

# Search Results

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## Summary

Searched for : **sleep**

In index(es) : **H:\KS\_Scan\_Library\MasterIndex.pdx**

Results : **75** document(s) with **652** instance(s)

Saved on : **7/16/2017 5:06:02 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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Page: 1

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 1: Voyagers, the **Sleeping** Abductees And Volume 2: Voyagers, Secrets of Amenti The MCEO

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Page: 27

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 Exercise, Health, Meditation, **Sleep**, Spirituality • Beginning Keylontic Technique: Imprinting/  
Anchoring the D-5

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Page: 28

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 and mental exercise, **sleep** and meditation habits will assist the body to hold greater

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 Crystal Body. Adjust **sleep** habits to shorter periods more often and use meditation. Keylontic

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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 :

---

Page: 50

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-  and prior to **sleep**. Imagine yourself within the God-self Sphere connecting to the
  -  just prior to **sleep** or in undisturbed meditation. If used prior to sleep, train
  -  used prior to **sleep**, train your mind to remember the image of the God-
- 

Page: 66

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-  prior to evening **sleep**, until it becomes a natural part of your waking and
  -  your waking and **sleeping** rituals. (Using an audio cassette tape recording of the
- 

Page: 67

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-  the waking and **sleeping** brain wave patterns, through which D-5 frequency can increasingly
-

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

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Page: 17

---

 while they were **sleeping**. (c) Infiltrated the culture. (d) A & C

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Page: 56

---

 you go to **sleep** and they walk around in your body. Some people do

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Page: 66

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 you go to **sleep** and they walk around in your body. Some people do

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Page: 86

---

 and too little **sleep** (d) Our beliefs and our genetic code Six Steps

---

File : [1999-12\\_Kathara1\\_scan.pdf](#)  
Title : Kathara 1 - Manual  
Subject : Introduction to Kathara Bio-regeneration technologies, Color, Symbol, Sound and Bio-regeneration  
Author : MCEO Freedom Teachings  
Keywords :

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Page: 54

---

 Health is there, **sleeping** silently within us, awaiting this awakening. · Healing the Causal

 for Health is **sleeping** and through knowledge of Kathara and applications of its methods

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Page: 55

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 Imprint for Health **sleeps** soundly now within a portion of the multidimensional anatomy called

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Page: 241

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 longevity and less **sleep** (body can synthesize natural higher frequency energy and Stream

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Page: 243

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 and needs more **sleep** (body can synthesize natural higher frequency energy and Stream

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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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Page: 12

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 you entered during **sleep**, until the 4th DNA strand and above begin activation). This

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Page: 28

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 just prior to **sleep** and just after awakening. The following exercise provides a very

 prior to evening **sleep** will create a powerful, grid-shifting program that will assist

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Page: 54

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 the PM before **sleep**, for 3 consecutive weeks, then reducing practice to 2-3

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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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#### Document Metadata

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 Subject: The **Sleeping** Abductees, Second Edition (Intro Section only, ruman numeral pages)

 Found 1 instance(s) in additional metadata

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Page: 24

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 Voyagers series, The **Sleeping** Abductees and Secrets of Amenti, are the compilation of the

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

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#### Document Metadata

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 Subject: The **Sleeping** Abductees, Second Edition

 Found 1 instance(s) in additional metadata

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Page: 46

---

 just prior to **sleep**. The visitation may take place during the dream state or

 contact prior to **sleep** or during practice of meditation or focused solitude are the

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Page: 86

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 burden of the **sleeping** Earthseeds, and the responsibility of helping them to awaken. The

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Page: 87

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 true identity. A **sleeping** Starseed is not a threat (and is prime for

 keep the Starseeds **sleeping** through distraction and fear of their own identities as appearing

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Page: 103

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 while you are **sleeping**, unaware of the truth of your identity, can the Zeta

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Page: 108

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 system during your **sleep** state (the "sacred dream time") or during altered

 you were "**sleeping**." It is to you with dual focusing abilities to whom

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Page: 117

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 or prior to **sleep**. We are willing to assist those who desire our involvement.

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Page: 139

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 Body Consciousness during **sleep**. The Instinctual Mind sets the organizational sequence of memory as

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Page: 140

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 the body during **sleep**, in order to have full conscious focus within the body

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Page: 145

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 notebook. Prior to **Sleep** You may choose your target at any time then keep  
 you prepare for **sleep**. It is suggested to use this exercise when you  
 full hours of **sleep** rather than in shorter sleep periods. As you recline review  
 than in shorter **sleep** periods. As you recline review the pre-selected target notes  
 do with a **sleeping** bag. Continue to move the mist upward until you reach  
 If you fall **asleep** before finishing this visualization , simply 145

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Page: 146

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 during the next **sleep** period, telling your body and Subconscious Mind that you will  
 Matrix in the **sleep** state. The "circle" represents a KeyLontic Symbol Code that

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Page: 147

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 as you fall **asleep**. Become aware of your breathing rhythm and with each inhale  
 fall off to **sleep**. 147

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Page: 148

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 emerge from the **sleep** state. Bring the Symbol into focus in your mind as

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Page: 149

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 retrieved from the **sleep** state. 9. Moving slowly and remaining focused and relaxed, open  
 Retrieve" prior to **sleep** for the next 2 days. Begin the entire exercise again

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Page: 152

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 in association with **sleep**. Following the completion of the exercise it is useful to  
 if you fall **asleep** during this period it will not detract from the effectiveness

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Page: 155

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 disturbed or fall **asleep** during the exercise, start from the beginning again at another  
 of rest or **sleep** before becoming active. It is also helpful to drink several

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Page: 181

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 us, as the **sleeping** Inner Christed Self that struggles to awaken. Jesheua-Jesus,

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Page: 194

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 is this: Beloved **Sleeping** Angels, You are Loved beyond all knowing. You are honored

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Page: 199

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 evening prior to **sleep**, it will begin to increase conscious memory of sleep~time  
 conscious memory of **sleep**~time experience and will protect your consciousness and body  
from



energies while you **sleep**. • The Maharic Seal TM is a Keylontic Science scalar-

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File : [2000-02\\_BeyondTheVeilsTranscript\\_scan.pdf](#)  
Title : Beyond the Veils (Transcript)  
Subject : Transcript for the Beyond the Veils workshop, includes session with AZara  
Author : MCEO Freedom Teachings  
Keywords :

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Page: 21

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 a lot, they **sleep** Copyright© 2000 A"sha-yana & A"za-yana Deane, Ekr"s

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Page: 25

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 into a peaceful **sleep** now. Imagine yourself sleeping at the age of 5, a

 now. Imagine yourself **sleeping** at the age of 5, a peaceful child at the

 Now imagine yourself **asleep** at the age of 10. The age of 10 and

 smiling in your **sleep** because you are making contact, contact that has always been

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Page: 32

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 just needed to **sleep**. You know, so we can learn to protect ourselves and

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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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Page: 18

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our awareness to **sleep**, but eventually the Eternal Self will send higher dimensional representatives

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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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Page: 2

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 Anna) Voyagers: the **sleeping** abductees I by Ashayana Deane. p . cm. ISBN 1-

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Page: 89

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 evening prior to **sleep**, it will begin to increase conscious memory of sleep-time

 conscious memory of **sleep**-time experience and will protect your consciousness and body from

 energies while you **sleep**. The Maharic Seal <sup>™</sup> is a Keylontic Science scalar-wave

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Page: 93

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 1. PRIOR TO **SLEEP** EACH NIGHT, AS YOUR LAST THOUGHT BEFORE FALLING ASLEEP, REPEAT

 THOUGHT BEFORE FALLING **ASLEEP**, REPEAT MENTALLY SEVERAL TIMES "I AM READY FOR EMERALD

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Page: 94

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 14. CHANGE IN **SLEEPING** AND EATING PATTERNS. 15. TEMPORARY MOOD SWINGS, "ANXIETY ATTACKS",

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Page: 106

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 AT NIGHT BEFORE **SLEEP**, TO BUILD AND STRENGTHEN 12TH DIMENSIONAL FREQUENCY SEAL IN YOUR

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File : [2001-05\\_SecretsOfLemuriaTranscript\\_scan.pdf](#)  
Title : Secrets of Lemuria (transcript)  
Subject : Partial transcript for Kauai workshop  
Author : MCEO Freedom Teachings  
Keywords :

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Page: 3

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 when I don't **sleep**, because when we got on the plane I didn't get

 didn't get to **sleep** the day before, and neither did Michael - because they

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

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Page: 12

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 would go to **sleep** as soon as they incarnated here. "So, it's a

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Page: 17

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 Indigos go to **sleep** which means, suppress their brain wave patterns and DNA activation

 the world to **sleep**, right now, because they know it's a last ditch attempt...

