

Search Results

Summary

Searched for : **attention**
In index(es) : **H:\KS_Scan_Library\MasterIndex.pdx**
Results : **80** document(s) with **731** instance(s)
Saved on : **7/8/2017 9:13:15 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 :


Page: 28




plant calcium; pay **attention** to mineral balances. Emphasize hydration and oxygenation of the body.

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: 49

 moments with your **attention** observing the double Symbol Halo around your head spinning faster


Page: 50

 you turn your **attention** to other things~ From this point on remember the God-


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 Shift breath. Place **attention** at the 2nd. Sacral- Chakra, visualizing the Symbol of a

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 3. With the **attention** at the navel, visualize the image of a Blue Pentagram.

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 11. With your **attention** at Earth's core, inhale slowly while imagining energy from

Page: 66

 23. Let your **attention** drift into the sensations generated by this exercise; become aware

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


Page: 58

 you're not paying **attention**. Then they'll do that; they can do it by triggering

Page: 62

 distracting stimuli. Bring **attention** to a Single Point of Focus and experience NO-Thing.


Page: 68

 you're not paying **attention**. Then they'll do that; they can do it by triggering


Page: 72

 distracting stimuli. Bring **attention** to a Single Point of Focus and experience NO-Thing.

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 Whole Being: Pay **attention** to the signals of your body, mind, emotions-Spirit-Inner-

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 Whole Being: Pay **attention** to the signals of your body, mind, emotions-Spirit-Inner-

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 :


Page: 8

 you focus your **attention** upon expands, what you resist persists and what you do


Page: 14

 our focus of **attention** and those of the projected thought forms. We perceive as


Page: 22

 focus of conscious **attention**. The MCEO Freedom Teachings® Series Presented by Adashi MCEO


Page: 28

 the focus of **attention** expands progressively upward/outward into the higher Dimensions of the

Page: 103

 come to conscious **attention** in the form of dream perception or intuitive impression, but


Page: 120


 MENTOR focus of **attention**, we can reach higher levels of cognition and understanding regarding

 can focus your **attention** in the Mentor Space and then direct the MENTOR across

Page: 121

 the focus of **attention** at the Navel. Take a few slow, full breaths; then

 Navel. Place your **attention** within the White Sphere and imagine that you can feel

 both focuses of **attention** simultaneously. Such play will help stimulate neurological sensitivities to translating

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 1. Focus your **attention** on the MENTOR Sphere over your Right Shoulder. Take a

Page: 123

 focus of your **attention** back and forth between usual focus and MENTOR. AWAKENING THE


Page: 136

 mind, then shift **attention** to the sound of your breath. Take several slow, deep

Page: 137

 focus of your **attention** to the spinning Silver Hierophant Sphere, rotating at Earth's core.

Page: 138

 you, place your **attention**, for a moment, at the 13th Chakra in Earth "

Page: 139

 5. Bring your **attention** to the center of your Maharic Shield, 12" below your


 Now, put your **attention** into your Maharic Shield, 12" below your feet, take a

 9. Move your **attention** to the Pale Silver ball you have created in your

Page: 148

 Earthly focus of **attention**. The Higher Identity Structure of the Hova Bodies and related

Page: 181

 3. Move your **attention** to the 4th Heart Chakra and imagine a small Green

Page: 190


 and focus your **attention** in a single point on the inside of your forehead.

 EXHALE run your **attention** outward through your 6th Chakra spiral, into the 6th Chakra

 Client. Move your **attention** into the center of your Client's brain, the Pineal Gland.

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 Place Point of **Attention** inside forehead and run attention out of 6th Chakra Spiral

 forehead and run **attention** out of 6th Chakra Spiral and into the 6th Chakra

 Gland. B. Run **attention** down Client's Central Vertical Current and into Earth's Core, then

 Maharic Shield. Expand **attention** out into Client's Maharic Shield. C. Visualize image of Kathara

 Step 4 run **attention** down your Central Vertical Current then back up to your

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 a) Run your **Attention** from your 6th Chakra to Client's 6th Chakra and Pineal

 (b) Run **Attention** down Client's Central Vertical Current to Earth's Core



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 frequency takes time, **attention** and practice, and requires that the facilitator works to




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-  5. Bring your **attention** to the center of your Maharic Shield, 12" below your feet.
-  Now, put your **attention** into your Maharic Shield, 12" below your feet. Take a
-



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-  Now, move your **attention** to the 4 th Heart Chakra, and imagine a small
-  1. Bring your **attention** back to the DORADIC SPHERE at the HEART CENTER ...
-



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-  Now, bring your **attention** to the 2ND CHAKRA (SACRAL) feel or
-  6. Focus your **attention** on this; try to feel the crystal pushing ... use
-  5. Bring your **attention** back to the SPHERE of GREEN-VIOLET-SILVER energy in
-


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-  Next, return your **attention** to the 12th Chakra, 6" below your feet... allow yourself
-  Again, return your **attention** to the 12th Chakra, 6" below your feet... and connect
-

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-  you, bring your **attention** to your first 4 Chakras ... the base, the sacral,
-  by moving your **attention** to the area of your 3rd EYE, and focus just
-

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-  8. Bring your **attention** to the 2nd Chakra now ... we're going to create
-

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-  3. Place your **attention** at the center of your brain, inside your pineal gland.
-

File : [1999-12_MillenniumRoundup_scan.pdf](#)
Title : Millennium Roundup - Handbook
Subject : The Voyagers Project Millennial Preparation Workshop
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

Page: 1

 to divert our **attentions** from the greater realities that are taking place around us;

Page: 5


 need to pay **attention**. If we can understand that in the ancient past our

Page: 9


 thus given little **attention** within the consensual reality picture. People of mainstream perspectives are

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 :


Page: 12


 program, focus your **attention** fully upon the audio experience and lessen all distracting thoughts

Page: 70

 manifestations. Once your **attention** has left the thought form and moved one dimension above


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 go once your **attention** has left them? Part of what appears to you as


 conscious focus of **attention** was stationed in a dimension below your present focus. Part

File : [1999 Voyagers1 Intro.pdf](#)
Title : Voyagers I (Intro Section) - Book
Subject : The Sleeping Abductees, Second Edition (Intro Section only, ruman numeral pages)
Author : Ashayana Deane
Keywords :

Page: 12


 have moved our **attentions** in other directions. In the recent past the theory of

Page: 48


 most of its **attentions** on attempting to seize the Inner Earth protected star gates

File : [1999_Voyagers1_scan.pdf](#)
Title : Voyagers I - Book
Subject : The Sleeping Abductees, Second Edition
Author : Ashayana Deane
Keywords :


Page: 2

 known? If more **attention** is paid to such questions, the phenomena themselves would lead

Page: 63

 participants were studied. **Attention** is paid to perceptual range of the human subject as


Page: 89

 you focus your **attention** on making this connection and develop the skill of quieting

Page: 105

 to you. Pay **attention** and you will begin to see the mounting evidence suggestive

Page: 124


 abduction to your **attention**, and because Visitor abduction is now at epidemic proportions among

Page: 141

 to expand its **attention** and by working with Keylontic Science. As the ego begins

Page: 145


 to direct your **attention** to a specific area of the body in which

 Next place your **attention** within the body and imagine that you are scanning its

 slowly sweep your **attention** upward through the body, becoming aware of the inner

 you focus your **attention** clearly and keep your mind still you will receive some

 and focus your **attention** on the target. 1. Holding the target in mind begin

 feet. Move your **attention** and the mist slowly up the legs, stopping over and

Page: 148


 before focusing your **attention** on any dream material that may be present. The Symbol

 then focus your **attention** on your breathing rhythm. 6. With each inhale imagine that

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 not worthy of **attention**. Or you may feel that dreams represent a frightening and


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 away from your **attention**. Focus on the rhythm of your breathing for a few

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 6. Focus your **attention** on this position on the body and begin to visualize

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 Continue to pay **attention** to your breathing and as you inhale imagine that you

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 EXHALE with your **attention** on the Hierophant positioned 12" below your feet and use

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 17. Return your **attention** to the Hierophant still positioned 12" below your feet. 18.


