponder: Speak the

---

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---

 nuances. You could **practice** this periodically during times when you are not stressed or

---

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---

 you do is **practice** Detached Attachment, which means you are able to distinguish between

---

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---


 of your life; **practice** trusting in the feeling that what then results is Divine

---

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---


 you are not? **Practice** smiling on the inside. Develop your own inner smile. Something

 Something to Ponder: **Practice** the art of radiating smiles. Stand in a crowd or

---

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---

 your life today. **Practice** turning on your inner smile. Allow yourself the freedom to

---

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---

 Something to Ponder: **Practice** taking the concept of love-as-energy into your relationships.

---

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---

 Something to Ponder: **Practice** looking beyond people's bodies and see them as energy essences.

---

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---

 Something to Ponder: **Practice** the physical act of standing tall. Put your feet slightly

---

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---

 be achieved? Today, **practice** coming from a state and feeling of Divine Grace, Love,

---

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---

 your own daily **practice** towards Mastery. "Most importantly, focus on developing QUALITY, purity

 does your daily **practice** of the techniques consist of? What do you do to


---

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---

 voice to Command. **Practice** it until when you command you can feel an answering


 AM Invisible Now!" **Practice** activating your Cloak of Invisibility/Cloak of Arcturus. "Cloak

 evolution now. 8. **Practice** Standing in your Power and learn to feel what that

---

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---

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

---

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---

 have a daily **practice**? If not, why not? 2. Because of the distortions in



Shield. 3. The **practice** of the A&Rs will help stabilize the effects of

---



File : [2009-01\\_FOLFloatingBuddhasDiary\\_scan.pdf](#)  
Title : FOL "09 Floating Buddhas - Diary  
Subject : Brave New World & the Floating Buddhas - Workshop Diary  
Author : MCEO Freedom Teachings  
Keywords :

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 cardiovascular exercise, regular **practice** of the ah-RA" -yas, and integration of the

---

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---

 (principles and **practices** of ascension) and "The Book of Remembering" (the


---

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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Page: 1


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 through holistic spiritual **practice**) and Humanity's Evolutionary Journey, perspectives which are featured within the

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 and effect of **practice** that are inherent to this choice must also remain with

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---

 conjunction with such **practice**. It is further recognized that the individual, through the act

 with and/or **practice** of MCEO teachings, techniques and technologies. If one is uncomfortable

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---

 your creation. With **practice**, you will find "things materializing your way" much more

---

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---

 Eventually, with consistent **practice**, (time period will be different for each individual), the

---

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---

 days. Eventually with **practice** (time period will be different for each individual), Jha-

---

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---

 daily and evening **practice**", using the Technique-1 ""7-Step Short-Run" Version"

---

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---

 it opens; Patience, **Practice** and Positive Self-Speak are some of your greatest tools

 Aurora Continuum. With **practice** in "Entering the Aurora Continuum" you will be able


---

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---

 Sadhi Projection Meditation **practice**, to expedite and amplify transmutation of Probability-4

 daily and evening **practice**", using the Technique-1 "7-Step Short-Run" Version

 Eventually, with consistent **practice**, (time period different for each individual), Jha-DA "


---

File : [2009-05\\_Sliders4Transcript\\_scan.pdf](#)  
Title : Sliders 4 (workshop transcript)  
Subject : Transcript for Sliders 4 Workshop  
Author : MCEO Freedom Teachings  
Keywords :

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---

 Eventually, with consistent **practice**, and the time period will be different for each person,

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---

 in parens, "**Practice** makes perfect on this Beloveds", as it does. And from

---

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---

 do a few **practice** rounds. And then I'm really on the point of going

---

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---

 participants chatter and **practice** the Call of Aurora.) The MCEO Freedom Teachings® Series

---

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---

 was hearing you **practice** out there. It was like "Oh cool, they've already

---

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 :

---

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---

 your creation. With **practice**, you will find "things materializing your way" much more

---

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---

 Eventually, with consistent **practice**, (time period will be different for each individual), the

---

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---

 perspectives simultaneously. ("**Practice** makes Perfect" on this one!). Entering the Aurora Continuum-Engaging

---

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---

 days. Eventually with **practice** (time period will be different for each individual), Jha-