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Page: 18

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 all go to **sleep**, we'll go back to: "Oh, I remember being an

 put back to **sleep**, if this Frequency Fence is successful. Our job is to

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Page: 26

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 teachers to the **sleepers**. how it's going to look like, but I know the

 the We were **sleepers** once, but the people who work is going to expand

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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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Page: 15

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awoke from his **sleep** and smiled. The sphere of light stretched vertically to become

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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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Page: 49

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-  1. PRIOR TO **SLEEP** EACH NIGHT, AS YOUR LAST THOUGHT BEFORE FALLING ASLEEP, REPEAT
  -  THOUGHT BEFORE FALLING **ASLEEP**, REPEAT MENTALLY SEVERAL TIME "I AM READY FOR EMERALD
-

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 :

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Page: 8

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 Volume-1: The **Sleeping** Abductees, 2001 2nd Edition.) Following a NDE (Near-Death-

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Page: 9

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 Volume-1: The **Sleeping** Abductees and Volume-2: The Secrets of Amentj; Wildflower Press/

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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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Page: 19

---

 own presently "**sleeping**" Inner Christos. As long as we look to only external

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Page: 142

---

 longevity and less **sleep** (body can synthesize natural higher frequency energy and Stream

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Page: 143

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 and needs more **sleep** (body can synthesize natural higher frequency energy and Stream

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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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Page: 6

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 NET 182 The **Sleepers**, The Shadows, Phantom Matrix 183 The DNA Template & the  
 Teams, SWAT Teams, **Sleeping** Dreams, Day Dreams and Waking Dreams) Technique 5: Born Free-

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Page: 19

---

 the ManU "**Sleeping** Flower". The movements direct the formation of the Se"Ur Standing-

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Page: 52

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 (use "**Sleeping** Flower" Seuria Stanz). INHALE, Speak-sing the ManU Psonn-3

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Page: 113

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 ManU Seuria · **Sleeping** Flower Pause Breath - Corresponds to Stop Spin - Creation

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Page: 155

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 earth personality "**Sleeper**" who has not yet awakened to recognize the reality of  
 interdimensional communication. The **Sleeper** may take a very long time to "get the

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Page: 163

---

 Shadow Body during **sleep** & projection, and provides the physical body with sufficient frequency-

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Page: 165

---

 called the "**Sleeping** Room". Place the focus of your mental attention in the  
 to the "**Sleeping** Room" below. 4. Using the IMAGINED SENSATION of the Hand-  
 blue-gray "**Sleeping** Room". The MCEO Freedom Teachings® Series Presented by Adashi

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Page: 166

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 pale-blue-gray **Sleeping** Room. Imagine that you are stepping from the 22nd Step  
 floor of the **Sleeping** Room, while imagining the Sleeping Room as a Circular Granite  
 while imagining the **Sleeping** Room as a Circular Granite Cave that is dimly lit  
 center of the **Sleeping** Room there is an ancient granite slab that rises up  


forward in the **Sleeping** Room until your extended hand touches the raised granite slab

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Page: 169

---

 Shadow Body during **sleep** & projection, and provides the physical body with sufficient frequency

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Page: 172

---

 within the "**Sleeping** Room" at the bottom of the 22 Step Spiral Staircase.

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Page: 173

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 Shadow Body during **sleep** & projection, and provides the Density-1 and Density- 2

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Page: 184

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 THE **SLEEPERS** Ear.n humans blocked from higher dimensional Spirtlual self&. natural

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Page: 191

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 2017 SAC. "**Sleeping** Dreams": Sleep state dreams, as they are known by contemporary

 "Sleeping Dreams": **Sleep** state dreams, as they are known by contemporary human consciousness,

 Template NET distortions. **Sleeping** Dreams occur when the D-3 Mental Body consciousness enters

 to "fall **asleep**", to then "reawaken" in the "Dream State". When

 rapid eye movement) **sleep** occurs when the reverse-coded Shadow re-merges with the

 and "falling" **asleep** to "dream". As the D-3 Mental Body begins

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Page: 193

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 need for "**sleep**" will eventually decrease, and the seeming barriers or "veils"

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Page: 210

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 Shadow Body during **sleep** & projection, and provides the Density-1 and Density- 2

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Page: 216

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 Shadow Body during **sleep** & projection, and provides the Density-1 , Density-2,

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Page: 251

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 Gland. PRIOR TO **SLEEP** EACH NIGHT, AS YOUR LAST THOUGHT BEFORE FALLING ASLEEP. REPEAT

 THOUGHT BEFORE FALLING **ASLEEP**. REPEAT MENTALLY SEVERAL TIMES "I AM READY FOR EMERALD

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Page: 273

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 Questionnaire" 1. "**Sleeper**" PN3 P~2 ~ 2. "A Beginning" PN.I..

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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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Page: 1

---

 Throughout Voyagers: The **Sleeping** Abductees various speakers of the Guardian Alliance have provided you

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Page: 74

---

 of awareness. In **sleep** the consciousness could travel into the astral identity, but now  
 the body during **sleep** would be stored in the form of electrical impulse within

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Page: 75

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 level and a **sleep** state of disassociation from the body was not required, as  
 the body in **sleep** to revitalize the physical structure and participate in other dimensional

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Page: 163

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 period of deep **sleep** then a bit of temporary time disorientation as the Transports

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Page: 221

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 You have been **sleeping** children, lost within a dreamland of material perception, and few  
 if you remain **asleep**, your dream shall become a nightmare, within which you shall

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Page: 225

---

 book Voyagers:the **Sleeping** Abductees in preparation for its intended fall 1998 release date.

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Page: 231

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 Volume 1: The **Sleeping** Abductees, literally massive amounts of new and detailed information covering

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Page: 242

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 Volume I:The **Sleeping** Abductees, the possibilities of what could occur in the event

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Page: 332

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 Amenti Star Gates. **SLEEPERS**, TERRORISTS, REMOTE VIEWING, RJT.s AND THE NET  
Following the

 were "Illuminati **Sleeper** groups" (unnamed and unidentified) of various nationalities scattered within

 the various "**Sleeper**" Terrorists Groups existed and had most of them already under  
 surveillance. The "**Sleepers**" were intended as the eventual targets of Psychotronic  
"Triggering"  
 stress the "**Sleepers**" as being the primary threat to planetary security; the greatest  
 2000, the Illuminati **Sleeper** groups were not intended as the force that would start  
 of any known **Sleeper** activity if that "time ever came." Our attentions were  
 nations have kept **Sleeper** groups under surveillance whenever possible, but this is often  
difficult,  
 that Illuminati "**Sleeper**" groups are moved about within the many geographical locations on  
 effective method of **Sleeper** surveillance, but this too has its drawbacks in relation to  
 in each Illuminati **Sleepers** force collective is trained in Remote Viewing detection, by their

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Page: 333

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 **SLEEPERS, TERRORISTS, REMOTE VIEWING, R!TS AND THE NET** ranking," Ultra-  
 "awaken" Illuminati **Sleeper** groups, as they allow for specific instructions of action to

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Page: 334

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 nations tracking Illuminati **Sleeper** groups on Earth, Remote Viewing is the only effective  
method  
 perception, and many **Sleeper** groups are hidden beneath "holographic insert fields," which  
are

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Page: 335

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 **SLEEPERS, TERRORISTS, REMOTE VIEWING, R!TS AND THE NET** re-programming  
 positioned, selected Illuminati **Sleepers**, through which "Human science" could "slowly  
advance" via

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Page: 337

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 **SLEEPERS, TERRORISTS, REMOTE VIEWING, R!Ts AND THE NET** the harvest  
 the Illuminati-hybrid **Sleepers** hadn't been "giving them a run for their money""  
 Plan. What do **Sleepers**, RITs, the NET, Intruder ET Technology and the Fallen Angelic

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Page: 338

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 Illuminati hybrid "**Sleeper**" races on Earth for their intended 2000-2017 takeover, suddenly

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Page: 339

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 Illuminati race "**Sleepers**" to be in position for overt Anunnaki infiltration and takeover  
 Illuminati hybrid "**Sleeper Races**." The Illuminati hybrid Sleeper Races are the Earthly  
representatives  
 The Illuminati hybrid **Sleeper** Races are the Earthly representatives of competing Anunnaki,  
Necromiton and