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 :


Page: 8


 that turn our **attention** away from looking for our eternal nature Even at the

Page: 12

 a focus of **attention**, usually we take you into your head, this time we're


 we move our **attention** out of our body spaces for a while, we can

 we focus our **attention** on that center of the ceiling in the middle of

 your focus of **attention** down on the bottom on the floor And this time


 your focus of **attention** in its little consciousness cell upward toward the ceiling, and


Page: 13

 to bring our **attention** back into our heads and we're going to hold in

 of white light **attention** as a projector, just like a movie projector would work

Page: 15

 by focusing our **attention** on our pineal gland and we're going to get into

 exercises. Focus your **attention** in the middle of your head, the pineal gland. And

Page: 16

 disappear. Focus your **attention** for a moment and breathe gently and slow. Focus your

 slow. Focus your **attention** within the red dot and in there imagine the image

 why. Move your **attention** into the center dot and let it become a color,

Page: 18

 to, put your **attention** there and imagine you can go into micro vision and

Page: 37

 focus of your **attention**. This has come through with the Oraphim as a core

Page: 39


 and focus the **attention** still in the second chakra, the Telluric Kingdom, the D-

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


Page: 13

 that turn our **attentions** away from LOOKING FOR our Eternal Nature. 2. The Genetic

Page: 19




 to get our **attention**, so that we begin to remember who we are and

Page: 20

 to get our **attention**. We can begin the process of consciously cooperating with our


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

Page: 7

 has caught the **attention** of the scientific communities in the US, China, Mexico, Russia
 associated with "**Attention** Deficit Disorder (ADD)", "Attention Deficit Hyperactive Disorder" (
 (ADD)", "**Attention** Deficit Hyperactive Disorder" (ADHD) and as some believe, with

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

Page: 21

 most of its **attention** on attempting to seize the Inner Earth protected star gates

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 EXHALE with your **attention** on the Hierophant positioned 12" below your feet and use

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 17. Return your **attention** to the Hierophant still positioned 12" below your feet. 18.

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 energy of your **attention** down the RIGHT ARM and through the RIGHT PALM into

 and focus your **attention** on sensing the differences between the various energy signatures carried


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 eyes, focusing your **attention** into a dark space on the inside of your forehead.


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 minutes, place your **attention** on the expanded Rishic Code Symbol that surrounds the target.

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 6. Focus your **attention** at the Pineal Gland and once more visualize the Greek

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 2. Focus your **attention** at Earth's Core (your 131h Chakra) as a small

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 distracting stimuli. Bring **attention** to a Single Point of Focus and experience NO-Thing.


 Whole Being: Pay **attention** to the signals of your body, mind, emotions-Spirit-Inner-

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 :

Page: 17


 is focusing their **attention** on, in fact, that's the least powerful of them all.

Page: 25


 people start paying **attention** and become interested in assisting. But for now, we have

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

Page: 13

 diverting the Sadducees **attentions** from the nearby home of Joehius, Immanuel, hidden in the

Page: 14

 the Sadducee"s immediate **attentions** away from the House of Joehius, leaving time for baby

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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 EXHALE, with your **attention** on the Hierophant, positioned 12" below your feet and use

Page: 11

 17. Return your **attention** to the Hierophant, still positioned 12" below your feet. 18.

Page: 13

 5. Bring your **attention** to the center of your Maharic Shield 12" below your

 Now, put your **attention** into your Maharic Shield 12" below your feet, take


 9. Move your **attention** to the Pale Silver ball you have created in your


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 Now, move your **attention** to the 4th Heart Chakra, and imagine a small Green

 1. Bring your **attention** back to the DORADIC SPHERE at the HEART CENTER ...


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 Now, bring your **attention** to the 2nd CHAKRA (SACRAL) feel or visualize

 6. Focus your **attention** on this, try to feel the crystal pushing ... use

 5. Bring your **attention** back to the SPHERE of GREEN-VIOLET-SILVER energy in


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 Next, return your **attention** to the 12th Chakra, 6" below your feet ... allow


 Again, return your **attention** to the 12th Chakra, 6" below your feet... and connect

Page: 29

 you, bring your **attention** to your first 4 Chakras ... the base, the sacral,

 by moving your **attention** to the area of your 3rd EYE, and focus just

Page: 30

 8. Bring your **attention** to the 2nd Chakra now ... we're going to

Page: 31



1. Place your **attention** at the center of your brain, inside your pineal gland.

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energy of your **attention** down the RIGHT ARM and through the RIGHT PALM into



and focus your **attention** on sensing the differences between the various energy signatures carried

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eyes, focusing your **attention** into a dark space on the inside of your forehead.

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hearing and pay **attention** to "sudden thoughts, words or ideas" that "pop

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work, pay especial **attention** to keeping your Field Integrity high, and don't glibly assume

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6. Focus your **attention** at the Pineal Gland and once more visualize the Gold


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2. Focus your **attention** at Earth's Core (your 13th Chakra) as a small

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

Page: 9

 most of its **attentions** on attempting to seize the Inner Earth protected star gates


Page: 11


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

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 Anunnaki focused their **attentions** upon the haNest of the less-pure, whitish-yellow-gray

Page: 194

 ADDADHD Campaigns" (**Attention** Deficit Disorder-Attention Deficit-Hyperactive-Disorder"). In this campaign, a


 Attention Deficit Disorder-**Attention** Deficit-Hyperactive-Disorder"). In this campaign, a false set of

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 their energies and **attention**. They are more acutely sensitive, on biological, emotional, mental and





 their focus of **attention** to the desired application, applied simultaneously with gentle, loving, direct

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 26AD to divert **attention** away from Jeshewua-9"s exile. • The teachings of

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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-  5. Bring your **attention** to the center of your Personal Maharic Shield. INHALE, using
 -  Now bring your **attention** back to your personal Maharic Shield, 12" below your feet.
 -  Now bring your **attention** to the 4" cord of Pale Silver Maharic frequency running
 -  9. Move your **attention** now to the Pale Silver ball within the 4th Chakra.
-



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-  Now, move your **attention** to the 4th Heart Chakra, and imagine a small Green
 -  1. Bring your **attention** back to the DORADIC SPHERE at the HEART CENTER ...
-



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-  Now, bring your **attention** to the 2nd CHAKRA (SACRAL) feel or visualize
 -  6. Focus your **attention** on this, try to feel the crystal pushing ... use
 -  5. Bring your **attention** back to .the SPHERE of GREENNIOLET-SILVER energy in
-


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-  Next, return your **attention** to the 12th Chakra, 6" below your feet ... allow
 -  Again, return your **attention** to the 12th Chakra, 6" below your feet ... and
-

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-  you, bring your **attention** to your first 4 Chakras ... the base, the sacral,
 -  by moving your **attention** to the area of your 3rd EYE, and focus just
-

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-  8. Bring your **attention** to the 2nd Chakra now ... we're going to create
-


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-  3. Place your **attention** at the center of your brain, inside your pineal gland.
-


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-  we turn our **attentions** toward development of "Divine Hearing" through which we can
-

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 first individuation of **attention**- a Still point creation-point. Next the original thought vibration


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 points of conscious **attention** expressed as 12 fixed or "standing" points of vibration.