---

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---

 daily and evening **practice"**, using the Technique-1""7-Step Short-Run" Version" ,

---

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---

 it opens; Patience, **Practice** and Positive Self-Speak are some of your greatest tools

 Aurora Continuum. With **practice** in "Entering the Aurora Continuum" you will be able


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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 hotel we **practiced** and performed a Shadra with A-san from 9 pm

---

File : [2009-10\\_Sliders6Transcript\\_scan.pdf](#)

Title : Sliders 6 (workshop transcript)

Subject : Transcript for Sliders 6 workshop


Author : MCEO Freedom Teachings

Keywords :

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 consciously through intentional **practice** of Death Star Merkaba Vehicle activation technologies,"-both of them

---

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---

 consciously through intentional **practice** of Death Star Merkaba activation technologies , is aligning with

---

Page: 56

---

 either knowingly, through **practice** of Death Science applications, or unknowingly, through Quantum Dominance override

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Page: 64

---

 Councils, and through **practice** of the Silver Seed Healing technologies that will be progressively

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Page: 80

---

 it, once you **practice** with the Merkabas and the whole bit for a while

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Page: 133

---


 this is just **practice** right, whoever is going to be the leader of this

---

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---

 you need to **practice** about being bossy in a nice way, you know, and

 can do the **practice** during tomorrow. It still leaves us Saturday to do practice

 Saturday to do **practice** if we don't manage to get the thing to come

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Page: 139


---

 it's not a **practice** one-that's considered number 1. So then there are 17

---

Page: 144

---

 that was a **practice** one. Ok, so we'll read this now. Ok, so now

---





File : [2009\\_Summary2\\_scan.pdf](#)  
Title : Summary 2  
Subject : Introductory Topic Summary 2, Contemporary Origins and Evolution of the MCEO Teachings  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

---

Page: 8


---

 Science" teachings and **practices** used by competing Illuminati groups in their quest for Earth

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Page: 11


---

 in Atlantean cultural **practices**; our contemporary planetary environment, human DNA and the evolutionary potentials

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Page: 18


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 can learn safer **practices** of interdimensional communication that involve Keylontic data-streaming, rather than

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Page: 28


---

 consciously through intentional **practice** of Death Star Merkaba Vehicle activation technologies, is aligning with

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Page: 29


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 either knowingly, through **practice** of Death Science applications, or unknowingly, through Quantum Dominance override

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 Councils, and through **practice** of the Silver Seed Healing technologies that will be progressively

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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 :

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Page: 28

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so useful in **practice**. Thus the same underlying process gives us both growth/decay


---

File : [2010-05\\_Sliders7Diary\\_scan.pdf](#)  
Title : Sliders 7 - Diary  
Subject : The Lands of Wha, Mirror Mapping, the 3 Paths of the KRYST and the  
Wha-YA"yas Masha-yah-hana Adashi Adept's - Workshop Diary  
Author : MCEO Freedom Teachings  
Keywords :

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Page: 1

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 a year of **practice** (doing the Wha technique given at this workshop), but



---

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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Page: 26

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-  Gharoche in daily **practice**. Featured Techniques: A. Sliders-2 Prep Technique-A, B &
  -  Gharoche in daily **practice**. (Corresponding MCEO Travel workshop: —Sliders-2- Reclaiming the
-

File : [2010-10\\_Sliders9\\_scan.pdf](#)  
Title : Sliders 9 - Handbook  
Subject : The Flame of CosMAYah, Mayan Mother Matrix & Luminary Body  
Activation, Advanced Spiritual Body Training  
Author : MCEO Freedom Teachings  
Keywords :

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Page: 3


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 through holistic spiritual **practice**) and Humanity"s Evolutionary Journey, perspectives which are featured within the

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Page: 4

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 explored, utilized or **practiced** by authorized MCEO translators/authors/ teachers and members of the


 effects of such **practices** are quite individualized, though predominantly positive, in nature. Therefore, however,

 and effect of **practice** that are inherent to this choice must also remain with

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Page: 5

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 conjunction with such **practice**. It is further recognized that the individual, through the act

 with and/or **practice** of MCEO teachings, techniques and technologies. If one is uncomfortable

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

---

Page: 8

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


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

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Page: 2


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

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Page: 4


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

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Page: 23

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

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 Daily/12 minute **Practice**: 4-Point Man-dha"-Lic Meditation- "Virtue 13" 1.

