Search Results

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

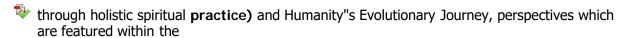
File : <u>1999-05 IntroKeylonticMorphogeneticScience scan.pdf</u>
Title : Intro to Keylontic Morphogenetic Science - Handbook

Subject : Keylontic Science for Daily Living

Author : MCEO Freedom Teachings - Ashayana Deane

Keywords:

Page: 3



Page: 4

- 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

Page: 6

- value 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

Page: 28

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

File : 1999-07_AncientRightsPassage_Handbook_scan.pdf

Title : The Ancient Rites of Passage - HandbookSubject : Personal Healing Through Planetary ServiceAuthor : MCEO Freedom Teachings - Anna Hayes Gruber

Keywords:

Page: 2

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

Page: 3

- explored, utilized or **practiced** by authorized EOMC translators/authors/ teachers and members of the
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Page: 4

- value on the such practice. It is further recognized that the individual, through the act
- with and/or practice of EOMC teachings, techniques and technologies. If one is uncomfortable

Page: 50

- 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
- The state of 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

Page: 51

- 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

Page: 53

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

Page: 63

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

Page: 66

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

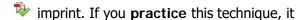
exercise should be **practiced** 2·3 times per week, one time daily, preferably

File : 1999-09_EvolutionaryPathClass_scan.pdf

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

Keywords:

Page: 20



Page: 30

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

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:

Page: 1

wtilized as standard **practice** in pre-ancient time periods. Bio-Regenesis Techonlogies are built

Page: 3

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

Page: 84

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

Page: 89

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

Page: 94

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

Page: 104

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

Page: 120

Whealing 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

Page: 121

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.

Page: 123

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

- repetition of this **practice**, the energy-holding capacity of your Kathara Grid progressively increases, Page: 138 frequent, consistent daily **practice** of this process, the Maharic Seal will self-sustain in Page: 147 wareness 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 Page: 159 Grid healing. With practice and consistent application of the Maharic Seal and Liquid Light Page: 175 several months of practice in running the 4th-Dimensional Doradic-Phase-1 Current, the Page: 198 time, attention and practice, and requires that the fac ilitator works to heal personal Page: 206 lacktriance in a regular, 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 ware 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

- $^{lacktrel{\mathbb{R}}}$ you desire to $\mathsf{practice}$ the Kathara Bio-Spiritual Healing System ${\mathbb{R}}$ in a regular,
- the Theory and **Practice** of the Kathara BioSpiritual Healing System® and the Maharic
- 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

- relationship to the **practice** of Kathara Healing Facilitation and Instruction within the parameters of
- and Excellence in **practice**, the Azurite Press MCEO cannot recognize Non-Registered Facilitators or

Page: 208

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

Page: 209

- which is the practice and teaching of Kathara, but are also asked to commit
- wunethical behavior and **practices**, and racial, gender, or religious discrimination of clients and participants

Page: 212

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

Page: 213

- 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
- <section-header>
- the Kathara Healing **practice** I have requested, I hereby give consent to such additional

Page: 274

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

Page: 280

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

- 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

File : 1999-12 MilleniumRoundup_scan.pdf

: Millenium Roundup - Handbook Title

: The Voyagers Project Millenial Preparation Workshop Subject

: MCEO Freedom Teachings - Ashayana Deane Author

Keywords:

Page: 9



Physics and the **practices** of Keylontic Morphogenetic Science- the Science of the Geometrical LightFile : 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:

Page: 3

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

Page: 4

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Page: 5

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

Page: 6

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

Page: 8

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

Page: 12

- was 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

Page: 26

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

Page: 27

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

projection in visualization **practices**. In this method, the disharmonic content of a present-life Page: 54

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

Page: 55

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

Page: 56

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

Page: 79

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

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:

Page: 8

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

Page: 24

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

Author : Ashayana Deane

Keywords:

Page: 26

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

Page: 46

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

Page: 52

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

Page: 64

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

Page: 72

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

Page: 92

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

Page: 102

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

 $^{ ilde{ top}}$ you discredit the ${f practices}$ that will allow your logical mind to grow, find humility,