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 of God Force **Attention**: The "Stii""Point" I Zero Point (contains the

Page: 122

 you focus your **attention** upon expands, what you resist persists and what you do

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 most of its **attentions** on attempting to seize the Inner Earth protected star gates

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 has withdrawn direct **attention**. Includes "Interactive E-Mail", in which the "sender"

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 4. Bring your **attention** to the center of your Maharic Shield 12" below your


 Now, move your **attention** to your Maharic Shield 12" below your feet, take a

 to send your **attention** downward to Chakra-13 at Earth's Core. INHALE, using the

 8. Move your **attention** to the Pale Silver Maharic Sphere you have created in

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 of your mental **attention** in the small circular room at the top of the


 of your mental **attention** to this area of .your body and imagine that

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 Now, move your **attention** down to the point below the navel where the Celestite


 while focusing mental **attention** on the Celestite Crystal in the E-Umbi. EXHALE SLOWLY,

 simply shift its **attention** into the Etheric Body and "Step outside of" the

 how far your **attention** can follow the Etheric Body before you lose track of

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 the mental body **attention** on the E-Umbi point just below the navel. Imagine

 2. With your **attention** focused in the Celestite Crystal at the E-Umbi, give



 DEEPLY with your **attention** focused on the Celestite Crystal then EXHALE forcefully into the

 4. Bring your **attention** to the pale-silver Spark at the Pineal Gland of



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-  5. Focus your **attention** on the small Eiros Flame at the Etheric Body E-
 -  body. 6. With **attention** focused on the Eiros Flame at Chakra 13, INHALE DEEPLY
 -  Chakra. Focus your **attention** on the INSIDE of the Eiros Flame, then EXHALE forcefully,
 -  7. Direct your **attention** back to the ETHERIC Body positioned to the RIGHT of
-


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-  Move your mental **attention** to a point of focus at the top of the
 -  Thymus Gland. With **attention** focused in the Azur-A, imagine that a deep-Azure-
-

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-  your being. Pay **attention** to how your BODY feels, and SEEK OUT areas of
 -  resistance, focus your **attention** directly upon it, and mentally RESTATE your DIVINE CONVICTION as
-



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-  Body occupies its **attention** with the imaginative play often referred to as "Day
-


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-  focus of your **attention** to the E-Umbi point just below the Chakra-2
-



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-  Place your mental **attention** on the Dark Sun Implant, hold a clear mental intention
 -  With your mental **attention** on the Spiraling Vortex at Chakra-2, place your LEFT
-

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-  Before disengaging your **attention**, issue your own telepathic "Thank You" to your own
-



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-  Focus your mental **attention** at the E-Umbi point just below the Navel and
 -  4. Return your **attention** to the physical/Etheric E-Umbi point. INHALE Maharic Current
-





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-  withdraw your mental **attention** from the Shadow Body world, know that the Silver Sanctum
-






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-  of your mental **attention** in the small, dimly lit circular room in the brain
 -  of your mental **attention** to this area of your body, and imagine that your
-



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-  10. Focus your **attention** on the Azur-A, where the Azurite Crystal entered the
-  while focusing mental **attention** on the Azurite Crystal in the Azur-A. EXHALE SLOWLY,
-  the mental body **attention** on the Azur-A Point in the physical body. Imagine
-  13. With your **attention** focused in the Amoraea Egg, at the Azur-A, give
-


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-  15. Bring your **attention** to the pale-silver Spark, at the Pineal Gland, of
-  16. Focus your **attention** on the small Amoraea ManU Flame, at the Etheric Soul
-  body. 17. With **attention** focused on the Amoraea Flame at Chakra-13, prepare to
-  while focusing your **attention** on the INSIDE of the Amoraea Flame at the Azur
-  20. Direct your **attention** back to the ETHERIC SOUL Body, positioned to the RIGHT
-



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-  Now, return your **attention** to the Azur-A Point at the base of the
-  and bring your **attention** into the Pineal gland at the center of the brain.
-


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-  focusing your mental **attention** in the "Throne of Power" Azur-A Point at
-


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-  focus your mental **attention** upon the inside of your forehead, at the 6th "
-  while focusing mental **attention** directly into the Spark at the Azur-A. Use a
-



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-  turn your mental **attention** away from any emotional response you may be experiencing, and
-

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-  move your mental **attention** toward the left side of your auric field to establish
-

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-  Move your mental **attention** to a point of focus at the top of the
-  Thymus Gland. With **attention** focused in the Azur-A, imagine that a deep-Azure-
-

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


Page: 75

 conscious focus of **attention**, was divided into two areas that did not consciously associate

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 without drawing the **attention** of the Serres priesthood, and also permitted easy access through


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 and devoted his **attention** to ensuring the position of his son as the next

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 and saved their **attentions** for Annu-Melchizedeks and Hebrew peoples to whom they had

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 orchestrated to divert **attention** away from Jeshewua-9, his family and his lineage. The

 assistance in diverting **attention** from Jeshewua-9, the body of Arihabi was restored to


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 wise to pay **attention** to the amount of frequencies contained within the physical DNA,

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 then turned their **attention** toward reconstruction of the Frequency Fence and stopping the grid

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 its focus of **attention**. These represent thought-forms of past identity aspects, presently focused

 focus of conscious **attention** will be left as imprints of energetic substance within the



 the focus of **attention** has moved beyond those thoughts and on to the next,

 moment focus of **attention** moves forward into the next set of frequency bands. The


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 go once your **attention** has left them? Part of what appears to you as




4 station of **attention**, represents your thought-forms, and those of the collective masses,
 conscious focus of **attention** was stationed in the dimension below your present focus. Part
 whose focus of **attention** is stationed in space-time coordinates ahead of those in



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 present focus of **attention** to create new thoughts and redesign those that are undesirable,


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 present focus of **attention** can alter and direct events in both past and future,


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 through which public **attention** is purposely and covertly directed away from the issues of
 to divert public **attention** away from the real issues taking place. The Zetas are


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 to distract public **attention** from this issue so as to retain control of the


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 vulnerable position. Pay **attention** to your skies and if you find waves of mass


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 paying very close **attention** to what they have to say. They have earned my

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 turned their full **attentions** toward Earth, revelation of the Treaty of Altair data sent


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 focus of world **attention**, many previously important questions may fall away from mass attention.


 away from mass **attention**. In some cases such environmentally forced redirection of our mental

 malnutrition of mass **attention** is the highly complex issue of "UFO investigation." The

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 ever came." Our **attentions** were focused upon securing Earth's Templar from further Fallen Angelic/

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 To distract human **attention** fully into the external world and into disempowering dependence upon

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having Human government **attentions** scrutinize Hawaiian territories. The Necromiton Fallen Angelics would be left

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start paying active **attention** to this greater reality if we hope to pass through

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time to pay **attention**, folks! It is no coincidence that four months after release

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

Page: 25

 which power, resources, **attention**, validation etc. can be drained from others. When "victims

Page: 50


 Rowtds", return your **attention** to the grapefruit-sized Loaded Maharic Sphere at the E-


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

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 might guide your **attentions** to a related phenomenon that is a bit more tangibly


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 which your time, **attention** and passion are needlessly exhausted. You do not need to

 and misdirect your **attentions** into fruitless trivialities. One cannot sap your energies unless you




Page: 26

 overly-indulged children. **Attention** and answers from your own personal Inner Christos, from God-

 the fact that **attention** and answers are gifts, not entitlements you have right to

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

Page: 14

-  period. Just pay **attention**. I'm getting this from Ma" a. Just pay attention if
 -  a. Just pay **attention** if you find any odd little things that might be
 -  distortions. Just pay **attention** to weirdness, is what Ma"a is saying. Make a note
-




Page: 16

-  while focusing your **attention** on a large ball of Heliotalic energy located way out
-


Page: 21

-  people who paid **attention** to the work of the GA, we would not have
-



Page: 65

-  breaths with mental **attention** focused upon the egg-sized Heliotalic Egg at the Le-
 -  while keeping mental **attention** on the Heliotalic Egg at the Optic Chasm. Imagine that
 -  Turn your mental **attention** to the Pineal-Le-Teu-A at the center of the
-


Page: 78

-  we don't pay **attention** - we should watch The news. Watch it and make
-

Page: 99

-  AzurA. Move your **attention** to The center of The AzurA and imagine that within
 -  Navel. Place your **attention** next upon The center point of your Maharic Shield, 12
-



Page: 101

-  while focusing your **attention** upon The spherical Golden-Silver-ONE capsule surrounding The Azurite
-

Page: 102

-  AzurA, shift your **attention** to Kathara Center-9, then EXHALE forcefully, using The Exhale
-

Page: 103

-  and shift your **attention** back to The Sirian Implant Nodule Control Node in Kathara
-  14. With your **attention** on The Sirian Nodule Implant Control Node in Kathara Center



and return your **attention** to Kathara Center-3 on The lower right side of

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

Page: 61




while focussing your **attention** on a large ball of Heliotalic energy located way out

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

Page: 39


 while focussing your **attention** on a large ball of Heliotalic energy located way out

Page: 41

 while focussing your **attention** on a large ball of Heliotalic"energy located beneath your feet

Page: 43

 while focussing your **attention** on 2 large balls of Heliotalic energy located way out


 . Bring your **attention** to the Heliotalic balls stationed above and below you, beyond

Page: 45

 while focussing your **attention** on 21 large balls of Heliotalic energy located way out in



 Focus direct visual **attention** on Mah'adra'Adhrana (Master Key Code

 Now, move your **attention** to the Mahadra Point at the centre of Earth Core.