- Atlantis. Illuminati hybrid **Sleepers** are but a minority within Earth populations, but they are
- Human races, Illuminati **Sleeper** races have been subjected to literally thousands of years of

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Page: 340

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- Reptilian indoctrination. Most **Sleeper** races do not consciously know of the reality of Fallen
- controllers among each **Sleeper** faction are permitted conscious knowledge of covert Fallen Angelic/ET
- historically control their **Sleepers** to serve as their "expendable pawns" upon "Chess-
- Though Illuminati hybrid **Sleeper** races appear both outwardly and genetically like "common humans,"
- soul essence. The **Sleepers** are incarnates from the Fallen Angelic/ET collectives that control
- from which Illuminati **Sleepers** emerge. The various competing Anunnaki and Drakonian/Reptilian Illuminati hybrid
- Reptilian Illuminati hybrid **Sleeper** Races have been a hidden, predominant reality on Earth since
- lines of Illuminati **Sleeper** Races have been part of a progressively orchestrated, highly organized
- Angelic Illuminati hybrid **Sleeper** Master Races, the competing legions of Anunnaki and Drakonian/Reptilian
- their Illuminati hybrid **Sleeper** races, during the 2000-2017 SAC, in the final dominion
- positioned Illuminati hybrid **Sleeper** Races were intended, by each of the competing Fallen Angelic
- have their Angelic **Sleeper** Races, incarnate representatives of the Founders' Emerald Covenant Co-evolution
- Anunnaki Illuminati hybrid **Sleeper** Race family lines of the Knights Templar, 340

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Page: 341

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- their own Illuminati **Sleeper** Race forces due to the Anunnaki's predominant control of the
- Reptilian Illuminati hybrid **Sleeper** races into entering the Zeta Treaties to stand against what

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Page: 342

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- Anunnaki Illuminati hybrid **Sleeper** Races. The Anunnaki "trump card" of the NET /
- contact with Illuminati **Sleepers** and Humans within the private sector. Through this covert application

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Page: 344

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- had Illuminati hybrid **Sleeper** Races positioned among human populations of Earth since the Atlantian
- of their Illuminati **Sleeper** races for "future reference." From 1943 forward, both Anunnaki

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Page: 347

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- majority, individual "**Sleepers**" covertly placed within positions among Human government

elite, agreed to

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Page: 349

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 competing Illuminati hybrid **Sleeper** races under subliminal Fallen Angelic Psychotronic control, would be slowly

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Page: 359

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 with their Illuminati **Sleeper** races. Enoch, then heading the Jehovian Dove OWO agenda, produced

 Humans and Illuminati **Sleepers** to assist in bringing the Dove APIN system into activation.

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Page: 361

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 a Falcon "**Sleeper** Cell Force," once the Final-Conflict WW3 drama had begun.

 such "Illuminati **Sleeper** Cells" of various ethnic, cultural and religious backgrounds in at

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Page: 363

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 their civilian Illuminati **Sleeper** Races, and unsuspecting Human races within the "channeling" movement,

 teach unsuspecting Illuminati **Sleepers** and Human populations how to orchestrate false planetary healing operations

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Page: 366

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 their respective civilian **Sleepers**. The Anunnaki released the message among some of their channels

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Page: 377

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 Leviathan race Illuminati **Sleepers** Power Elite, 19 in plenty of time for dominion during

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Page: 381

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 of these "**Sleeping** Phoenix Spike Sites" and Nibiruan Crystal Temple Networks, all attempting

 Party and "**Sleepers** Awakening." Here we are today, still amnesiac, still asleep ...

 still amnesiac, still **asleep** ... as our "Atlantian Phantoms" emerge with us from

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Page: 382

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 of amnesiac Illuminati **Sleepers**, "Human Greeting Teams" and "just every-day people,"

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Page: 385

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 as ESP"; "**Sleep** disorders cause abduction hallucinations and the illusion of out-of-

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Page: 388

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 motivate their Illuminati **Sleeper** puppets of the World Management Team to force through immediately

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-  the bin Laden **Sleepers** group to orchestrate the "terrorist attacks" in NYC and
  -  related UIR Illuminati **Sleeper** factions to create a "public smoke screen" should the
- 

-  DNA manipulation, waits **sleeping** within each of us. The Maharic Shield Bio-Regenesis Techniques
  -  the-less amnesiac **sleep** of Fallen Angelic manipulation. Each of us has the potential
- 

-  activity, alterations in **sleeping** and eating patterns, fluctuations in bodily energy levels, change of
-

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 :

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Page: 8

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 segments of "**sleeping**" Indigo and Human populations. Until the events of November 24,

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File : [2003-08\\_DanceForJoy2Transcript\\_scan.pdf](#)  
Title : Dance for Joy 2 (workshop transcript)  
Subject : Transcript for Dance For Joy 2 Workshop (Andorra, First HeThaLOn peak)  
Author : MCEO Freedom Teachings  
Keywords :

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Page: 2

---

 long, go to **sleep**, or sometimes it will trigger emotional release, where you just

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Page: 22

---

 that has been **asleep** since 13,400 BC. We are participating consciously in such a

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Page: 24

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 have kept us **asleep** for a long time. In certain ways, that was merciful.

 being put to **sleep** and the big show going down and nobody even knowing

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Page: 28

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 the planet, while **sleeping**. We're moving into a space where it's like time to

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Page: 31

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 didn't even do **sleep** yet. Or it's like sleep, food, and then maybe fun.

 Or it's like **sleep**, food, and then maybe fun. Is it fun to experience

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Page: 77

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 oblivious, and 99% **asleep** and mutated. They are not going to be a problem

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Page: 79

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 no need to **sleep**. Eventually, you'll get there. But, it's probably not going

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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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Page: 288

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 called the "**Sleeping** Room". Place the focus of your mental attention in the  
 to the "**Sleeping** Room" below. 4. Using the IMAGINED SENSATION of the Hand-  
 blue-gray "**Sleeping** Room". 5. Now imagine that you are standing at on  
 pale-blue-gray **Sleeping** Room. Imagine that you are stepping from the 22nd Step  
 floor of the **Sleeping** Room, while imagining the Sleeping Room as a Circular Granite  
 while imagining the **Sleeping** Room as a Circular Granite Cave that is dimly lit  
 center of the **Sleeping** Room there is an ancient granite slab that rises up

---

Page: 289

---

 forward in the **Sleeping** Room until your extended hand touches the raised granite slab

---

Page: 292

---

 within the "**Sleeping** Room" at the bottom of the 22 Step

---

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

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Page: 77

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-  Appendix 1 446 **Sleep** KS-HB 5 21 Sleepers PHX-HB ? Sleepers VV-
  -  HB 5 21 **Sleepers** PHX-HB ? Sleepers VV-2/B Chapter 16 347
  -  PHX-HB ? **Sleepers** VV-2/B Chapter 16 347 Sleepers DFF-HB 55
  -  Chapter 16 347 **Sleepers** DFF-HB 55 Sleeping Dreams PHX-HB ? Soft Love
  -  DFF-HB 55 **Sleeping** Dreams PHX-HB ? Soft Love SAS-M A 1
-

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

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Page: 1

---



we have fallen **ASLEEP** at the wheel during a hair-pin turn!! We need

---

File : [2005-01\\_KethradonAwakening\\_scan.pdf](#)  
Title : Kethradon Awakening - Handbook  
Subject : Indigo India and the Kethradon Awakening Starburst 13 and the Gifts of Rama  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

---

Page: 14

---

 inadvertently "fallen **asleep** at the wheel, on a hairpin turn of destiny"? From  
 of "biological **sleep**" and the frequency infusions of "spiritual awakening") is often  
 "rub the **sleep** from your eyes and get your bearings" you will ail

---

Page: 16

---

 which has been **sleeping** on your planet from the long-ago period of Earth time  
 you carry within, **asleep** deep within the crystalline structure of your personal Genetic Time

---

Page: 32

---

 awakening the long-**sleeping** Temple of Rama. It is not surprising if some of

---

Page: 64

---

 your final evening **sleep**), the Lotus Phase-Bud Cell will automatically resume Phasing 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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Page: 41

---

 your final evening **sleep**), the Lotus Phase-Bud Cell will automatically resume Phasing and

---

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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Page: 17