 will improve with **practice** .. . and, eventually, you will begin to enter a


 minute 4-Point **Practice**" when done occasionally as a supplementary practice (not at

 as a supplementary **practice** (not at same time as 12 min). The Man-

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Page: 36

---

 "Now Moment" **practice**: 1. Sit (or Stand) in a relaxed manner; sitting


---

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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Page: 3


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 through holistic spiritual **practice**) and Humanity"s Evolutionary Journey, perspectives which are featured within the

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 involvementwith and/or **practice** of MCEO teachings, techniques and technologies. If one is uncomfortable

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

---




File : [2011-08\\_Sliders11\\_scan.pdf](#)  
Title : Sliders 11 - Handbook  
Subject : Time Tan-Tri-A-Jha Doorways and the Silver Seed Temple, Pods of  
Creation, Sa-MA-ya Water Command and Mirror in the Sky Activation Level-  
3 (Physical Body Adept Training)  
Author : MCEO Freedom Teachings  
Keywords :

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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 :

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Page: 3


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 through holistic spiritual **practice**) and Humanity"s Evolutionary Journey, perspectives which are featured within the

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Page: 5

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 with and/or **practice** of MCEO teachings, techniques and technologies. If one is uncomfortable


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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 :

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Page: 3


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 through holistic spiritual **practice**) and Humanity"s Evolutionary Journey, perspectives which are featured within the

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File : [2012-05\\_DanceOfLilaTranscript\\_scan.pdf](#)  
Title : Pilar of Peace Workshop transcript  
Subject : Full workshop transcript  
Author : ARhAyas Productions - E"Asha Ashayana ARhAyas  
Keywords :

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Page: 23


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 just to start **practice**, if you want to Because part of this ... oh

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Page: 96


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 Responsibility, Mindfulness and **Practice**. The quality is Power, Creation Power. This goes with Chakra-

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Page: 127


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 you start to **practice**, you should be able to begin projecting quite clearly where

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 The Kathara Team **practices**, protocols and operations management is from this date forward placed

 endorsed as legitimate **practices** by the MCEO and the MCEO Freedom Teachings trademark ...

 due to deceptive **practices**, abuse of position & misuse of privilege that has been


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File : [2012-05\\_SundayActivationTranscript\\_scan.pdf](#)  
Title : May 2012 Sunday Activation transcript  
Subject : transcript of the activation session  
Author : ARhAyas Productions - E"Asha  
Keywords :

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 you start to **practice** you should be able to begin projecting quite clearly where

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File : [2012-06\\_CouncilCommunication\\_scan.pdf](#)  
Title : August 2012 Note from AL-Hum-Bhra Magestracy Councils  
Subject : Announcement regarding the Uby races and the KRYST Sabotage agenda  
Author : ARhAyas Productions  
Keywords :

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Page: 2

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 not involve sexual **practice**. The Big reason that the FAtalE are currently intending to


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File : [2012-08\\_AboutTheAMCC-MCEO-GA\\_scan.pdf](#)  
Title : About the AMCC-MCEO-GA  
Subject : Introducing the transition from Azurite Press to ARhAyas Productions  
Author : ARhAyas Productions  
Keywords :

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Page: 1

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 of Rio-Spiritual Practice™, Tan-Tri-A "raThe Art of Rio-


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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 :

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Page: 1


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 Bio-Spiritual Self-Practice (TM) • SESSION-5: Intro to "The Tan-

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Page: 7


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 Bio-Spiritual Self- Practice 111 S I-/,

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Page: 11


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Page: 12

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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 :

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Page: 2

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Bio-Spiritual Self-Practice n• 2•


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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 :

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 through holistic spiritual **practice**) and Humanity"s Evolutionary Journey, perspectives which are featured within ARhAyas

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 with and/or **practice** of ARhAyas Productions LLC teachings, techniques and technologies. If one

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Page: 9

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 Bio-Spiritual Self- **Practice**"""" The Tan-Tri-Ahura Teachings -The Path of Bio-


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File : [2012\\_MCEOarticles\\_scan.pdf](#)  
Title : MCEO Articles  
Subject : Compilation of Articles publically available from the MCEO  
Author : MCEO Freedom Teachings  
Keywords :