 13. Bring your **attention** back to the M-A Sphere at the Heart Centre;

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

Page: 2


-  Simply move your **attention** through the codes as you feel inclined . 4. Gently
 -  then return your **attention** to the Rajhna centre and see if there is another
-

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

Page: 16

 points of conscious **attention** expressed as 12 fixed or "standing"

Page: 237

 creation power, consciousness, **attention** and action that serve to uphold, respect maintain and nurture

Page: 279

 mind, then shift **attention** to the sound of your breath. Take several slow, deep

Page: 280

 focus of your **attention** to the spinning Silver Hierophant Sphere rotating at Earth's

Page: 281

 you, place your **attention** for a moment at the 13th Chakra in Earth's core

Page: 286

 4. Bring your **attention** to the center of your Maharic Shield 12" below your


Page: 287

 Now, move your **attention** to your Maharic Shield 12" below your feet, take a

 to send your **attention** downward to chakra-13 at Earth's Core. INHALE, using the

 8. Move your **attention** to the Pale Silver Maharic Sphere you have created in

Page: 288

 of your mental **attention** in the small circular room at the top of the


 of your mental **attention** to this area of your body and imagine that your

Page: 290






 Now, move your **attention** down to the point below the navel where the Celestite

 while focusing mental **attention** on the Celestite Crystal in the E-Umbi. EXHALE SLOWLY,




 simply shift its **attention** into the Etheric Body and "Step outside of" the

 how far your **attention** can follow the Etheric Body before you lose track of



Page: 291

-  the mental body **attention** on the E-Umbi point just below the navel. Imagine
 -  2. With your **attention** focused in the Celestite Crystal at the E-Umbi, give
 -  DEEPLY with your **attention** focused on the Celestite Crystal then EXHALE · forcefully into
 -  4. Bring your **attention** to the pale-silver Spark at the Pineal Gland of
 -  5. Focus your **attention** on the small Eiros Flame at the Etheric Body E-
-



Page: 292

-  6. . With **attention** focused on the Eiros Flame at Chakra-13, INHALE DEEPLY
 -  Chakra. Focus your **attention** on the INSIDE of the Eiros Flame, then EXHALE forcefully,
 -  7. Direct your **attention** back to the ETHERIC Body positioned to the RIGHT of
-



Page: 293

-  Move your mental **attention** to a point of focus at the top of the
 -  Thymus Gland. With **attention** focused in the Azur-A, imagine that a deep-Azure-
-





Page: 294

-  your being. Pay **attention** to how your BODY feels, and SEEK OUT areas of
 -  resistance, focus your **attention** directly upon it, and mentally RESTATE your DIVINE CONVICTION as
-






Page: 295

-  of your mental **attention** in the small, dimly lit circular room in the brain
 -  of your mental **attention** to this area of your body, and imagine that your
-



Page: 297

-  10. Focus your **attention** on the Azur-A, where the Azurite Crystal entered the
 -  while focusing mental **attention** on" the Azurite Crystal in the Azur-A. EXHALE SLOWLY,
 -  the mental body **attention** on the Azur-A point in the physical body. Imagine
 -  13. With your **attention** focused in the Amaraea Egg, at the Azur-A, give
-

Page: 298

-  15. Bring your **attention** to the pale-silver Spark, at the Pineal Gland, of
-  16. Focus your **attention** on the small Amaraea ManU Flame, at the Etheric Soul
-  body. 17. With **attention** focused on the Amaraea Flame at Chakra-13, prepare to
-  while focusing your **attention** on the INSIDE of the Amaraea Flame at the Azur-
-  20. Direct your **attention** back to the ETHERIC SOUL Body, positioned to the RIGHT


Page: 301

-  Now, return your **attention** to the Azur-A Point at the base of the
 -  and bring your **attention** into the Pineal gland at the center of the brain.
-



Page: 303

-  while focussing your **attention** on a large ball of Heliotalic energy located way out
-




Page: 305

-  while focussing your **attention** on a large ball of Heliotalic energy located beneath your
-



Page: 307

-  while focussing your **attention** on 2 large balls of Heliotalic energy located way out in
 -  Breaths Bring your **attention** to the Heliotalic balls stationed above and below you, beyond
-


Page: 314

-  and return your **attention** to your self within the Eiros Flame Silver Sanctum in the
 -  AzurA, paying particular **attention** to the vertical axis way way up, above your head,
 -  ... Bring your **attention** back to the ball-crystal and the 24 petal Lotum
-

Page: 315

-  Core. With your **attention** fixed on the Lotum Seed ball crystal at the centre
 -  slowly return your **attention** to the room, and gently open your eyes Copyright
-

Page: 328

-  centre, bring your **attention** back to the Lee TOR-A Flame within the Le-
-

Page: 329


-  focussing your mental **attention** within the "mini-self" inside of the le-AdOR-
-

File : [2004-08_RevelationsOfRaK4_scan.pdf](#)
Title : K4 The Pillar of Power - Handbook
Subject : Kathara Level 4 - Loga's, Four Spheres of Ra, Nadradon Etheric-Atomic
Duct Complex (from Revelations of Ra WS)
Author : MECO Freedom Teachings - Ashayana Deane
Keywords :

Page: 11

 14 15. Focus **attention** on the Emerald Crystal at the centre of the 48-

Page: 18



 1 and shift **attention** to the 0-3 Ethos Rod stationed at the feet

Page: 21

 Now, shift your **attention** to the Nadra Key Feet Point, and Inhale deeply from

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



Page: 120

 of the Exhale, **attention** at Earth Core, observe that the Khem-Code Sphere is
 the bottom with **attention** focussed on the Khem-Code Sphere at the Mahadra. 6

Page: 121

 9 Focus mental **attention** on the centre of the "Egg Yoke" and give

Page: 124

 Inhale with mental **attention** focussed on the AzurA. Remember to draw the Density Lotus
 focus your mental **attention** on the interaction of energy that takes place between the

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




Page: 14

 , PAY **ATTENTION** TO THE ROAD, and take hold of the wheel" to

Page: 29

 of their immediate **attentions** upon wielding the "long arm of revenge" against all

Page: 63

 With your mental **attention** focused upon the Miniature Ad-Don-Dra Flame Replica in
 keeping your mental **attention** upon the Triveca Formation Lotus Phase-Bud Cell within the
 Focus your mental **attention** now upon your natural Lotus Breath breathing rhythm, while keeping

File : [2005-03_IntroKathara4_scan.pdf](#)
Title : Elements of Kathara 4 - Handbook
Subject : Installment 1 - the Eiradon Awakening, the Voyager Trinity Time Wave, Ra-Sha-LA Restoration, the Ah-Seu-Ra-Shan State and the Hon"a-til-E-a Run
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

Page: 2

 14 15. Focus **attention** on the Emerald Crystal at the centre of the

Page: 8


 1 and shift **attention** to the 0-3 El/ws Rod stationed at the

Page: 12

 Now, shift your **attention** to the Nadra Key Feet Point, and Inhale deeply from

Page: 18


 of the Exhale, **attention** at Earth Core, observe that the 1\hem-Code Sphere

 the bottom with **attention** focussed on the Khem-Code Sphere at the Mahadra. 6

Page: 19

 9 Focus mental **attention** on the centre of the "Egg Yoke" and give

Page: 23


 Inhale with mental **attention** focussed on the AzurA. Remember to draw the Density Lotus

 focus your mental **attention** on the interaction of energy that takes place between the

Page: 40

 With your mental **attention** focused upon the Miniature Ad-Don-Ora Flame Replica in


 keeping your mental **attention** upon the Triveca Formation Lotus Phase-Bud Cell within the

 Focus your mental **attention** now upon your natural Lotus Breath breathing rhythm, while keeping


Page: 46

 moment with your **attention** on the Zendra "Sphere Pair", then draw a focussed,


Page: 47


 and turn your **attention** to the 2 Pale Yellow Nadra Cells and notice that


Page: 48


 breathing focus your **attention** upon the region of the AzurA and Lungs. Now call