---

 more easily fall **asleep**. Start with 3-5 minutes per coda using the tone

---

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

---

Page: 1

---

 consequence, were rather **sleep**-deprived) late in the morning of 22<sup>nd</sup> May. Nevertheless,  
 After a wonderful **sleep** in the wonderfully bright and easy-to-live-in hotel

---

Page: 12

---

 a lovely long **sleep**, we all got up and went on a day trip

---

Page: 14

---

 about the Sadhi **sleep** state and how we can use these mini-naptype rest  
 still need normal **sleep** because we need to leave the body to a certain  
 need the deep **sleep** because they can access the rejuvenating frequencies all the time.  
 usually no post-**sleep** drowsiness. The more Sadhi you have consciously, the more information  
 quick 2 hour **sleep** post-workshop, we got a wake up call at 7

---

Page: 16

---

 going to be **sleeping** in the desert ... on assignment!) © Efoud was a

---

Page: 17

---

 worth trying to **sleep**. I was actively purging in between sleeping as were several  
 purging in between **sleeping** as were several others and could not join the "  
 had a great **sleep** (well, I hope most of them did). Every body"s

---

Page: 18

---

 were able to **sleep** at this hotel for the rest of the day. The

---

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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Page: 11

---

 put people to **sleep**, and you have to wake them up. ( ) Now,

---

Page: 18

---

 we'll go to **sleep**, hopefully, please ... tonight, please ... (you got to

 you got to **sleep** last night), hopefully tonight, and you guys will do amazing

---

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

---

 just prior to **sleep**, just after awakening or after certain merkabic exercises. Repetition of

 prior to evening **sleep** will create powerful, grid-shifting programs that will assist directly

---

Page: 26

---

 just prior to **sleep** and just after awakening. The Vow to the I AM

---

File : [2005-10\\_WhispersRashaReishATranscript\\_scan.pdf](#)  
Title : Whispers of the Rasha ReishA (workshop transcript)  
Subject : Partial transcript for the Whispers Ws (where upstep to HaaTUrs occurred)  
Author : MCEO Freedom Teachings  
Keywords :

---

Page: 15

---

 if not I'll **sleep** standing up. I don't t trance, but it goes anyway,  
 going to fall **asleep** on something, it would be better off on things you

---

Page: 16

---

 I was getting **sleepy**, and I was sitting there, and I was just watching

---

Page: 21

---

 manual is to **sleep** on it. Put it under your bed. Edgar Cayce used

---

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

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Page: 8

---



Sunday morning to **sleep**, I'm sure it will be remembered as one of the

---

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: 5

---

 you "fall **asleep**" during this section, just return after completing the full technique

---

File : [2006-04\\_TwoMoonsRisingDiary\\_scan.pdf](#)  
Title : Two Moons Rising - Diary  
Subject : Workshop Diary  
Author : MCEO Freedom Teachings - Ashayana Deane  
Keywords :

---

Page: 2

---

 a nice long **sleep** and had the day free for meetings, socializing and eating

---

Page: 3

---

 all got to **sleep** earlier than expected (5 am Monday morning!) so that

---

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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Page: 10

---

 not focussed- like **sleep** walking. As we work with the Primal currents we are

---

File : [2006-08\\_SacredSexDiary\\_scan.pdf](#)  
Title : Sacred Sex 2 - Diary  
Subject : Workshop Diary  
Author : MCEO Freedom Teachings  
Keywords :

---

Page: 3

---

 planning Sadhi" s, **sleep**, shopping, meetings and social gatherings a whole lot easier ...

 of time to **sleep** before the start of the new working week! With Much

---

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

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Page: 73

---

-  level. 2. Falling **asleep** during a taped technique means you aren't ready for that
  -  • False. Falling **asleep** just means your body isn't used to holding that frequency
-

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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Page: 19

---

 God pretending it's **asleep**" is more like it, because God wants to know itself,  
 that implies "**asleep**": what would that be? So, there is a level where

---

Page: 50

---

 Mastery. I've been **sleeping**. It's like I was in a dream and now I'm

---

File : [2006\\_Summary1\\_scan.pdf](#)  
Title : Summary 1  
Subject : Historical Origins of the MCEO Teachings  
Author : MCEO Freedom Teachings  
Keywords :

---

Page: 12

---

-  gene human" "**Sleeper**" populations. The "common-gene mutation" affected both Angelic Human
  -  the Illuminati "**Sleeper**" populations could have the opportunity of Free Will Choice returned
  -  had denied the **Sleepers** this opportunity, as the Elders were cultivating them to be
- 

Page: 13

---

-  "**Sleeper** mutation" as an opportunity to offer these races the evolutionary
  -  "common-gene **Sleeper** humans" of both Angelic Human and Illuminati-Human descent, due
  -  cultures, the "**Sleeper** slave races" regained small strongholds of control over certain Earth
  -  among the "**Sleeper**" populations, but pockets of resistance to Illuminati dominion remained. The
  -  promoted among the **Sleeper** populations the teachings and applications of what were called the
- 

Page: 15

---

-  pre-ancient "**Sleeper** human" cultures. The "False Yugas" Illuminati calendars, depicting a
  -  various Lower Earth **Sleeper** human populations, and became the basis for the Mayan "
- 

Page: 16

---

-  reeducating" the "**Sleeper** human" populations of Lower Earth. Using the "yearly Communion
  -  to the general **Sleeper** human populations, and misrepresented themselves to the Sleeper humans as
  -  themselves to the **Sleeper** humans as false "Gods." The Sleepers were taught to
  -  "Gods." The **Sleepers** were taught to "abide by the seasons," to create
  -  visitations. And the **Sleepers** were taught many heinous rituals of territorial grid-conquest, murder,
- 

Page: 17

---

-  exemplar Conquest and **Sleeper** human "Oisinformation Reeducation Program," the GA-MCEO and Krystal
- 

Page: 19

---



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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Page: 19

---

-  make you fall **asleep** three seconds after you start looking at them, that's okay.
  -  find yourself falling **asleep**, like you're going into a coma. It means your DNA
  -  even go to **sleep**. We've had snoring workshops before, where most of the people
  -  the people were **asleep**. You can hear them on the tape. (laughter) Your
  -  need to fall **asleep** during the workshop, we don't take it personally. We're used
  -  people who fall **asleep** in workshops, I understand what it means to have to
  -  put you to **sleep** like 10 minutes through a technique, when you first started,
  -  it in your **sleep** and you're doing shorthand on it. It's showing you that
  -  needs to fall **asleep** while we go through things, don't worry about it. If
  -  if I fall **asleep**, don't let Page 19 of 151
- 

Page: 21

---

-  you go to **sleep** ... every time I go to sleep now, every time
  -  I go to **sleep** now, every time I go down to Sadhi, I instantly
- 

Page: 54

---

-  Sorry to fall **asleep** up there but you do need to get your body
- 

Page: 82

---

-  physical body is **asleep**. Just like when you start with Sadhi journeys. A lot
- 

Page: 84

---

-  you go to **sleep** tonight, they're saying that those who want to begin contact
- 

Page: 85

---

-  you go to **sleep**. Try going vertical and just see what happens. Try feeling
- 

Page: 93

---

-  you want to **sleep** with your head pointed south, at this point, with 23.5
- 

Page: 112

---

 they go to **sleep** at night, or when they are just hanging out doing

 more fun to **sleep** with reptilians. She has workshops on it. Nothing against reptiles

---

Page: 119

---

 pretending I was **asleep** and there's a way that you can calm your brain

 read that you're **asleep**, and then watch. That's how you deal with some of

 astral when you're **sleeping**. You have to calm to a certain state. It works

 putting babies to **sleep** too, by the way. If you want to get a

 to go to **sleep**, it helps to lie down with them, and pull yourself

 right into that **sleep** state, and keep yourself awake underneath it, and then ever

 thought I was **asleep**. I could see it out of the corner of my

---

Page: 136

---

 teach them without **sleeping**. So, if I get a little tongue-tied, I do

---

Page: 144

---

 maybe going to **sleep** and drifting off and going back up to the AdashE

---

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

---

Page: 4

---

 There was much **sleeping** done on the way back through the winding roads of

---

Page: 5

---

 we went to **sleep** to prepare for the following day's train trip to Machu

---

Page: 6

---

 After a GREAT **sleep** (the first long & solid one since the start

---

File : [2007-09\\_GodWorlds\\_scan.pdf](#)  
Title : Exploring the God Worlds - Handbook  
Subject : Stair step creation  
Author : MCEO Freedom Teachings - Kathara Team  
Keywords :