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Page: 8

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 a safe/recommended **practice**. • Being responsible for what you will allow into your

---

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 they Love", "**Practice** what they Preach" and respectfully "Share what they have

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---

 they Love", "**Practice** what they Preach" and respectfully "Share what they have

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Page: 41

---

 about 3D medical **practice**: would you go to a doctor who did not have

---

Page: 45

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 effects of Kathara **practices**. Though Kathara Levels-3-12 are not presently available, one

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 • Explanation and **practice** of the Maharic Shield, the Core of Healing Therapeutics. The


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 private Clinical Hypnotherapy **practice** in Pennsylvania, through which she assisted clients in personal healing

 hypnotherapy and healing **practice** was, and is, simple: "All healing is self-healing"-

 her Clinical Hypnotherapy **practice** for over 10 years, before closing private practice in order

 before closing private **practice** in order to more fully serve the MCEO mission. In

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 utilized as standard **practice** in pre-ancient time periods. If we can understand that

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 as in the **practice** of Linguistic Template Reprogramming Grids

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

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 Bio-Spiritual Self-**Practice**™ : "ENLIGHTENED BEGINNINGS: Beginners-Masters Start-Up/Top-

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 Bio-Spiritual Self-**Practice**™ .Includes: • Introduction to "ENLIGHTENED BEGINNINGS :

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Page: 3

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 Principles, Processes & **Practices** of Ktystic Ascension. V· The Aauaj-ab Al-hwn-bhra

 Blesainas, Commands cl **practices** of the Aquai·Aduhl Adepts (Includa bmal ri~

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Page: 5

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 Blessings, Commands & **practices** of the Aquai-Adashi Adepts (Includes formal rites, rituals

 rituals and ceremonial **practices** for Conception, Birth, Bhardoah/Death Transition, Baptism, Marriage, Healing, Resurrection,

 Blessings, Commands & **practices** of the Aquai-Adashi Adepts Volume- 1 Volume- 2 Volume

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 Movements" Theory and **Practice** Product Table in Ringling Room Cash Lunch Station - Outside

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 breathings & yoga **practices**. Excerpt from "Waking Times" article <http://www.wakingtimes.com/20>

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 with the related **Practices**, of yogic asanas, pranayams (including Nas:Ji Shod~rn\_


 the people who **practice** it. The Sudarshan Kriya has been scientifically proven to help

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 yoga and related **practices**, cha~ves in the way our immune cells use the

 effects of yoga **practices** have an integral physiological component at the molecuar level".  
Effect

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-  that people who **practice** SK&P have an improved antioxidant status and an enhanced
  -  suggests that regular **practice** of SK&P progressively develops greater levels of both relaxation
  -  effects of the **practice** and scientists continue to analyze other ways SK&P functions
-

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

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Page: 13

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 will! sue II **practice:** and tllus the individual ,.rticip.tntagrees to reiN~ the

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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 :

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Page: 1


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 Bio-Spiritual Self-**Practice** TM : "ENLIGHTENED BEGINNINGS : Beginners-Masters Start-Upflop-

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Page: 2

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 Bio-Spiritual Self-**Practice** rM .Includes: • Introduction to "ENLIGHTENED BEGINNINGS :

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Page: 5

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 Principles, Processes & **Practices** ofKtystic: Ascension. V. The Aauaj-ab A!-hum-bhra "


 Blessings, Commands & **practices** of the Aquai'Adashi Adeptes (Includu formal ritu.

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 Blessings, Commands & **practices** of the Aquai-Adashi Adeptes {Includes formal rites, rituals

 rituals and ceremonial **practices** for Conception, Birth, Bhardoah/Death Transition, Baptism, Marriage, Healing, Resurrection,


 Blessings, Commands & **practices** of the Aquai-Adashi Adeptes Volume- 1 Volume- 2 Volume-

 Bio-Spiritua/ Self- **Practice**™ 4/2013 Title not yet revealed 4/2013 Title

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Page: 11


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 Bio-Spiritual Self- **Practice** ™ ®4/20 13 E"Asha Ashayana, All Rights Reserved.