Page: 54


 conscious focus of **attention** ... So, before you "give birth" take a moment

 positive focus pay **attention** to any "resistance", any "heavy", "agitated", "


 Immediately withdraw your **attention** from the area and, using your own words ... "


 immediately withdraw your **attention** from the Eiron Cord and the task of "miasmic

Page: 55


 Next, turn your **attention** back to the birthing of your "mini-me Inner


 Breath with your **attention** focused upon the Ra-Sh a-LA- self within the

 to keep your **attention** focused on your Ra-Sha-LA- self in the Core-


 10 Keeping your **attention** on your Ra-Sh a-LA-self and its now


Page: 56

 ... Immediately withdraw your **attention** from the Ra-Sha-LA-self Thought-Form- and- know you


 you disengage your **attention** .. , Please take a short break now ... and

Page: 57

 briefly with your **attention** focused on the Ra-Sha-LA-self within the Core-

 move your conscious **attention** to the centre of the Core-Cave at the AzurA


Page: 58

 while focussing your **attention** on the 2 Ad-Don-dra 360 Sparks in the


Page: 67

 your breath and **attention** from your AzurA Core-Cave and into the Eckasha Entry

Page: 68


 your eyes and **attention** upward to the next point in the journey; and, on

 your eyes or **attention** until the next Inhale and ascent naturally resumes. So, Inhale

 movement on your **attention** as your consciousness passes through the small Eckasha Entry point

 moving eyes and **attention** upward to Point "C", the Quanta-Rhu -A

Page: 70

 you return your **attention** to your physical body ... leaving your Ra-Sh a-

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


Page: 14

 to get the **attention** of the ManU, the ElrA, and ManA· the parts

 to get the **attention** of the consciousness fields • to get the attention of

 to get the **attention** of the parts of you that are statloned In the

Page: 17

 If you pay **attention** to your posture. The Idea Is to be able to

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

Page: 20



x mentally with **attention** focussed on what you wish to send Ashalum pulse toward,

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

Page: 3



you don't pay **attention** to how you say things or those kind of things.

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: 23




to get the **attention** of the pa1ts of you stationed in the ManU, EirA,


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: 17

 it, so the **attention** would be drawn there, so you didn't see or pay






 see or pay **attention** to other similar things they are doing. I'm getting tapped

Page: 22

 that caught your **attention** in the first place, all of a sudden there's a

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



Page: 1

-  focus your mental **attention** loosely upon a point between your eyebrows, resting your attention
 -  eyebrows, resting your **attention** lightly upon the outer surface of the skin. Hold mental
 -  skin. Hold mental **attention** on this point in a relaxed, easy, inner focus and
 -  eyes closed, with **attention** focused loosely upon the point between your eyebrows, imagine now
 -  focus of mental **attention** from observing the OUTSIDE of the 1_h-inch-silver-
-



Page: 2

-  the EXHALE, mental **attention** upon the interior of the silversphere. 2
-

Page: 3

-  STEP 13: With **attention** still applied in a "2-way mental focus", (
 -  , with mental **attention** loosely focused primarily within the Inner white-light-sphere of
-



Page: 4

-  focus of mental **attention** from its position within the Inner white-light-sphere of
 -  loose" focus of **attention**; the image may take a few moments to come into
-

Page: 5


-  Seed. Move your **attention** to observe inside of the Ta-ur-enic Capsule "
-

Page: 8


-  Focus your mental **attention** on your Viewing Screen and locate the inner-most central
 -  Hold relaxed mental **attention** upon this image for a moment, then open your eyes
-


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

Page: 14


 we're turning our **attention** to the history, and to the stuff we might not

Page: 19

 will focus your **attention** on. This is part of what we learn as we

 try to pay **attention** to what your consciousness is doing. If it were a

Page: 27


 important to pay **attention** to your mind, because you are going to amplify your

Page: 29


 that turn our **attention** away from LOOKING FOR our Eternal Nature, thereby limiting our

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

Page: 56

 important to pay **attention** to our thoughts? • Our thoughts, our ideas, our perceptions,

Page: 69

 specific points of **attention** expressed as 12 standing points of vibration. The ManA Kathara Grid

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


Page: 25

 focus of your **attention**. This has come through with the Oraphim as a core

Page: 29

 frequency takes time, **attention** and practice, and requires that the facilitator work to heal

Page: 37

 like Christiac fashion. **Attention** and answers from your own personal Inner Christos, from God-

 the fact that **attention** and answers are gifts, not entitlements you have right to

Page: 40


 conscious focus of **attention**, was divided into two areas that did not consciously associate

Page: 53

 distracting stimuli. Bring **attention** to a Single Point of Focus and experience NO-Thing.

 Whole Being: Pay **attention** to the signals of your body, mind and emotions, Spirit-

Page: 56

 need to solicit **attentions**, resources, power, approval or love from others, as personal validation,

Page: 68

 you focus your **attention** upon expands, what you resist persists and what you do

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

Page: 147



point. Move your **attention** out through your body a little bit from the AzurA.

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: 6



which held the **attention** of many of us with its powerful frequency. Each group

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

Page: 5


 Source brings Its **attention** to a point of focus and in doing so creates

Page: 6

 of 3-point **attention**. We are constantly expanding in and out of God so

 points of God **attention**. The names are as close as you can get translated

Page: 9

 into primal force **attention** using the Trinity Pattern Base-12 Divine Blueprint, and progressively

Page: 15

 bring focus of **attention** to a more concrete expression of the Original Idea, the

Page: 21

 this focus of **attention** field. There is a mathematical program that sets the mathematical


Page: 45


 Unit of GodForce **Attention**; The "Stiii-Point"/Zero-Point (Contains the Imbedded

Page: 47


 Its focus of **attention** to 12 specific points of consciousness, and these create the

Page: 48

 first individuation of **attention**--a Still point creation-point. Next the original thought vibration

 points of conscious **attention** expressed as 12 fixed or "standing" points of vibration.

Page: 52

 points of conscious **attention** expressed as 12 fixed or standing points of vibration. The

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


Page: 17




gelling, where the **attention** gelled, certain things occurred that formed around the encryption of


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

Page: 41


 want to pay **attention**, or not. So, people out there that would rather go

Page: 56


 your energy of **attention** on it, it's the same way. You don't have to

 of its own **attention** into a part of its own self that the 1st

Page: 114

 gelling, where the **attention** gelled and certain things occurred that formed around the encryption

Page: 115




 where the 1st **attention** and focus is placed in the consciousness field of Source.

Page: 314

 we turn our **attention** to the lighter page, the up-and-down one, this

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: 14

 the issue much **attention**. Regardless of the reason for humanity's present inattention, the "
 for humanity's present **inattention**, the "slow change" progresses, and before too long the
 will demand our **attention**-and we will be globally faced with not only challenges


Page: 15

 arrogant to pay **attention**" Explained simply, the Path of the Ohani is the Mashayanic

Page: 42

 been engaging our **attention** a little bit for the last few days. It is

Page: 90

 as far as **attention** drawn to you, and those kind of things in this


Page: 99

 risk of drawing **attention** to oneself in a political or some other kind of way


Page: 101

 you to pay **attention** and recognize the seriousness and significance of what it is


Page: 102

 commitment & the **attention** to doing a job well. I'm sorry to go there

Page: 107

 to draw your **attention** to those. I didn't do the whole thing or you


Page: 124

 will bring our **attention** to the relationship with the Eternal Fire Elementals representing Radiation.


Page: 142


 just bring your **attention** to your breathing speed just for a moment please. And

Page: 175


 it's really paying **attention** and you can very easily bring it out of hibernation.

Page: 214


 TUM- Na Pay **attention** to your arcs. Breathe arc pillar and continue to breathe

 me pay no **attention** to it and just breath that and go on with

Page: 221

 will bring our **attention** to the relationship with the Eternal Fire Elementals representing Radiation.