---

Page: 29

---

 our DNA is **asleep** and it is not doing what it was intended to

---

File : [2007-11\\_LegacyOfLostTranscript.pdf](#)  
Title : Legacy of the Lost (Amsterdam workshop transcript)  
Subject : Legacy of the Lost, Freedoms of the Found, the Milky Way Mysteries, Halls of Records and the Jesus Codes  
Author : MCEO Freedom Teachings  
Keywords :

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Page: 7

---

 too, we were **sleepers** too. We have some, both of us have different experiences

---

Page: 12

---

 no time to **sleep**. We've been giving the evening sessions starting at midnight, and

---

Page: 19

---

 DNA but they're **asleep**. They will wake up, and in your bio-systems that

---

Page: 77

---

 not getting enough **sleep**, while doing crazy diagrams, never getting anything type-set and

---

Page: 240

---

 like ... can't **sleep**, right. So you say alright, I am going to go

---

Page: 241

---

 you go to **sleep** or it might take up to 3 days. It depends

---

Page: 309

---

 it without enough **sleep**, and all day, and all night transmission, and things. So,

---

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: 30

---

 Shield "remain **asleep** to their greater identity, affiliation, and purpose" until the collective  
 call" to the **sleeping** Aquafereion Host Shield-nor did we have any previous conscious  
 unified (albeit **sleeping**) Ascension Force, long ago entrusted with the safekeeping of the

---

Page: 46

---

 put your computer **asleep** and it is still watching you, that kind of thing.

---

Page: 49

---

 they have been **asleep**. If you see them sometimes if you have any dreams

---

Page: 70

---

 just go to **sleep** sometimes. There are certain places in here that dreams take

---

Page: 76

---

 like laying down **asleep** or half asleep or whatever, but pushing it in this  
 asleep or half **asleep** or whatever, but pushing it in this tunnel, and I

---

Page: 83

---

 were putting her **asleep** and Willa and Jared stayed there, and Zan stayed there.

---

Page: 84

---

 go again, no **sleep** tonight- that means it has to be in written form,

---

Page: 89

---

 you go to **sleep** or something like that. That will help get the system

---

Page: 90

---

 they try to **sleep** ... Ifyou start getting any aches and pains, like in

---

Page: 95

---

 to go back **sleep** for an hour and then get up and get down

---

Page: 118

---

 phenomena when you **sleep**, when you go Sa"dhi or anything like that. Sa"dhi is

---

Page: 153

---

 If you're having **sleep** difficulties, some people out there call it insomnia, we call

---

Page: 154

---

 certain amount of **sleep**, right? Or you're not going to be able to purge

 days with no **sleeping**. You get weirder and weirder and your astral perception starts

 not having enough **sleep**, which often happens at these workshops briefly, is your consciousness

---

Page: 158

---

 the cat to **sleep**. Yeah, during that particular thing we had to put our

 kitty, Lea, to **sleep** because the chances of her surviving that were slim to

---

Page: 161

---

 because you'll be **sleeping** peacefully and all of a sudden it's like lava skin.

---

Page: 216

---

 some people fall **asleep** that is just like you fall asleep when you first

 like you fall **asleep** when you first start with the tapes, whoops ... transfer

---

Page: 234

---

 you go to **sleep** at night. You'll find yourself there or on whatever core

---

Page: 293

---

 might go to **sleep** and wake up so hot where you can actually feel

---

Page: 340

---

 We'll be all **sleeping** up there. Get to the tunnel and pass out in

 I need to **sleep**." This is just reminding you of that tilted axis of

---

Page: 361

---

 will go to **sleep** and you will learn, after a bit of that, you

---

Page: 389

---

 you go to **sleep** tonight or anything, any, any of it that you can

---

Page: 409

---

 can get to **sleep** and that kind of stuff at a civilized hour, hopefully

---

Page: 426

---

-  put me to **sleep**. It is almost like being an narcoleptic where if you
  -  is different than **sleep** cause you are wide awake on the other side but
- 

Page: 470

---

-  you go to **sleep** tonight, as long as you want to do it and
  -  you go to **sleep** tonight remember you are The MCEO Freedom Teachings® Series
- 

Page: 471

---

-  if you fall **asleep** in the Journey. If you can help it, don't but
  -  end up falling **asleep** don't feel bad, don't feel like you missed it or
  -  you. Don't fall **asleep** during the Stand cause that could be dangerous, tomorrow [
  -  tomorrow [laughter]. **Sleeping** while standing and spinning is probably not a good idea
- 

Page: 475

---

-  know, set your **sleeping** space up and unfortunately this buildings are not configured in
- 

Page: 484

---

-  A'sha They'll be **asleep** or completely glazed by the time we get there because
- 

Page: 505

---

-  not going to **sleep** yet. You need to a hold a thought. You are
  -  ness and semi-**sleep**/semi-awake into sleep carrying the thought, right? So you've
  -  semi-awake into **sleep** carrying the thought, right? So you've got to send yourself
- 

Page: 506

---

-  to go to **sleep**, aware that you are almost going to sleep and you
  -  almost going to **sleep** and you are holding the thought that "Hey guys
- 

Page: 513

---

-  memory. You fell **asleep**, shifted to a different level ... you did go but
- 

Page: 514

---

-  they have been **sleeping** for sometimes a million years or more. But, the certain
- 

Page: 539

---

-  and go to **sleep** or go do whatever it is you're going to do,
-



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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Page: 20

---

 if you fall **asleep** and snore during it, that's okay. You're not in trouble,

---

Page: 83

---

 if you fall **asleep** during it, by the way. And sometimes when you fall

 when you fall **asleep** you can actually get out there even further and you

 it go to **sleep**. Come back" They'll let you come back. So when you

---

Page: 90

---

 if you fall **asleep** during the journey that's OK. It's not going to change

---

Page: 95

---

 if you fall **asleep** in journey that's OK. (to Az) You might want

 we'll let you **sleep** later tomorrow morning, OK. So, if you don't mind. All

---

Page: 97

---

 up, ya know, **sleep**, doing part of your sleep on the floor in journey,

 part of your **sleep** on the floor in journey, that's a good place to

 if you fall **asleep** so I'll be quiet now. They said it's better to

 we go to **sleep** again we will have performed quite a feat as a

---

Page: 99

---

 herself, having fallen **asleep** over her pen for the nth time, bless her cotton

---

Page: 114

---

 in, in my **sleep** ... but I have a bit of experience with HUB,

---

Page: 143

---

 we'll all be **asleep** by then. But I want you to understand that right

---

Page: 151

---

 you will fall **asleep** because the hour is very late and we do understand

 if you've fallen **asleep** during it It's still there, but it may take a

---

Page: 154

---

 if there's anyone **sleeping** next to you, that's ok. Inhale and hold for a

---

Page: 230

---

 doesn't go to **sleep**. It doesn't lose its connection to Source or lose sight

---

Page: 234

---

 Katie's body was **sleeping** on the bed, it was actually 2 feet above the

---

Page: 291

---

 and go to **sleep**. Because, its easy when you start getting out, your frequency

 bummer to fall **asleep** in the middle of trying to run one of these

---

Page: 329

---

 you go to **sleep** for the night. Hello I Hello, I didn't see you

 time for, well, **sleep** for a bit, but we've got to cram two days

---

Page: 379

---

 you go to **sleep** actually, once we get done with this because it will

---

Page: 406

---

 you'll probably be **sleeping** (chuckles). Well, I was right almost went "til6.

