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File : [1999-09_EvolutionaryPathClass_scan.pdf](#)

Title : Evolutionary Path Class

Subject : Questions and Answers

Author : MCEO Freedom Teachings

Keywords :

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 Body (b) **Ethos** shield (c) Merkaba field (d) Kathara Center 3

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 Body (b) **Ethos** shield (c) Merkaba field (d) Kathara Center 3




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
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Page: 6


 your wife, your **housethose** kind of things. So they don't let you have these

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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-  Flame Body & **Ethos** Centres- Ecka-Veca Flame Body Anatomy, EckaVeca Healing Hands, Ethos-
 -  EckaVeca Healing Hands, **Ethos**-Ethereic Flame Seal Centres and Hara Centres & FIVE: SIX:
 -  Axiom & 12 **Ethos**-Meridian Line Sets, and the Miodic-Diodic Vortex Grid ..
-

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-  Dead Light, the **Ethos** Field, Transfiguration Point & Time Waves, STF Brain Vortex Misalignments
-



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-  the 20 Embodied **Ethos** Etheric Flames Chart C 10 K Eukatharista Body Flame-Cell
-





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-  Codes, Activating the **Ethos** Palm Flames & Receiving the Ecka-ShA-LA-a Monadic
-



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-  as the "**Ethos**", and the corresponding "7ha" Photo-Negative · Frequency Spectrum
 -  "Eiros". The **Ethos** and Eiros Spectra are aspects of Multi-dimensional Anatomy that
-


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-  **ETHOS**·ETHERIC Sho·na CRYSTAL MIASMS and DIODIC GRID
 -  Etheric Blueprint (**Ethos** Template) architecture upon which atoms, molecules, cells, and DNA
 -  within the Etheric **Ethos** Blueprint, Etheric Crystals of varying shapes and sizes possessing "
 -  Grid of the **Ethos** Etheric Body and their errant atomic-elemental substance counterparts that
-

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-  I NI A **ETHOS**-ETHERIC MIASMIC CRYSTAL BODY BLOCKAGES and the MANIFESTATION-TRANSDUCTION SEQUENCE
 -  radiation" anti-particle **Ethos**-Etheric ShO- Na Crystals group to form Miasm Crystal Structures
-

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 Template ;md **Ethos**-Ethereic Body advanced healing applications. Section -3 Introduces the


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 Flame Body and **Ethos** Centers Ecka-Veca Flame Body Anatomy, Ecka-Veca Healing Hands,

 Veca Healing Hands, **Ethos**-Ethereic Flame Seal Centres and Hara Centres & Complexes Purpose:

 Body, the 9 **Ethos**-Ethereic Flame seal Centres, Hara Centre & 5 Hara

 DNA Template and **Ethos**-Ethereic Body advanced Healing Applications; Section 4 Introduces Radial Body


 the 9 Etheric-**Ethos** Flame Seal Centres, the 6 Hara Points & 5 Hara

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 Activation of the **Ethos** Flames activating the Ectoplasmic Healing Hands of the Ecka-Veca

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 the 9 Etheric-**Ethos**, Flames Eukatharista Shield Code & Ecka-Veca Flame Body Activation


 9 Etheric-**Ethos** Flame Seal Centres & corresponding Crystal Seals Hara Centres &


 2-3 **Ethos** Density-4 Hydrofasmic Ethos Maharic Shield Ethos Etheric Blueprint._, ----"

 Density-4 Hydrofasmic **Ethos** Maharic Shield Ethos Etheric Blueprint._, ----"t-...;; PKA Dimensions'

 Ethos Maharic Shield **Ethos** Etheric Blueprint._, ----"t-...;; PKA Dimensions' 1D-11-12


 5 Density Shields+ **tEthos**-Ethetic Blueprint Shield) P 15- Base Shield The 9 Ethos-

 Shield The 9 **Ethos**-Ethereic LotE" Flame Seals Amoraea Flame Body Activation initiates progressive

 Activation of the **Ethos** Flame Seal Centers & their corresponding crystal Seals, Hara centers

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 rn~vrn;~ Etheric-**Ethos** Flame Seal Centres . . activate corresponding . Hara

 9 Etheric-**Ethos** Flame Seal Centres & corresponding Crystai .Seals Hara Centres

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 Complexa3. 3. Etheric;**Ethos** Flame Seal Centres activate corresponding Hara points & their Crystal

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 . . Etheric-**Ethos** Flame Seal Centre and Hara Point Activation (addressed in

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 . Etheric-**Ethos** Flame Seal Centre & Hara Point activation expedites Shield Fire