Page: 121

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

Page: 134

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

Page: 146

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 Page: 148 mind. (With practice they will). 8. Give yourself the mental command to " Page: 149 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. Page: 150 iust 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 Page: 151 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 Page: 195 the steps and **practice** the visualizations and their sequence slowly, for familiarity, 1. Imagine Page: 198 this exercise is **practiced**, the longer the Pillar will remain. 21. For quick reinforcement Page: 199

With cons istent practice of the full technique, over an extended period of time,

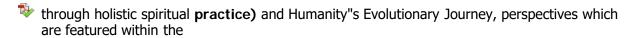
File : <u>2000-02_BeyondTheVeils_scan.pdf</u>

Title : Beyond the Veils - Handbook Subject : Embracing the Eternal Self

Author : MCEO Freedom Teachings - Ashayana Deane

Keywords:

Page: 3



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Page: 5

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

Page: 6

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

Page: 18

 $^{ t left}$ to death by ${f practice}$ of the NEAR DEATH EXPERIENCE. The NDE is simply a

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

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File : 2000-06_AngelicRealities_scan.pdf

Title : Angelic Realities - Book Subject : Survival Handbook

Author : MCEO Freedom Teachings - Ashayana Deane

Keywords:

Page: 85

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

Page: 88

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

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

Page: 93

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

Page: 97

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

Page: 99

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

Page: 100

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

Page: 102

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

Page: 104

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

Page: 106

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

File : 2001-12 TheRealChristmasStory scan.pdf

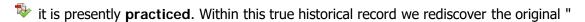
Title : The Real Christmas Story - Handbook

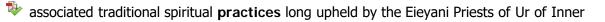
Subject : Eieyani dispensation

Author : MCEO Freedom Teachings - Ashayana Deane

Keywords:

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File : 2001_MastersTemplarStewardshipFieldGuide_scan.pdf

Title : Masters Templar Stewardship - Field Guide

Subject : Planetary Shields Clinic Field Guide

Author : MCEO Freedom Teachings - Ashayana Deane

Keywords:

Page: 1

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- value conjunction with such practice. It is further recognized that the individual, through the act
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these Sacred Science **practices** were employed daily by a specialized collective of humans known

Page: 7

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

Page: 8

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

Page: 10

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

Page: 11

- this exercise is **practiced**, the longer the Pillar will remain. 21. For quick reinforcement
- time. With consistent **practic**e of the full technique, over an extended period of time,

was activation. Have individuals practice their Psonn a bit while sitting in position before beginning Page: 32 each object. Through practice of this process your neurological system will begin to develop Page: 33 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 Page: 37 wethod, but takes practice to become skilled .) Once center vortex position is found, Page: 39 w camera, but with **practice** it becomes "auto-focus", once the neurological structure grows Page: 41 by 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 Scared Science Arts. Practice of TGTFs will advance the abilities of individuals and groups Page: 49 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

VISUALIZATION

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 seperately so the page numbers in the main content are accurate

in searches)

Author : MCEO Feedom Teachings

Keywords:

Page: 3

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

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- value conjunction with such practice. It is further recognized that the individual, through the act
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Page: 13

- private Clinical Hypnotherapy **practice** in Pennsylvania, through which she assisted clients in personal healing
- whypnotherapy and healing practice was, and is, simple: "All healing is self-healing"
- her Clinical Hypnotherapy **practice** for over 1 0 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

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

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

Page: 22

wtilized 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

Page: 180

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

Page: 182

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

Page: 196

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

Page: 199

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

Page: 209

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

Page: 234

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

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lnsta-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

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

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Page: 44

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

Page: 57

- Insta-Seal. Then **practice** each set of Veca-tones separately while fixating visual
- vibrational induction). With **practice** this will progressively expand the personal consciousness while activating the

Page: 140

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

Page: 165

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

Page: 167

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

Page: 168

voom etc. With practice Etheric Body perception will progressively _.. "turn on" and

Page: 192

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

Page: 235

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

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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 VISUALIZATION

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

File : 2002 VoyagersII scan.pdf

Title : Voyagers II - Secrets of Amenti

Subject : Freedom Teachings Author : Ashayana Deane

Keywords:

Page: 3

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

Page: 4

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

Page: 45

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

Page: 66

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

Page: 86

when his sanctuary at Akhetaton had been been 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

Page: 88

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

Page: 89

 $^{\triangleright}$ Ur that ascension **practices** be stopped. This request was given in good measure, as

Page: 92

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

Page: 96

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

Page: 97

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

AD, whileJesheua-12 practiced ascension rites at Giza, several expeditions were made by Jesheua-Page: 146 b to do, with practice. To release your crystallized thought pattterns from your DNA and page 473, and practice it now. Through exercises of this nature you are learning Page: 148 of time and practice to develop. We recommend that you clear as many of Page: 151 vents. In the practice of conscious evolution, cellular clearing and DNA transmutation, this is Page: 152 present. It takes **practice** to develop skill in conscious manifestation and you must become Page: 222 manipulation during this practice, for these skills will become tremendously valuable over the next Page: 223 be used and **practiced** to develop proficiency. We cannot stress enough the importance of Page: 246 that were once **practiced** as "daily 246" Page: 247 Templar Mechanics, when **practiced** with integrity, are the very same dynamics of energy that Page: 439 of the sacred **practices** of religions and mystical traditions. It represents the place where Page: 451 ther holistic health practices. THE STELLAR BRIDGE Stellar Spirals, Stellar Activations and "Wtlve

File : 2003-02_ForbiddenTestaments_scan.pdf

: The Forbidden Testaments of Revelation 1 - Handbook Title

: The Cosmic Clock, Secrets of Lohas and the Arc of the Covenant Subject

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 bahalf of the Eieyani Ecka Council

Keywords:

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Thristiac 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

: Entering the Reusha-TA Great Healing Cycle Subject : MCEO Freedom Teachings - Ashayana Deane Author

Keywords:

Page: 47



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:

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

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- with and/or **practice** of EOMC teachings, techniqu es and technolog ies. If one

Page: 11

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

Page: 80

HeaJing Level-2 **practices** that will utilize activation of the RA Centerfor advanced heafing

Page: 81

arts and healing **practices**. In Kathara lheOI}"we simply ne!Er to this energy.

Page: 256

to Schedule-3 **practice**.

- 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 Page: 266 Pair Off- Group Practice ,I.n.. In K-2, Tech" 3, Pas T38-Day of Group Practice .Cw1| SECTION 11: TOOLS & CHA~TS BODY & Page: 279 repetition of this **practice** the energy-holding capacity of your Kathar.a Grid progressively Page: 281 frequent, consistent daily **practice** of this process, the Maharic Seal will 'self-sustain' Page: 288 there; with repeated **practice** of this technique the steps below Step 22 will " Page: 290 After a few practice breaths, initiate the Activation Breath, INHALING Maharic Current into troom etc. With practice Etheric Body perception will progr~ssively "turn on" and Page: 322 A Activation." Technique **Practice** Recommendations: It is recommended that the "Le...:. e (herein) is **practiced** as a supplementary/ ·· maximiser Technique o"nce weekly immediately

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

Page: 323

Page: 330

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

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

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

: MECO Freedom Teachings - Ashayana Deane Author

Keywords:

Page: 3



waximised; 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

: The Zendradon, Ecka-Indigo Shiled and Planetary Shield Awakening of the Universal Indigo Sun and Planetary Diamond Sun Host Subject

: MCEO Freedom Teachings - Ashayana Deane Author

Keywords:

Page: 125

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

Page: 131

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

File : 2005-03 IntroKathara4 scan.pdf Title : Elements of Kathara 4 - Handbook

: Installment 1 - the Eiradon Awakening, the Voyager Trinity Time Wave, Ra-Sha-LA Restoration, the Ah-Seu-Ra-Shan State and the Hon"a-til-E-a Subject

: MCEO Freedom Teachings - Ashayana Deane Author

Keywords:

Page: 22

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

Page: 59

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

: MCEO Freedom Teachings Author

Keywords:

Page: 17



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:

Page: 2



wown 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:

Page: 27

should be standard **practice**. I mean, I don"t know how many times I do

Page: 33

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

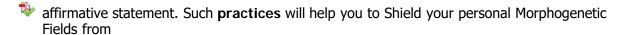
Subject : Discover the languages of creation and how to use them to embody your

God-Self

Author : MCEO Freedom Teachings - Kathara Team

Keywords:

Page: 25



Page: 38

by 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

Page: 5

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:

Page: 4

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

Page: 19

bit more seriousty. Practice Selfawareness. " (Ma"a, Eieyani Ecka Council) What is that

somebody or something. Practice Self-awareness "Is this really rnine?" Most people assurne

File : 2006-10_SacredSexClass_scan.pdf

Title : Sacred Sex Class

Subject : Questions and Answers Author : MCEO Freedom Teachings

Keywords:

Page: 31

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

Page: 40

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

Page: 68

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

Page: 73

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

: Steps towards Joy, Loving Joy is the Intrinsic Nature of Source, When you choose At-Onement with the Living God Source within you, you will know Subject

the love

: MCEO Freedom Teachings - Kathara Team Author

Keywords:

Page: 29

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

Page: 37

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

Page: 72

we 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:

Page: 31

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

Page: 32

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:

Page: 22

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

Page: 61

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

Page: 90

to what we will do as a group tomorrow

Page: 97

w 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

Page: 102

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

Page: 122

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

Page: 138

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

Page: 161

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

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

Page: 219

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

Page: 295

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

Page: 469

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

Page: 471

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

Page: 505

regular degree of practice, right. I don"t know how it is for you guys.

Page: 515

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:

Page: 20

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

Page: 90

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

Page: 100

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

Page: 298

more time? We"ll practice a little bit before we do, I don"t know how

Page: 484

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

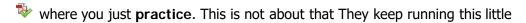
Page: 514

聄 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:

Page: 74



Page: 107

b 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:

Page: 9



Page: 20

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

Page: 23

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:

Page: 47

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

Page: 70

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

Page: 119

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

Page: 120

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

Page: 121

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

Page: 123

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

: MCEO Freedom Teachings Author

Keywords:

Page: 3



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:

Page: 2

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

Page: 3

- 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

Page: 5

- the 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

Page: 25

- "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

Page: 27

Phase-Toning Note: **PRACTICE** the "BID-SHIFT MOVEMEN1" in Section- B-STEP 15,

Page: 28

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

Page: 29

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

Page: 47

- will stay activated. In time, with
- In time, with **practice** of this "Movement", the same result can be achieved

Page: 53

- "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

Page: 55

Vone". 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:

Page: 1

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

Page: 11

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

Page: 19

was a moment and practice looking for the Divine Love within all situations. Something to

with 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

Page: 28

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

Page: 31

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

Page: 33

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

Page: 34

ver the place. Practice Self-awareness. "Is this really mine?" Most people assume

was a matter of practice, diligence, and MINDFULNESS. We can stop our old pattern of

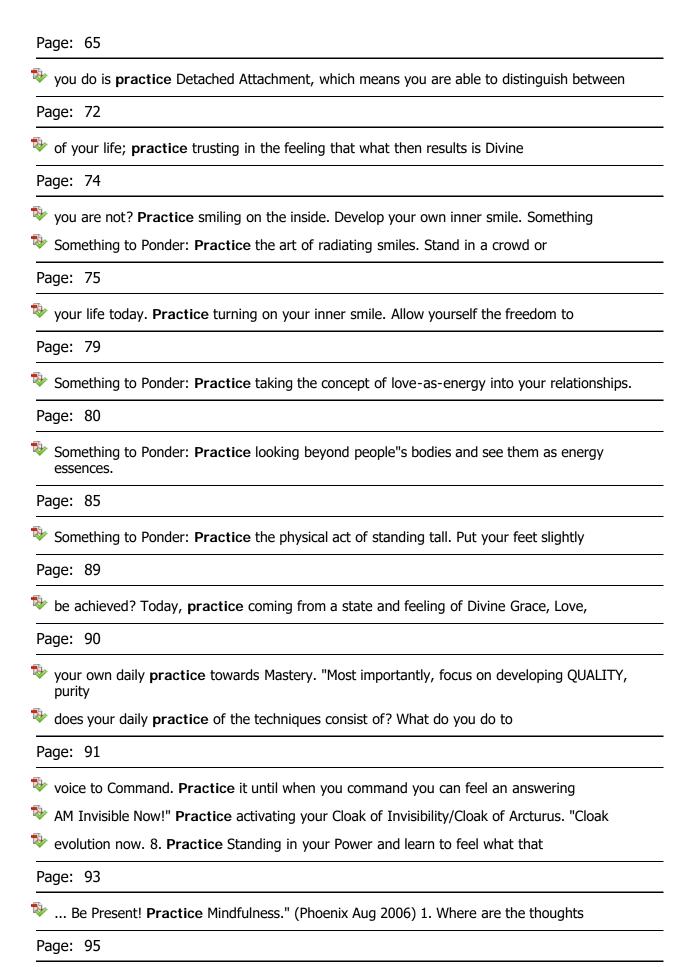
way out of practice. (Speaker 3, 19 Jun 05) Something to Ponder: What