---

Page: 407

---

 everybody time to **sleep** and be functional, if that's all right? Yeah. (Az-

---

Page: 425

---

 may be like **sleeping** one night and you wake up and you go, "

---

Page: 438

---

 if you are **asleep**, you may become aware of it, where your Eiradonis body

---

Page: 464

---

 When do you **sleep**? A&A (in synch) Good question. (laughter) Ash

---

Page: 479

---

 probably after I **sleep**, that diagram that shows the interfaces at least to some

---

Page: 485

---

 and go to **sleep**. You know because you can't deal with how bad it

 I was falling **asleep** after we got done with like my evenings work at

 and I fell **asleep** with the fork in my hand sitting on the bed

---

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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Page: 5

---

 night I couldn't **sleep**. I was waking up five, six times a night So  
 there was no **sleep** plus \_\_\_\_\_ ? Thank God. I kissed the ground when

---

Page: 68

---

 and go to **sleep** ... forever Oh no. not more. (laughing) So, they

---

Page: 94

---

 anything more and **sleep** first, right, because this has been like since FOL just  
 we'll get some **sleep** and if stuff keeps, volcanoes keep popping up like they

---

Page: 104

---

 night when you **sleep**." That kind of thing. It was just like, oh, that

---

Page: 109

---

 you're going to **sleep**, you don't have to worry about it, but if you're  
 like when you're **sleeping**. You don't have to-1 mean you're still, you'll still

---

Page: 114

---

 3 hours of **sleep** last night, wow-it was like a good night-and

---

Page: 120

---

 and going to **sleep**, especially when I'm in transmission. So, what I do is,

---

Page: 134

---

 Everybody is just **asleep**. It's not going to make a difference, and that's how

---

Page: 182

---

 those classic hyperspace **sleep** stuff where you actually can see like the D-1

---

Page: 184

---

 and go to **sleep** here. So if I'm tripping over my lips, excuse me.

---

Page: 195

---

 quite go to **sleep**, you shift and you end up somewhere else. At this

---

Page: 203

---

 Right, I'll be **asleep** for, I'll be asleep for 10 years," right, cause I've

 for, I'll be **asleep** for 10 years," right, cause I've been living on caffeine-

 went back to **sleep**, woke up that morning, the 4th morning, and I could

---

Page: 204

---

 me go to **sleep** somewhere around midnight and then get back up at 4

 little bit of **sleep** in there. And then I'm going to get the rest

---

Page: 205

---

 can get some **sleep** tonight. What time do you think? I know I've talked

 will get some **sleep** tonight will compensate for the fact that they won't tomorrow

 you need to **sleep**, by the way, nobody's saying you have to be sleep

 have to be **sleep** deprived. And if you have any health conditions like diabetes

 to go to **sleep** and we're doing all-nighters, you just let us know

 you can get **sleep** before There'll probably be a break too, where they can

 they can actually **sleep**, take a nap in the day and then have dinner

 a good night's **sleep** tonight, it still awful hard to stay up for 24

---

Page: 206

---

 they usually fall **asleep** because they're so tired by then. So, we've got to

 get them to **sleep** by midnight? Participant We're placing bets. (Laughs) Az It's

---

Page: 229

---

 is there, like, **sleeping** temporarily, and then it literally transmutes into vapor. It is

---

Page: 256

---

 you go to **sleep**, or whatever, if you ever get to go to sleep

 to go to **sleep** again (laughing) On your way home, on the airplane,

---

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

---

Page: 25

---



you go to **sleep** and they walk around in your body. We don't advise

---

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: 57

---

 been just as **asleep** and amnesiac as everyone else on this planet. So, these-

---

Page: 137

---

 do in the **sleep** state. Where when you go into dream state or Sa"dhi

 State-of short **sleep** that you wake up somewhere else kind of dream. You

---

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: 53

---

 just prior to **sleep**, AM-in bed just after waking, or whenever desired. 4.

---

Page: 54

---

 you go to **sleep**). \*Before breakfast, start the day with a glass of

---

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

---

Page: 23

---

 you had to **sleep** that way and it would get freezing at night. Boy,

---

Page: 26

---

 a hijacker to **sleep** like a baby, make him fall down on the floor

---

Page: 58

---

 infant to **sleep** so it gets calm again is to sing to it,

---

Page: 65

---

 that through your **sleep** state into the following day, you will find you will

---

Page: 81

---

 them are still **sleeping**; most of them just do not remember yet what they

---

Page: 91

---

 night prior to **sleep**. (Once the Maharic Seal is set in your shield,

---

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

---

Page: 13

---

 just prior to **sleep** and just after awakening. The following exercise provides a very

---

Page: 14

---

 prior to evening **sleep** will create a powerful, grid-shifting program that will assist

---

Page: 15

---

 The Creation - **Sleeping** Flower Psonn-4: The Out-Breath- Intention Manifestation ManA-Ka-

---

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

---

Page: 7

---

 Exercise, "Pre-**sleep** AARR Auto-Suggestion" Nightly Exercise and 37-39 "The

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Page: 17

---

 Dragons deliver "**Sleeper**-Vote" to Stop Coup Green Dragons "wake up &  
 motivate" their "**Sleeper** Vote" during the USA Presidential Elections, preventing, via a "

---

Page: 31

---

 each night before **sleep** for a period of 33 consecutive nights, ("Short- Run"  
 week prior to **sleep**, AND use of this "Long-Run" Version (technique-  
 B) prior to **sleep** once every 33 days. Eventually, with consistent practice, (time

---

Page: 34

---

 to "fall **asleep** in the physical" as you focus within your Jha·  
 development while you **sleep**. Go to sleep as usual, then on the next night,  
 sleep. Go to **sleep** as usual, then on the next night, try again. If  
 again go to **sleep** as usual, then on the next day engage T echnique-

---

Page: 35

---

 week prior to **sleep**, AND using the "35-Step Long-Run" Version (  
 B) prior to **sleep** once every 33 days. Eventually with practice (time period

---

Page: 36

---

 , go to **sleep** as usual. 2. On the next night try again. If  
 again go to **sleep** as usual. 3. On the next day, "Day-1",  
 the "Pre-**Sleep** AARR Auto-suggestion" Nightly Exercise from the "EXERCISES to  
 the "Pre-**Sleep** AARR Auto-suggestion" Nightly Exercise every night other than "  
 your usual nightly **sleep** time, run the Technique-1 "35- Step Long-Run"

---

Page: 37

---



projection. "Pre-sleep AARR Auto-Suggestion" Nightly Exercise On "Night-1" of

-  this "Pre-Sleep AARR Auto-suggestion" Nightly Exercise. Then go to sleep as
-  Then go to **sleep** as usual. (Note: Keep a notebook and pen, or
-  Just prior to **sleep**, following use of the "35-Step Long-Run" Version,
-  then go to **sleep** as usual. The next morning, immediately upon awakening, with as

---

Page: 38

---

-  your usual nightly **sleep** time, run the Technique-1 "35-Step Long-Run"
-  before your usual **sleep**-time, which can help you in remaining "awake and
-  the "Pre-sleep AARR Auto-Suggestion" Nightly Exercise for your pre-sleep technique
-  for your pre-**sleep** technique application. Technique-1/PART-B The 33-Day Staah-
-  your usual nightly **sleep** time, run the Technique-1 "35-Step Long-Run"

---

Page: 39

---

-  the "Pre-Sleep AARR Auto-suggestion" Nightly Exercise from the "EXERCISES to
  -  the "Pre-Sleep AARR Auto-suggestion" Nightly Exercise every night other than "
  -  your usual nightly **sleep** time, run the Technique-1 "35-Step Long-Run"
  -  week prior to **sleep**, AND use of the "35-Step Long-Run" Version
  -  B) prior to **sleep** once every 33 days. Eventually, with consistent practice, (time
-

File : [2009-05\\_Sliders4Transcript\\_scan.pdf](#)

Title : Sliders 4 (workshop transcript)

Subject : Transcript for Sliders 4 Workshop

Author : MCEO Freedom Teachings

Keywords :

---

Page: 7

---

 Sliders 6: The **Sleeping** Sentinel and the Great Crossover; Embodying the Spirit for Slide,

---

Page: 9

---

 to get some **sleep**, to take a nap. I know it's harder for you,

 you're used to **sleeping** at night and being awake in the day; but it

 any time to **sleep** or anything during those periods because we're working during the

---

Page: 19

---

 the floor and **sleep** and then wake back up, have a pack of crackers

---

Page: 21

---

 and get some **sleep**. Plus, it's OK, nobody gets upset with you if you

 you do fall **asleep** during workshops. We've had snoring workshops before That was only

---

Page: 25

---

 go be-byes; **sleep**. Right. So, we begin with the Aurora Continuum Time-Travel

---

Page: 28

---

 each night before **sleep**, for a period of 33-consecutive nights ... that's the

---

Page: 29

---

 week prior to **sleep**. And, use of this Long-Run version, that's both Parts

 B, prior to **sleep** once every 33-days. Eventually, with consistent practice, and the

---

Page: 34

---

 to "fall **asleep** in the physical" as you focus within your Jha-DA"

---

Page: 35

---

 drift off to **sleep** later on. It won't make a little bit of difference

 We have pre-**sleep**, auto suggestions as a night exercise, and something on Sadhi