Page: 283

 just bring your **attention** to your breathing, momentarily. Originally, these were offered as an


Page: 295

 to bring our **attention** back to this map. This is a map oLand Eckasha-


Page: 332

 know, everybody's paying **attention** here, they're not particularly watching for anything like that and

Page: 362

 you time and **attention**. So, out of respect for the fact that they are,

Page: 371

 going to draw **attention**. At that point there's so many people you will need

Page: 380

 to take your **attention** away from the physical body and put it in the


Page: 381

 to put our **attentions** back into the RaSh aLAe body and, you know, just


Page: 421

 way with your **attention** on the Arcs movement Just for a little while inhale

Page: 422

 Just bring your **attention** back and we'll complete the Ka-Sha Key, you've already

Page: 425

 come to our **attention**. Some are formal when a line opens before a class


Page: 480

 just pay proper **attention** to the structural integrity as well as you're able. Ah,

Page: 530

 be focusing your **attention** on your experiences and your relationships with who you are


Page: 531

 to focus our **attention** at the moment in the room that we are in,

 can focus your **attention** on your personal journey And what we are going to

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

Page: 44

 should really pay **attention** to, because it answers the questions they can't They don't


Page: 100

 I will pay **attention** to that later on about the changes but we will


Page: 106


 to take our **attention** to the Ring Tones and Span Tones. From the top

Page: 159


 you turn your **attention** to Spirit fully. Step back from the manifest illusions, and

Page: 176

 to draw our **attention** to Or who is coming down the tube ... Oh!

 and OK, pay **attention** to this, now back to that, right? I usually put

Page: 189

 start paying more **attention** to those things. They are letting us know that that


Page: 312

 these things needed **attention** paid to them, because if there wasn't an intervention done

Page: 315

 and draw any **attention** to the fact that we're an hour overtime already in

Page: 365

 of mental conscious **attention**. So we see the D-2 Telluric field as solid.

Page: 380

 to focus its **attention** in a specific direction within its own Consciousness Field. It's

 of God-Source's **attention** was like a beam that created a warming in the

 and withdrawing the **attention** those Vapours began to gel and solidify. So there is


Page: 431

 simply focusing the **attention** at the AzurA point When you inhale, think (inhale)


Page: 433

 to focus your **attention** in the Rasha body area, for in and around the


Page: 437

 we turn our **attentions** back to the Eiradonis body, we wi II notice now


Page: 460

 Now bring your **attention** momentarily to the arcs up start breathing. Just take 3

Page: 489


 I bring your **attention** to item or Sun number 8 on the right side

Page: 501


 to bring your **attention** to this, one, because it's a code and two- just

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


Page: 3

 and fallen angelic **attention** is because of its place. And we learned this in


Page: 47

 Now bring your **attention** to your 3rd Eye at the forehead and in the


Page: 50

 breath. Put our **attention** with the inhale (strong inhale) up in the Eiradonis

Page: 224

 the issue much **attention**. Regardless of the reason for humanity's present inattention, the "

 for humanity's present **inattention**, the "slow change" progresses, and before too long the

 will demand our **attention**, and we will be globally faced with not only challenges

Page: 225


 arrogant to pay **attention** " Explained simply, the "Path of the Dhani," D-h-

Page: 264


 then put your **attention** for a moment at your AzurA. And from the center

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

Page: 13

 will get your **attention** and manifest here as light beings), you are seeing part


Page: 27

 you're not paying **attention**. Then they'll do that; they can by triggering certain things,

Page: 39


 4 Move your **attention** to the 4th Heart Chakra and imagine a small Green


Page: 41

 Now, move your **attention** to the 4th Heart Chakra, and imagine a small Green

 1. Bring your **attention** back to the DORADIC SPHERE at the HEART CENTER. 27


Page: 42

 Now, bring your **attention** to the 2nd CHAKRA (SACRAL) feel or


 7. Focus your **attention** on this; try to feel the crystal pushing use

 5. Bring your **attention** back to the SPHERE of GREEN-VIOLET-SILVER energy in


Page: 43

 Next, return your **attention** to the 12th Chakra, 6" below your feet ... allow


Page: 44

 Again, return your **attention** to the 12th Chakra, 6" below your feet ... and

 you, bring your **attention** to your first four Chakras: the base, the sacral, the

 by moving your **attention** to the area of your 3rd EYE, and focus just

Page: 45

 8. Bring your **attention** to the 2nd Chakra now ... we're going to create

Page: 46

 2. Place your **attention** at the center of your brain, inside your pineal gland.

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: 86



some of your **attention** on journeying, and literally learning to get yourself out, your

File : [2008-08_Sliders1_scan.pdf](#)
Title : Sliders 1 - Supplement
Subject : Emerging from Darkness, Preparing the Mind for Slide Introductory Atmic
Body Training
Author : MCEO Freedom Teachings
Keywords :

Page: 11




then turn your **attention** toward the "Window Area" upward and behind your physical

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: 17

 then turn your **attention** toward the "Window Area" upward and behind your physical

Page: 22

 INHALE, focusing your **attention** upon the top point of your 3-dimensional Pentagonal Grail

Page: 23


 19. Bring your **attention** to the AzurA "Water Seed", INHALE into the "


Page: 27

 and focus your **attention** on the "top-point" apex of the activated Pentagonal

Page: 29


 by focusing your **attention** on a point inside your forehead, "behind" the "


 of the energy/**attention** you have focused on this inner-forehead-point, * BY

 the body, with **attention** focused upon a "spot" located "just above the

 to draw your **attention** upward from the "Kara-nA"dis Seal spot", and back


 anchor focus of **attention**" within the AzurA "Water Seed", while "keeping in

 focus of your **attention** into the "Water Seed", to begin the "Journey

 and with your **attention** focused within the AzurA "Water Seed", imagine/intend that


Page: 30


 focus your conscious **attention** fully into the minute "Pineal Gland of your Mini-

 breathing, and focus **attention** upon the "Vision that your Mini-Me Eyes see",

 focus your mental **attention** on the "Visual Imagery" of the "Descending Crystal




Page: 32

 focus of your **attention** with your "Mini-Me" in front of the Kara-



 small portion of **attention** back to your Physical Body, and physically "MIRROR the

 hand, return your **attention** to the primary "Micro-focus" within your Mini-Me,



Page: 33

-  while keeping primary **attention** focused within your Mini-me, bring a small portion of
 -  small portion of **attention** back to your Physical Body and observe as the "
 -  , return your **attention** to the primary "Micro-focus" within your Mini-Me,
-

Page: 35

-  Returning your full **attention** to your Mini-Me Body, bring the exuberant action of
 -  first focus your **attention** as fully as possible within your Mini-Me body as
-


Page: 37

-  gently, place you **attention** upon your body, remembering and "tuning into" the embodied
 -  WEIGHTLESSNESS. Focus your **attention** upon your toes, and EXHALE downward from the AzurA "
-


Page: 39

-  Stillness, focus your **attention**, in a relaxed, loosely focused manner, on coming to "
-

Page: 41

-  focus your Grail **attention** "Back On" the EtorA Physical Body. The EtorA physical
-

Page: 42

-  Inhale Breath, with **attention** focused upon the "Zeion-Mana Seed". 6. EXHALE forcefully,
-

Page: 44



-  INHALE, focusing your **attention** upon the "Astral" Jha-Dha Door in your Grail
-

Page: 48

-  focus your Grail **attention** on EtorA Physical Body. The EtorA physical body form appears
-

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

Page: 7

 and to pay **attention** of how we move energy through our physical bodies. This
 start to pay **attention** to what our thought processes are doing. What are the

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


Page: 2

 bring our conscious **attention** to the mindless patterns of our brain! Living with and


Page: 5

 you focus your **attention** upon expands, what you resist persists and what you do

Page: 8

 people who paid **attention** to the work of the Guardian Alliance, we would

Page: 10


 Jun 2004) "**Attention** and answers from our own personal Inner Christos, from God-

 we appreciate that **attention** and answers are gifts, not entitlements we have a right

Page: 13

 Learn to pay **attention** to your thoughts. Sit for ~ hour and just listen. LTR

Page: 34

 try to pay **attention** to what your consciousness is doing. If it were a


Page: 36

 give it any **attention**, but really learn attitude, learn how to smile and carry

Page: 38

 we turn our **attention** to the history, and to the stuff we might not

Page: 39



 are not paying **attention** to me, I am going to let you know I

Page: 44


 stimuli. Bring your **attention** to a Single Point of Focus and experience NO-Thing.