Page: 58

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

Page: 62

when you are not stressed or



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

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:

Page: 1

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

Page: 2

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

File : <u>2009-04_DrumsOfAquafereion_scan.pdf</u>

Title : Drums of Aquafereion - Handbook

Subject : Doorways Through Time and the Drums of Aquafereion Circle of Life Drum

Circle Celebration

Author : MCEO Freedom Teachings - Ashayana Deane

Keywords:

Page: 1

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

Page: 2

- 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

Page: 4

- the 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

Page: 26

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

Page: 31

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

Page: 35

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

Page: 36

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

Page: 37

- 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

Page: 38

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

Page: 39

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:

Page: 29

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

Page: 33

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

Page: 97

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

Page: 99

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

Page: 135

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:

Page: 26

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

Page: 31

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

Page: 34

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

Page: 36

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

Page: 37

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

Page: 38

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

File : 2009-10_Sliders6Diary_scan.pdf

Title : Sliders 6 - Diary

Subject : Sliders 6 - Workshop Diary Author : MCEO Freedom Teachings

Keywords:

Page: 5



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:

Page: 53

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

Page: 55

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

Page: 64

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

Page: 80

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

Page: 133

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

Page: 134

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

van 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

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

Page: 11

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

Page: 18

can learn safer **practices** of interdimensional communication that involve Keylontic datastreaming, rather than

Page: 28

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

Page: 29

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

Page: 37

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

File : 2010-04 SpiralsOfCreation_scan.pdf

Title : Spirals of Creation - Handbook

: Spiral Math, comparing KRYSTic and Metatronic, Fibonacci, Fib-of-NO-chi Subject

: MCEO Freedom Teachings - Kathara Team Author

Keywords:

Page: 28



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

File : 2010-05_Sliders7Diary_scan.pdf

Title : Sliders 7 - Diary

: The Lands of Wha, Mirror Mapping, the 3 Paths of the KRYST and the Wha-YA"yas Masha-yah-hana Adashi Adepts - Workshop Diary Subject

: MCEO Freedom Teachings Author

Keywords:

Page: 1



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

File : 2010-08 Sliders8 scan.pdf

Title : Sliders 8 - Handbook

: 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 Subject

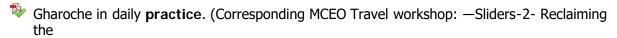
Fields of the ONE, Preparing the Body for Slide - Advanced Level

: MCEO Freedom Teachings Author

Keywords:

Page: 26

W Gharoche in daily practice. Featured Techniques: A. Sliders-2 Prep Technique-A, B &



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:

Page: 3

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

Page: 4

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

Page: 5

the 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

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



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

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:

Page: 2

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

Page: 4

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

Page: 23

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

Page: 35

- Daily/12 minute Practice: 4-Point Man-dha"-Lic Meditation- "Virtue 13" 1.
- <section-header> 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
- was a supplementary practice (not at same time as 12 min). The Man-