---

Page: 36

---

 we go to **sleep** this morning, there is going to be the first of

---

Page: 76

---

 to go to **sleep**, is when we need to do something with it if

---

Page: 79

---

 you go to **sleep**, while you're laying horizontal, they're saying to ... let's see.

 you go to **sleep**. Your little one. Remember to do that. If you do

 you go to **sleep**, there's something extra And they said that's a surprise. (

 have an interesting **sleep**. I don't know. And they said, "By the way

---

Page: 80

---

 Have a good **sleep**. Have a good day. I'm going to go get an

 get an hour's **sleep** and then go on the next series of diagrams. Night,

---

Page: 139

---

 not really fully **asleep** but you shift your consciousness. So let them know if

---

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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Page: 31

---

-  each night before **sleep** for a period of 33 consecutive nights, ("Short- Run"
  -  week prior to **sleep**, AND use of this "Long-Run" Version (technique-
  -  B) prior to **sleep** once every 33 days. Eventually, with consistent practice, (time
- 

Page: 35

---

-  to "fall **asleep** in the physical" as you focus within your Jha-DA"
  -  development while you **sleep**. Go to sleep as usual, then on the next night,
  -  sleep. Go to **sleep** as usual, then on the next night, try again. If
  -  again go to **sleep** as usual, then on the next day engage Technigue-1/
- 

Page: 36

---

-  week prior to **sleep**, AND using the "35-Step LongRun" Version (Technique-
  -  B) prior to **sleep** once every 33 days. Eventually with practice (time period
- 

Page: 37

---

-  , go to **sleep** as usual. 2. On the next night try again. If
  -  again go to **sleep** as usual. 3. On the next day, "Day-1",
  -  the "Pre-**Sleep** AARR Auto-suggestion" Nightly Exercise from the "EXERCISES to
  -  the "Pre-**Sleep** AARR Auto-suggestion" Nightly Exercise every night other than "
  -  your usual nightly **sleep** time, run the Technique-1 "35-Step LongRun" Version
- 

Page: 38

---

-  projection. "Pre-**sleep** AARR Auto-Suggestion" Nightly Exercise On "Night-1" of
  -  this "Pre-**Sleep** AARR Auto-suggestion" Nightly Exercise. Then go to sleep as
  -  Then go to **sleep** as usual. (Note: Keep a notebook and pen, or
  -  Just prior to **sleep**, following use of the "35-Step Long-Run" Version,
  -  then go to **sleep** as usual. The next morning, immediately upon awakening, with as
-



File : [2009-08\\_Sliders5\\_scan.pdf](#)  
Title : Sliders 5 - Handbook  
Subject : Essential Alignment, Stardust Flow, Mirror in the Sky & the Orbs of  
Aquaferon - Freeing the Body For Slide, Intermediate Telluric Ah-VA"-yas  
Body Training  
Author : MCEO Freedom Teachings  
Keywords :

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Page: 38

---

 DA orb ("**Sleeping** Orb"), then woken up for review and healing. The organic

---

File : [2009-09\\_TalkTownRadio\\_scan.pdf](#)  
Title : Talk of the Town Radio Interview #1  
Subject : Radio Interview transcript  
Author : Ashayana Deane and Sarah Simmons  
Keywords :

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Page: 1

---

 II- "The **Sleeping** Abductees" and "The Secrets of Amenti" And those two

---

Page: 6

---

 or while we **sleep**, or do we evolve through those different dimensions on our

---

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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Page: 23

---

 is gone, I'm **asleep**. But they will work with, assist you with healing and

---

Page: 26

---

 so you can **sleep** during the day time if you can and that kind

 to get some **sleep** somewhere; I'll just fall over I Anyway, this is just

---

Page: 65

---

 am actually falling **asleep** in my chair. It's almost 24 hours straight up at

 little nappy type **sleep** I have been taking for almost a month now. Because

 places of being **asleep** over here and being awake here, I could The MCEO

---

Page: 66

---

 to go to **sleep** the next night or whatever, and I would still be

---

Page: 69

---

 Stardust ""by **sleeping** Speaker 1. A"sha I'm beginning to feel like Edgar Cayce,

 Edgar Cayce, the **Sleeping** Prophet .. except I am not allowed to trance (

---

Page: 70

---

 I need to **sleep**, so, I can run it, because it comes through in

---

Page: 73

---

 couple of hours **sleep**, please, before I find out what diagrams we have to

---

Page: 74

---

 you go to **sleep** or something, and see where you go. It will keep

 a good day's **sleep**. Wednesday Lecture [Audio Tracks 5 and 6] A"sha A"sha:

---

Page: 75

---

 Laughs). I fell **asleep** in the bathtub for about a half hour. And that

 wasn't planning to **sleep** in the bathtub. But woke up after about a half

 didn't go to **sleep** until noon that day. And I went for a couple

---

Page: 82

---

 to get some **sleep** and then be ready to go out tomorrow And what

---

Page: 111

---

 if you can **sleep**. I don't know if your bus was bouncy but ours

 it's like, forget **sleeping**. So, I hope you enjoyed this segment and I'm excited,

---

Page: 154

---

 hopefully, get some **sleep** today, either on the buses or when you get back,

 to Dublin, and **asleep**. So, it will be an easy day. So, thank you

 a good night's **sleep** and morning's sleep, and see you on Saturday. Thank you.

 sleep and morning's **sleep**, and see you on Saturday. Thank you. [53:30]

---

Page: 170

---

 go "to **sleep**"- yeah I Interesting, this. The MCEO Freedom Teachings® Series

---

Page: 199

---

 up with my **sleepy** self (Chuckles). Yes, have a very safe, safe journey

---

File : [2009-10\\_TalkTownRadio\\_scan.pdf](#)  
Title : Talk of the Town Radio Interview #2  
Subject : Radio Show transcript  
Author : Ashayana Deane and Sarah Simmons  
Keywords :

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Page: 1

---

 is "The **Sleeping** Abductees" and the Voyager II is "The Secrets of

---

Page: 4

---

 Voyager 1- The **Sleeping** Abductees", and The MCEO Freedom Teachings® Series Presented by

---

Page: 9

---

 is ""The **Sleeping** Abductees" and ""The Secrets of Amenti" plus the "

---

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: 3

---

 Volume-1: The **Sleeping** Abductees and Volume-2: The Secrets of Amenti-were published

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Page: 18

---

 of unconscious "**Sleeper**" evolution , unaware of the consequential realities of Encryption Lattice

---

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 Adepts - Workshop Diary  
Author : MCEO Freedom Teachings  
Keywords :

---

Page: 1

---

 the mirrors during **sleep**, the physical symptoms associated with starting to register the two

---

File : [2010-05\\_Sliders7\\_scan.pdf](#)  
Title : Sliders 7 - Handbook  
Subject : The Lands of Wha Mirror Mapping, the 3 Paths of the KRYST and the Wha-  
YA-yas Masha-yah-hana Adashi Adepts  
Author : MCEO Freedom Teachings  
Keywords :

---

Page: 15

---

 lie down to **sleep** on your back with your mirror Wha Window directly on

 start to fall **asleep**, intend that you will "slide up & out" of

---

File : [2010-08\\_Sliders8\\_scan.pdf](#)  
Title : Sliders 8 - Handbook  
Subject : Awake, Aware, and ALIVE in the Lands of Aah, The Sea of Ah-Yah, Eternal Stream of Ah-Yah-YA the Covenant of Ah-Yah-Rhu and Eternal Dream Fields of the ONE, Preparing the Body for Slide - Advanced Level  
Author : MCEO Freedom Teachings  
Keywords :

---

Page: 27

---

 Dragons deliver —**Sleeper**-Vote|| to Stop Coup. Green Dragons —wake up &

 motivate|| their —**Sleeper** Vote|| during the USA Presidential Elections, preventing, via a —

---

File : [2010-12\\_EmotionalBodyHealing\\_scan.pdf](#)  
Title : Emotional Body Healing at the GrU-al  
Subject : Emotional Body Healing, Healing the wounds of time Kathara Team Module  
Author : MCEO Freedom Teachings  
Keywords :

---

Page: 6

---

 you go to **sleep** and do the comfort touch, the Love Touch Return to

---

File : [2011-04\\_APINSystems\\_scan.pdf](#)  
Title : APIN Systems - Handbook  
Subject : Historical Overview, Nibiruian Crystal Temple Bases, Wormholes  
Author : MCEO Freedom Teachings - Kathara Team  
Keywords :

---

Page: 21

---

 their civilian Illuminati **Sleeper** Races, and unsuspecting Human races within the "channeling" movement.

 teach unsuspecting Illuminati **Sleepers** and Human populations how to orchestrate false planetary healing operations

---

Page: 26

---

 DNA manipulation, waits **sleeping** within each of us. The amazing Maharic Seal See azuritepress.