 Whole Being: Pay **attention** to the signals of your body, mind and emotions, Spirit-


Page: 49

 (Speakers" Letter) **Attention** and answers from your own personal Inner Christos, from God-
 the fact that **attention** and answers are gifts and not entitlements you have the


Page: 62

 breathing. Focus your **attention** on your Inner Self. What do you feel? What do

Page: 63


 breathe. Focus your **attention** on your hands. Can you feel the energy in them?

 Now focus your **attention** on your feet. What do you feel? Move your attention


 feel? Move your **attention** up the body towards the head. Notice how each part

 you bring your **attention** to it. L TR Statements: I Trust my sense-feelings.


Page: 68


 NOT engage their **attention** upon the conditions of their neighbor"s house, but rather impeccably

Page: 74

 others to distract **attention** from their own behaviors, thoughts and feelings; why people allow


Page: 92

 53 10. Pay **attention** to your body; increase intake of pure water, lemon-water


 foods. 11. Pay **attention** to your body and become sensitive to "energy rushes,"

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

Page: 4


 x mentally with **attention** focused on what you wish to send Ashalum pulse toward,


Page: 40

 you focus your **attention** upon expands, what you resist persists and what you do

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: 29


 atom"; focus your **attention** upon the "top sphere", the Ah-VE"-yas Aqua-


 Now turn your **attention** to the billions of Sha·LA·a Light

 atom. Focus your **attention** upon the billions of Ah·VE"-yas Aqua-gel

Page: 32

 ; focus your **attention** upon the "two bottom spheres", the Ah-VA"-yas

 Now turn your **attention** to the billions of Sha-LA-a Light Units, one


 atom. Focus your **attention** upon the billions of Ah-VA"-yas Electro-Thermo-gel

Page: 33

 and focus your **attention** within your physical-atomic body, becoming aware of the feeling




 gently, focus your **attention** on FEELING the presence of the Jha-DA" Body as

Page: 37






 "turning your **attentions** inward" to observe the "Self Speak" that "runs

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

Page: 25

-  Now, focus your **attention** upon the top sphere. This is known as the Ah-
 -  Now, turn your **attention** to the billions of Sha-LA-ea Light Units, one
 -  atom. Focus your **attention** upon the billions of Ah-VE"-yas Aqua-gel top
-




Page: 30

-  but with your **attention** focused upon the "2 bottom spheres" of the Ah-
 -  Unit, focusing your **attention** upon the 2 bottom spheres, the Ah-VA"-yas Electro-
 -  Unit and your **attention** on the 2 bottom spheres. And moving from there, continue
 -  style, turn your **attention** to the billions of Sha-LA-ea Light Units, one
 -  atom. Focus your **attention** upon the billions of Ah-VA"-yas Electro-Thermo-gel
-



Page: 31

-  simply focus your **attention** within your physical atomic body, you're here and now body,
-


Page: 32

-  gently, focus your **attention** on feeling the presence of the Jha-DA" Body as
 -  gently, focus your **attention** on feeling the presence of the Jha-DA" Body as
 -  focus of your **attention** progressively down, as if the peeling motion is unfolding in
-


Page: 33

-  eyes", focusing your **attention** into a "split-focus", one portion within your physical-
 -  body and your **attention** in of course, simultaneous, split-focus, Inhale slowly and deeply,
-

Page: 52

-  keeps having your **attention** drawn to a clock when it says that time, right?
-

Page: 71

-  could actually focus **attention** into any of those streamers going out into the Light
-

Page: 129




-  they leave our **attention** they actually go into the Ah-VE"-yas Field; which






you're turning your **attention** toward the inside of that Vortex and you're looking inside

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

Page: 29

-  atom"; focus your **attention** upon the "top sphere", the Ah-VE"-yas Aqua-
 -  Now turn your **attention** to the billions of Sha-LA-a Light Units, one
 -  atom. Focus your **attention** upon the billions of Ah-VE" -yas Aqua-gel
-




Page: 32

-  Unit; focus your **attention** upon the "two bottom spheres", the Ah-VA"-yas
 -  Now turn your **attention** to the billions of Sha-LA-a Light Units, one
 -  atom. Focus your **attention** upon the billions of Ah-VA" -yas Electro-Thermo-
-


Page: 33

-  and focus your **attention** within your physical-atomic body, becoming aware of the feeling
-

Page: 34

-  gently, focus your **attention** on FE ELI NG the presence of the Jha-DA"
 -  eyes", focusing your **attention** into a "split-focus", one portion within your physical-
 -  body and your **attention** in "simultaneous split-focus" (part in each body),
-

Page: 38

-  "turning your **attentions** inward" to observe the "Self Speak" that "runs
-

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 :


Page: 1



We honor your **attention** and we honor your right to accept or reject whatever

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


Page: 9

 enough to pay **attention** to but not make a big deal out of The

Page: 21

 we turn our **attention** to what's hanging, we're hanging here in the base of


Page: 23

 call them into **attention** and say, "hello I'd like to communicate or just


Page: 31

 Lattices to our **attention**. Ok now, "The "Cosmic Law of Cause and

Page: 54

 important to pay **attention** to our personal BPR because if we don't, it will


Page: 115

 (laughter). Bloody **attention** grabber. (laughter) It's been a long day. Ok, easterlies,


Page: 117

 where we're paying **attention** and ready to peel off from our little circles around

Page: 132

 And to deflect **attention** from them doing such a lovely job, don't rub out

Page: 144

 exhale) with your **attention** down in Earth Core. Now, we're going to use an

Page: 150

 to put our **attention** on our AzurA, because at this point it's in our

 So, put your **attention** on your Silver-Seed, and think for a moment of

Page: 174


 group that pays **attention** to this information It gets a bit bigger because there's

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 :


Page: 5

 give your apt **attention** to the information being given today for you. It's a

Page: 9

 to draw your **attention** to the fact that A"shayana will have a brand new

Page: 15

 us who paid **attention**. Sarah So the planet itself will go into its own

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: 12






brought to my **attention** by others more well-read than myself, the Guardians progressively

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

Page: 11

 the focus of **attention** expands progressively upward/outward into the higher dimensions of the

Page: 24

 Source brings Its **attention** to a point of focus and in doing so creates
 of 3-point **attention**. We are constantly expanding in and out of God, so
 points of God **attention**. The names are as close as you can get translated


Page: 27

 into primal force **attention** using the Trinity Pattern Base-12 Divine Blueprint, 9 and


Page: 30

 bring focus of **attention** to a more concrete expression of the Original Idea, the



Page: 33

 this focus of **attention** field. There is a mathematical program that sets the mathematical

Page: 43

 Unit of GodForce **Attention**; The "Stiii-Poinr/ZeroPoint (Contains the Imbedded Mathematical

Page: 44

 Its focus of **attention** to 12 specific points of consciousness, and these create the
 points of conscious **attention** expressed as 12 fixed or standing points of vibration. The

Page: 52

 1st Individuation of **Attention**, a Still Point Creation Point. God-Source sets creation in

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


Page: 1




and turn our **attention** to how we make conservation more of a priority in

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

Page: 47

 first Individuation of **attention**- a Stillpoint creation- point. The framework of manifest creation begins

 points of conscious **attention** expressed as 12 fixed or "standing" points of vibration.