Page: 36

www.now.ent" practice: 1. Sit (or Stand) in a relaxed manner; sitting

File : 2011-05 Sliders10 scan.pdf

Title : Sliders 10 - Handbook

: Return of the Sacred Butterfly, Te, Chi, & the DhA-Ya-Tei, Ultimate Desire, DhA-Ya-fication of the Vessel, Eternal Identity & the Adept Mind Subject

: MCEO Freedom Teachings Author

Keywords:

Page: 3

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

Page: 4

- wexplored, utilized or practiced by authorized MCEO translators/authors/ teachers and members of the
- seffects 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

Page: 5

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

Page: 6

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

Page: 50

commitment, responsibility, mindfulness, practice/Pa-SU"N/Teu"a 12-Freedom-resolve, release, trust, confidence/ WhuFile : 2011-08_Sliders11_scan.pdf

Title : Sliders 11 - Handbook

Subject : Time Tan-Tri-A-Jha Doorways and the Silver Seed Temple, Pods of

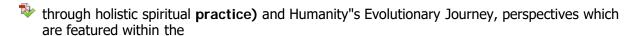
Creation, Sa-MA-ya Water Command and Mirror inthe Sky Activation Level-

3 (Physical Body Adept Training)

Author : MCEO Freedom Teachings

Keywords:

Page: 3



Page: 4

- 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

- value 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

File : 2012-01 Sliders12Pt1 scan.pdf Title : Sliders 12 Part 1 - Handbook

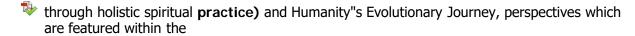
: Externalization of the KRYST, Secrets of the Tan-Tri-A"Jha, The 7 Suns of Cos-MA-yah, Keys of Aden, Budding of the Lotus Seed and Plasma Body Subject

Initiation

: MCEO Freedom Teachings Author

Keywords:

Page: 3



Page: 4

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

- the 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

File : 2012-04 Sliders12Pt2 scan.pdf Title : Sliders 12 Part 2 - Handbook

Subject

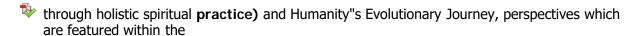
: Externalization of the KRYST, Secrets of the Tan-Tri-A"Jha, Dueling Plasmas, the 15th Bridge, Myotic Awakening, the 7 Stands of the KRYST-

Host Fail Safe & Fail Safe Stand 2

: MCEO Freedom Teachings Author

Keywords:

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

- the 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

File : 2012-05_DanceOfLilaTranscript_scan.pdf

Title : Pilar of Peace Workshop transcript

Subject : Full workshop transcript

Author : ARhAyas Productions - E"Asha Ashayana ARhAyas

Keywords:

Page: 23

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

Page: 96

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

Page: 127

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

Page: 195

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

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

File : 2012-05_SundayActivationTranscript_scan.pdf

Title : May 2012 Sunday Activation transcript : transcript of the activation session Subject : ARhAyas Productions - E"Asha Author

Keywords:

Page: 23



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

File : 2012-06_CouncilCommunication_scan.pdf

: August 2012 Note from AL-Hum-Bhra Magestracy Councils Title

: Announcement regarding the Uby races and the KRYST Sabotage agenda Subject

Author : ARhAyas Productions

Keywords:

Page: 2



word involve sexual practice. The Big reason that the FAtalE are currently intending to

File : 2012-08_AboutTheAMCC-MCEO-GA_scan.pdf

Title : About the AMCC-MCEO-GA

Subject : Introducing the transition from Azurite Press to ARhAyas Productions

: ARhAyas Productions Author

Keywords:

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

File : 2012-08_TreasuresOfTan-Tri-Ahu-ra-handout_scan.pdf

Title : Treasures of the Tan-Tri-Ahu-ra - Handout

Subject : Gate Walkers, Wave Runners and Star Riders of the KRYSTHL River Host

Author : ARhAyas Productions - E"Asha Ashayana

Keywords:

Page: 1

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

Page: 7

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

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

: The Dance of ARhAyas, RAI Talisman Codes, KRYSTHL Spire of AL-HumBhra and Aurora Ascension Earth Stand 7 Subject

: ARhAyas Productions Author

Keywords:

Page: 2



Bio-Spiritual Self-Practice n• 2.