---

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

---

Page: 89

---

 you go to **sleep** that, you know, if you lay down and take a

---

Page: 93

---

 know, not enough **sleep** and all of that Because it's been like that for

 hopefully includes like **sleep** some of the nights like Sunday night So tonight we're

---

Page: 94

---

 little bit of **sleep**, and then finish it up in the morning and then

---

Page: 109

---

 may be in **sleep** state, but if you're feeling funny in your body is

---

Page: 125

---

 you go to **sleep** tonight - like as you're 124

---

Page: 128

---

 a lot of **sleeping** people left that would probably like the opportunity to wake

 ball and go **asleep**. It's like we call it "being pulled under" where

---

Page: 171

---

 force you to **sleep** body/ You will not drag me around emotionally/ I'd have

---

Page: 177

---

 of course I **sleep** on bamboo sheets. And I have a carbon footprint of

---

Page: 182

---

 them go to **sleep** or put a pillow over their face when they're sleeping.

 face when they're **sleeping**. You wouldn't think that if there was an agreement one

---

Page: 185

---

 days hardly any **sleep** and all that kind of thing. There were things that

---



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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Page: 5

---

 maybe in the **sleep** state, but if you're feeling funny in your body, like

---

Page: 21

---

 when you go **sleep** tonight, like, as you're laying down, try to really tune

---

Page: 24

---

 a lot of **sleeping** people left that would probably like the opportunity to wake

 ready to ??? **sleep**, it's like, we call it being pulled under, where the

---

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 :

---

Page: 1

---

 women in their **sleep**"page 814 "succubus": "a devil supposed to assume

 men in their **sleep**".page 1651 In the MCEO FTs, these words are more

---

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: 73

---

-  Voyagers Volume-]: The **Sleeping** Abductees, 2001 2"d Edition.) Following a NDE (Near-
  -  Voyagers Volume-]: The **Sleeping** Abductees and Volume-2: The Secrets of Amenti;  
Wildflower
-

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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Page: 87

---

 on cholesterol. improve **sleep** patterns and in general, create a better sense of peace

---

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

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Page: 1

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 \*Conscious Planet, **Sleeping** People; Hitch a Ride with your Aurora Ascension Earth and

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Page: 55

---

 Circadian "wake/sleep cycle" Rhythms) with those of Aurora Earth . ... As

---

Page: 64

---

 mght, awake or **asleep**, hr a part of your brain called the reticular activating

 whether you're <**Isleep** or awake, thinking about it or not, the RAS will

---

Page: 66

---

 present in the **sleeping** and feeding patterns of animals, including human beings. There are

 circadian rhythmicity, including **sleep**, physical activity. alertness. hormone levels, body temperature, immune function, and

---

Page: 67

---

 of a regular **sleep**-wake rhythm. The SCJ\ receives information about illumination through the

 behaviors, thirst,(!) fatigue, **sleep**. and circadian cycles. The Tan-Tri-Ahura Teachings -The

---

Page: 69

---

 regulating arousal and **sleep**-wake transitions. As its name implies, its most influential component

 as regulating the **sleep**-wake cycle and filtering incoming stimuli to discriminate irrelevant background

---

Page: 70

---

 the brain. 4. **Sleep** and consciousness- The reticular formation has projections to the thalamus

 like alertness and **sleep**. Injury to the reticular formation can result in irreversible coma.

 a person can **sleep** through loud traffic in a large city, but is awakened

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Page: 71

---

 activity/rest (**sleep**) cycle in animals is only one set of circadian rhythms

---



the Circadian "Wake-sleep" Rhythm, to the cyclic rhythms of brainwave patterns, and 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: 18

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 Voyagers : the **sleeping** abductees I by Ashayana Deane p.cm. ISBN 1·

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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: 51

---

-  night, awake or **asleep**, hr a part of your brain ca!Jcd the reticular
  -  matter whether rou"rc **asleep** or mvakc, thinking about it or not, the RAS will
- 

Page: 54

---

-  the Circadian uwake-**sleep**" Rhythm, to the cyclic rhythms of brainwave patterns, and the
- 

Page: 76

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-  of a regular **sleep**-wake rhythm. The SC?\ receives information about illumination through the
  -  behaviors, thirst,(!] fatigue, **sleep**. and circadian cycles. Tan-Tri-Ahura Teachingsn•  
ShiftMasters,.. Course Series
- 

Page: 78

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-  regulating arousal and **sleep**-wake transitions. As its name implies, its most influential component
  -  as regulating the **sleep**-wake cycle and filtering incoming stimuli to discriminate irrelevant background
- 

Page: 79

---

-  the brain. 4. **Sleep** and consciousness - The reticular formation has projections to the
  -  like alertness and **sleep**. Injury to the reticular formation can result in irreversible coma.
  -  a person can **sleep** through loud traffic in a large city, but is awakened
- 

Page: 122

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-  Nod" (Wandering **Sleepers**) of the Tan-Na-kEi Inorganic "Titus-Mobius Reverse
- 

Page: 128

---

-  creates the "**Sleeping** Wanderers Land of Nod" ("East of Eden") Sic-Containment
- 

Page: 129

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-  Wave "falls **asleep** 1 , · . in the Land of Nod" magnetic
  -  Quantum of the **sleeping** M. Wave, until the "Titus Poinr is reached. At
-



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 :

---

Page: 6

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-  Delta {deep **sleep**/  
"subconidous" access) and Gamma {heishtened awareness·blss  
"super-
  -  to "fall **asleep** prior to journey end", but as TrHU"-ah Body Neuro
  -  If you fall **asleep**, you can "pick up where you left off" as
  -  just prior to **sleep**, or nap pine. A condensed "Wisdoms of the Ages
-

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

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Page: 12

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 women in their **sleep**"page 814 "succubus": "a devil supposed to assume

 men in their **sleep**".page 1651 In the MCEO FTs, these words are more

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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: 166

---

 Delta (deep **sleep**/"subconscious" access) and Gamma (heightened awareness-bliss""super-conscious"

 to "fall **asleep** prior to journey end", but as TrHU"-ah Body Neuro

 If you fall **asleep**, you can "pick up where you left off" as

 just prior to **sleep**, or napping. A condensed "Wisdoms of the Ages" LTR

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Page: 177

---

 encryption remains dormant, **sleeping** as a point of frozen silent sound, awaiting your return

 Song, which lies **sleeping**, awaiting the warmth of your attention .... to awaken and

---

Page: 184

---

 Remembrance. Prior to **Sleep** Option: If you are ending this Journey to the Eff-

 just prior to **sleep**, you may leave your Mini-ME TrhU"-ah Body stationed

 Enlightenment" as you **sleep**. When your physical body has reached its current frequency

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

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Page: 90

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-  goes to **sleep** it .first p.as~s oUI of 1t.s
  -  we go to **sleep** is because lhe genetic codes m our bodtes annot yet
  -  to go to **sleep** to handle the btgher frequencies. When we are drf"a min"
- 

Page: 155

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-  5 Illuminati (**Sleeper** Races) Humans and other hybrid races who sen'e
  -  The Illuminati hybrid **Sleeper** Races are the I:a•thl~· Rt"pnuntatins of
  -  Adantis. Dluminati hybrid **Sleepers** are but a minority within EM1h populations, but they are
  -  races, Ulu.minati **Sleept**:rs races have been subjected to literally thousands of years
  -  controllers among each **Sleeper** fraction are permined conscious knowledge of covert Fallen Angelic!ET
  -  historically control theU **Sleepers** to serve as their "t>xptndabl> pawns" upon "
  -  Divine ~ The **Sleepers** are incarnates form the Fallen AngelidET collecti\`es that
  -  from which illuminati **Sleepers** emerge. (Voyager D- Page 356)
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Page: 160

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-  Body Consciousness during **sleep**. The Instincrual Mind sets the organizational seq~nce of memory.
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Page: 225

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-  Atlantis. Ulumimti hybrid **Sleeper**"S ace but a minority within Earth populations, but they
  -  r.c6, Uluminati **Sleepers** races ha\`e been subJected to literally thousands of
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