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

Page: 27



bringing focus of **attention** to a particular idea and in so doing creating structure

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: 67



of God-Force **Attention**; The —Still-Point||/Zero-Point (Contains the Imbedded

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



Page: 9




Color: Elements: Tone: **Attention**, Acknowledgment, Appreciation Allowance Camaraderie,
Connection 9 - Upper Forehead!Rear

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

Page: 2

 characteristics of Action, **Attention** and Intention that combine to form the "Quality" of
 mindfulness, practice) (**attention**, acknowledgement, appreciation, allowance) (affection,
equality, regard, reverie-rejoicing) (


Page: 4

 Color: Elements: Tone: **Attention**, Acknowledgement, Appreciation, Allowance Camaraderie,
Connection 9- Upper Forehead/ Rear Lower

Page: 14

 you focus your **attention** upon expands, what you resist persists and what you do

Page: 24


 Color: Elements: Tone: **Attention**, Acknowledgment, Appreciation, Allowance Camaraderie,
Connection 9 - Upper Forehead/Rear

Page: 35


 then focus your **attention** on your breathing, holding the Central "Virtue-13" in

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

Page: 14


 exhale, with your **attention** focused upon the DhA Point and the Silver Mirror -

Page: 15

 breathing normally with **attention** focused upon the sensations of the DhA Poin~ until you




 Breathe normally with **attention** on the DhA Point sensations for the full1- minute, to

Page: 50

 9-Camaraderie, Connection- **attention**, acknowledgement, appreciation, allowance/ Tat"-
Zhu/Whun Disciplines: 1, 5, 9

File : [2011-08_Sliders11_scan.pdf](#)
Title : Sliders 11 - Handbook
Subject : Time Tan-Tri-A-Jha Doorways and the Silver Seed Temple, Pods of
Creation, Sa-MA-ya Water Command and Mirror in the Sky Activation Level-
3 (Physical Body Adept Training)
Author : MCEO Freedom Teachings
Keywords :

Page: 33

-  don't like it. **Attention:** Constant flow of attention - Good relationships need a constant
 -  Constant flow of **attention** - Good relationships need a constant flow of attention. Make
 -  constant flow of **attention**. Make that... this is "us time." This is "
-

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

Page: 21



Color: Elements: Tone: **Attention**, Acknowledgment, Appreciation, Allowance Camaraderie,
Connection 9 - Upper Forehead/Rear

File : [2012-08_TreasuresOfTan-Tri-Ahu-ra-handout_scan.pdf](#)
Title : Treasures of the Tan-Tri-Ahu-ra - Handout
Subject : Gate Walkers, Wave Runners and Star Riders of the KRYSTHL River Host
Author : ARhAyas Productions - E"Asha Ashayana
Keywords :



Page: 15





of God-Force **Attention**; The "Still-Point" /ZerO-Point (Contains the

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

Page: 33

-  ADHD Campaigns" (**Attention** Deficit Disorder-Attention Deficit-Hyperactive-Disorder"). In this campaign, a
 -  Attention Deficit Disorder-**Attention** Deficit-Hyperactive-Disorder"). In this campaign, a false set of
-



Page: 35

-  their energies and **attention**. They are more acutely sensitive, on biological, emotional, mental and
 -  their focus of **attention** to the desired application, applied simultaneously with gentle, loving, direct
-




Page: 40

-  we focus our **attention** on healing one construct within the sequence, we positively affect
-

Page: 88

-  about or bring **attention** to the punctured wheel it will only create the problem
 -  a problem, bring **attention** to it, we are not creating nor necessarily reinforcing the
-

Page: 89

-  coming from Bringing **attention** to or knowing about does not necessarily promote separation nor
 -  solutions. Knowledge I **attention** needn't be a cause for fear but rather a powerful
 -  that need our **attention**. We have projected part of our consciousness into our physical
-

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


Page: 70



to our conscious **attention**. It plays a central role in states of consciousness like

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


Page: 4

 information. Schemata influence **attention** and the absorption of new knowledge: people are more likely


Page: 84

 the center of **attention**. She may have occasionally shown signs of resentment when she

Page: 86

 and/or sexual **attention** when I want love. • I am afraid to express


Page: 88

 status, and the **attention** of others. This is usually an overcompensation for his loneliness


Page: 94


 Uncooperativeness Unempathic Arrogance **Attention**-seeking Bad boundaries Blacklisting
Blackmail Blame Boot Licking Bragging Bullying


Page: 95


 pay plenty of **attention** to small children, who make excellent captive audiences that narcissists


Page: 97

 money, approval, gifts," **attention**," facial expressions such as a forced laugh or smile, and

 joke. • Selective **inattention** or selective attention: Manipulator refuses to pay attention to anything

 inattention or selective **attention**: Manipulator refuses to pay attention to anything that may distract

 refuses to pay **attention** to anything that may distract from his or her agenda.

 brought to his **attention**. • Brandishing anger: Manipulator uses anger to brandish sufficient emotional

Page: 99

 pain by shifting **attention** away from them. Denial of denial This can

Page: 102



by simply diverting **attention** elsewhere. I 11Jn Propaganda: The Formation of Men's Attitudes. Jacques



has a limited **attention** span. Other Conversational-Psychological warfare tactics of FatalE & friends

Page: 104



to get the **attention** of others • Idiot-proof steps for getting your

File : [2014-04_ShiftMasters1_scan.pdf](#)
Title : Tan-Tri-Ahura Teachings™ ShiftMasters™ Course-1
Subject :
Author : (C)2014 E"Asha Ashayana
Keywords :


Page: 79



to our conscious **attention**. It plays a central role in states of consciousness like

File : [2014-07_FactuallySpeaking.pdf](#)
Title : Factually Speaking
Subject : Details of the Divorce between Speaker 1 & Speaker 2
Author : ARhAyas Productions
Keywords :

Page: 1


 tur,ed ns **attention** to the ""eclaratIQfl of lr J ~ •nr1i>.!l

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

Page: 37

 people who paid **attention** to the work of the Guardian Alliance, we would not


Page: 47

 you focus your **attention** upon expands, what you resist persists and what you do


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: 11

 and focus your **attention** on your Tunnel of Remembrance; FEEL the sensation of



 Now use your **attention** to gently slow down the clock-wise spin of the

Page: 17

 your focus of **attention** Toward IT"; ... it is just a matter of REMEMBERING

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


Page: 38

-  first Individuation of **attention**-a St!Hpoint creation - point. . The framework of
 -  Oints of conscious **attention** expressed as 12 fixed or "stand~" points of vsbration.
-



Page: 47

-  you focus your **attention** upon expands, what you resist persists and what you do
-


Page: 113

-  to move your **attentions** back to the beginnings of this "Easter Surprise Update
-



Page: 157

-  and focus your **attention** upon the "swaying rhythm" of the Lila-Wave Field
 -  and focus your **attention** upon the more strongly CW swaying rhythm of the TrhU"ah-
-



Page: 158

-  deeply, focusing your **attention** upon sensing the slow, gentle, rhythmic standing-wave field Lull
-



Page: 160

-  Platform. Shift your **attention** from "Breathing Focus" to "SENSING Focus". Recall to
 -  Bubble"; expand your **attention** to locate and FEEL the "Wave of the Shields"
-



Page: 168

-  and focus your **attention** on your Tunnel of Remembrance; FEEL the sensation of the
 -  Now use your **attention** to gently slow down the clock-wise spin of the
-




Page: 174

-  your focus of **attention** Toward IT"; ... it is just a matter of REMEMBERING
 -  to return your **attention** to your "TrhU You Place in Eternity", Choosing
-




Page: 175

-  your focus of **attention** Toward IT". It is TIME to REMEMBER how to "
-  your focus of **attention** Toward Eternal Flow and your TrhU You Eternal Nature. 29.


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-  your focus of **attention** Toward Eternal Flow and your TrhU You Eternal Nature". It
 -  your focus of **attention** Toward Eternal Flow & to your TrhU You Eternal Loving
 -  your focus of **attention** Toward Eternal FLOW & to your TrhU YOU Eternal Loving
-

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-  and direct your **attention** toward it. This "empty place" is your "One
 -  warmth of your **attention** to awaken and set free the joy of
 -  warmth of your **attention** enters this silent space, a "silent roaring rumble" emerges
-



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-  gently direct your **attention** to your physical body that is resting "at the
-

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-  body, place your **attention** in your TrhU You silken-wave stationed in your TrhU
-



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-  "move your **attention** backward" ... to the time when your consciousness as your
 -  your focus of **attention** Toward IT". 45. In this Place of Reflection~ the
-

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-  your focus of **attention** to your Mini-Me TrhU"-ah Body that is levitating
-

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-  we drew your **attention** to taking photos in those 2 periods in Norway March
 -  flaring") to your **attention**, as it serves as a perfect tool for several things,
-

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-  effects) to your **attention** is 3 fold. Firstly, the capture of photos of a
-

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-  Effect" to your **attention** is that the happening of these specific "Pink Ball"
-

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Subject : KS Dictionary
Author : MCEO Freedom Teachings
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 ki focused their **attentions** upon the han~st of the less pure whitish-yellow-


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 eMthly focus of **attention**. (Tho".....•••.....-Caono-".....14l)

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 our focus of **attention** and those of the proJttced tbo ue bt forms. We

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 you focus your **attention** upon expands, and what you resist persists, and what you