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Page: 17


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 Bio-Spiritual Self-**Practice**. 20. 12/20-24/2012 KCU-17 (TTA-3)

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 Bio-Spiritual Self-**Practice** ™ .Includes: • Introduction to "ENLIGHTENED BEGINNINGS :

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 from the political **practices** of his time: • Never show humility; it is more

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 gender, religion, religious **practice**, age, disability or sexual orientation, regardless of whether the belief

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

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Page: 2


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 through holistic spiritual **practice**) and Humanity"s Evolutionary Journey, perspectives which are featured within ARhAyas

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Page: 3

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 effects of such **practices** are quite individualized, though predominantly positive, in nature. Therefore, however,

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Page: 4


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Page: 5

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 with and/or **practice** of ARhAyas Productions LLC teachings, techniques and technologies. If one

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 Self-Discipline Personal **Practice** & Elementals rM Alignment & Anatomy Part -3 Afternoon:

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 Morning: CYM-Ciose-**Practice** Self-Discipline Personal Pract1ce & Elementals n.l Alignment &

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File : [2014-08\\_WorkshopDescription\\_scan.pdf](#)  
Title : Freedom for Freedom Workshop Description  
Subject : Workshop description  
Author : ARhAyas Productions  
Keywords :

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Page: 1

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Wave- Suggested Daily **Practices**, Happy Habits, Supporting Supplements & Empowering Play  
in EarthCyncTM EFFI


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File : [2014-12\\_KDDL1Announcement\\_scan.pdf](#)  
Title : KDDL 1 Announcement  
Subject : Details about KDDL 1  
Author : ARhAyas Productions  
Keywords :

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Page: 3

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 through applied Proga"" **practices**, RAI Talisman VoyageScapes" .. projectioo-meditation art, Keylonta"" Key Code

 supplementation, standardized functional **practice** and Krystal River" .. Fail-Safe Host Group Shield Virtual


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File : [2014-12\\_KDDL1ChartPack\\_scan.pdf](#)  
Title : Keylontic™ Discourses for Daily Living  
Subject :  
Author : (C)2015 E"Asha Ashayana  
Keywords :

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 MAKE YOU UNIQUE. **PRACTICE** KINDNESS 6 COMPASSION. BE PASSIONATE ABOUT THE THINGS THAT MATIERTO

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 THINGS THAT MAKE **PRACTICE** KINDNESS & BE PASSIONATE ABOUT THE THINGS THAT MATTER TO

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File : [2014-12\\_YearEndUpdate\\_scan.pdf](#)  
Title : 2014 Year End Update  
Subject : Update Letter for December 2014 entitled "Brave Happy Things"  
Author : ARhAyas Productions  
Keywords :

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and Deceptive Trade **Practices** Act. • Current status: Mary Ann Callaway and Tommy Morie


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File : [2015-04\\_JourneytotheEff-i-yahState.pdf](#)  
Title : Journey to the EFF-i-yah State (with diagrams)  
Subject : Journey steps and diagrams  
Author : ARhAyas Productions  
Keywords :

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 Optimal time for **practice** of the Journey to the Eff-i-yoh State is


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File : [2015-ARhAyasProdAnnouncements\\_scan.pdf](#)  
Title : ARhAyas Production Announcements  
Subject : Compilation of announcements  
Author : ARhAyas Productions  
Keywords :

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 not involve sexual **practice**. The Big reason that the FAtalE are currently intending to

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 of Rio-Spiritual **Practice**<sup>™</sup>, Tan-Tri-A "raThe Art of Rio-


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

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Page: 2


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 utilized as standard **practice** in pre-ancient time periods. If we can understand that

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 Body activation. With **practice** (Routine - Repetition - Reinforcement) the "ONE THING

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 Optimal time for **practice** of the Journey to the E/f-i-yah State

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

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 unhztd as standard **practice** in pre-ancient time periods. Bio-Rt&t"Dts Is Technologies

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 mutation brought these: **practices** to a dose, the Anunna.ki focused their attentions upon

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 and ~evolution. **practiced** by advanced Bees who tmdentand the wterconnectoru> bt"t\\"UU

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 maxmused: all Teclmique **practice** can bt "polm~". and aU pe:rsoo:al inter-

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 through holistic spiritual **practice**) perspectives which are featured within the EOMC Kathan Bio-Sphi

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 communities and 1ts **practiCes** centered around the teachings of the Sa end Law of

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