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

Page: 4

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

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

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

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

File : 2012 MCEOarticles scan.pdf

Title : MCEO Articles

Subject : Compilation of Articles publically available from the MCEO

Author : MCEO Freedom Teachings

Keywords:

Page: 8

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

Page: 21

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

Page: 28

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

Page: 41

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

Page: 45

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

Page: 52

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

Page: 80

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

whypnotherapy 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

Page: 90

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

Page: 92

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

File : <u>2013-05_WatersOfE-LAi-sa_scan.pdf</u>
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-

Page: 2

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

Page: 3

- 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~

Page: 5

- 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

Page: 13

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

Page: 85

breathings & yoga **practices**. Excerpt from "Waking Times" article http://www.wakingtimes.cornl20

Page: 87

- 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

- yoga and related **practices**, cha~es in the way our immune cells use the
- effects of yoga **practices** have an integral physiological component at the molecuar level". Effect

- 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 : ARhAyas Productions Author

Keywords:

Page: 13



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

File : 2013_04_ELAiSaAwakening_Handbook_scan.pdf

Title : E-LAi-Sa Awakening - Handbook

Subject : The Indelible KRYST Code & Chismatic Self-Healing Level 1

Author : ARhAyas Productions - E"Asha Ashayana

Keywords:

Page: 1

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

Page: 2

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

Page: 5

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

Blessings, Commands & practices of the Aquai Adashl Adepts (Includu formal ritu.

Page: 10

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-

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

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

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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 :

Page: 96

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

Page: 99

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

File : 2014-04_ShiftMasters1_scan.pdf

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

Subject:

Author : (C)2014 E"Asha Ashayana

Keywords:

Page: 2

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

Page: 3

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Page: 4

value on the such practice. It is further recognized that the individual, through the act

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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:

Page: 12

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

File : 2014-08_WorkshopDescription_scan.pdf

Title : Freedom for Freedom Workshop Description

: Workshop description Subject : ARhAyas Productions Author

Keywords:

Page: 1



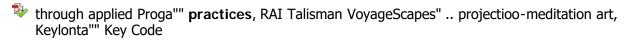
Wave- Suggested Daily **Practices**, Happy Habits, Supporting Supplements & Empowering Play in EarthCyncTM EFFI

File : 2014-12_KDDL1Announcement_scan.pdf

Title : KDDL 1 Announcement
Subject : Details about KDDL 1
Author : ARhAyas Productions

Keywords:

Page: 3



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

File : 2014-12_KDDL1ChartPack_scan.pdf
Title : Keylontic™ Discourses for Daily Living

Subject:

Author : (C)2015 E"Asha Ashayana

Keywords:

Page: 2

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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

File : 2014-12_YearEndUpdate_scan.pdf

Title : 2014 Year End Update

Subject : Update Letter for December 2014 entitled "Brave Happy Things"

: ARhAyas Productions Author

Keywords:

Page: 14



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

File : 2015-04_JourneytotheEff-i-yahState.pdf

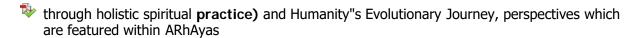
Title : Journey to the EFF-i-yah State (with diagrams)

Subject : Journey steps and diagrams

Author : ARhAyas Productions

Keywords:

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

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

File : 2015-ARhAyasProdAnnouncements_scan.pdf

Title : ARhAyas Production Announcements

Subject : Compilation of announcements

Author : ARhAyas Productions

Keywords:

Page: 13

wont involve sexual practice. The Big reason that the FAtalE are currently intending to

Page: 18

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

File : 2016-03_KDDL2_scan.pdf

Title : Arhayas Productions KDDL2 Hand Book

Subject:

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

Keywords:

Page: 2

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

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willized 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

Page: 166

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

File : <u>KeylonticDictionary.pdf</u>
Title : Keylontic Dictionary

Subject : KS Dictionary

Author : MCEO Freedom Teachings

Keywords:

Page: 47

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

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with the second 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 wterconnectioru> 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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tommunities and 1ts practiCes centered around the teachings of the Sa end Law of