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 via Etheric· **Ethos** Flame Seal Centres & Hara Centre initiate the subharmonic activ

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 Codes Imprinting" (**Ethos** Palm Flaine Krist Spark Activation; Pages T31-32J utilising Krist

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 Axiom & 12 **EthosMeridian** Line Sets, arid the Miodic-Diodic Vortex Grid. · Purpose:


 Axiom & 12-**Ethos** Meridian Lme Sets, the Lotosphere, Photosphere, Ovosphere & Hovasphere, the

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 1-2-3 **Ethos** Density-4 Hydroplasmic· Ethos Maharic Shield Ethos Etheric Blueprint,,..


 4 Hydroplasmic· **Ethos** Maharic Shield Ethos Etheric Blueprint,,... : . ~,...._-4 PKA

 Ethos Maharic Shield **Ethos** Etheric Blueprint,,... : . ~,...._-4 PKA Dh:nensions·


 Density Shields+ 1 **Ethos**-Etheric Blueprint Shield) Anchors In Brain Adhrana Triangulation Adhrana ~•

 Shield The 9 **Ethos**-Etheric LatE" Flame Seals Hara #3 Galactic Star UJliWFilte

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 f3 cw pkA **Ethos** Monad causes the Ethos shield at Signet-1 to spin

 Monad causes the **Ethos** shield at Signet-1 to spin ·ccw. 4. The


 ccw Dn-4 **Ethos** Shield spins causes the 12 standing lines of the Staff

 ccw with the **Ethos** DN·4 Shield. 5. The counter rotating sets of


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 at 112/3 **Ethos** spin.) . . /~ / . / / .

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 Vortices1 enter the **Ethos** DN-4 Shield Seed Atom, intersect with the Ethos shield

 intersect with the **Ethos** shield Nodes & Up-step to the shields above creating

 step Transharmonic Vortices **Ethos** Up step Vortice "" N . . ~ s Generates


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 Codes + 1728 **Ethos** Vector Codes from Density-4 Ethos Shield = 3456 Vector

 from Density-4 **Ethos** Shield = 3456 Vector Codes One Density TiLE" a Vector

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 A-Tonal &**ETHOS** Meridian Line Sets NOTE: Sha-La Is Polarised Le"AdOR-A

 J+veCW Elherlc-**Ethos** Llines,IniUaUng creall01. of the PCM toIE:" Density Bodies and


 ~ - ... **Ethos** MerldJans-v,a ~- " ~. 11 s " .1 ..


 Current lo · **Ethos** ·II 21. . . · v I. - \

 (Elrcis. Partlkale **Ethos** Anti-Partlkale units & currents: The Sha•La 11 213

 +v~cw **ElherlcEthos** currants are cemr:rosed of Anti-Partlkale Sparks (Shaddl

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 once. "E": **ETHOS** &BROS STAIR STEP CURRENTS Once expanded-fa the·


 a into an **Ethos** +ve Electrical331/3 and Eiros->te · Magnetic 11

 Currents of the **Ethos**.+ ve & Eiros -ve Vertica112-Line Sets Arc to

 Crystal Body. The **Ethos** & Eiros Currents ·Of the D-13.5 Etheric Lo.


 the +ve **Ethos** Currents becoming the Etheric S.pec!ra from which the

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 become an Etherlc **Ethos** electrical Sphere- & Etherlc Eiros magnetic Sphere, which down-
step


 & the . **Ethos** Meridian 33 113+veCW · electrical Spindle& vortlces112

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 & +ve **Ethos**- . . . ~. · Meridian Eferic Current

 +ve .**Ethos**-Meridian Line Cords of the 0·13;5 TiL-

 spins CCW with **Ethos** Shield Spin. Generates opposite spin backflow current Magn~s &

 EthaSphere The+ve **Ethos**-Meridian & 331/3•• +ve CW Ethos Elheric Currents


 +ve CW **Ethos** Elheric Currents flow downward from top & ,,,. - -

 <r / **EthoSphere** spins CWwith PCM Oensity Shield Spin. Generates opposite spin backflow


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 Spark-Pulse Currents- **Ethos**, Eiros, Electros, Magnos, Manos, Lotos Density 1 & 3 Shields

 run +ve **Ethos** Meridian Lines -rop VIE.W . Poh!IStd J~

 SetS +ve **Ethos** 33 1/3 CW bonds with -ve 11 2/


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 Ethiiric +ve **Ethos** from Meridian and +ve Magnos from Magno: Sphere and

 33 ·113 **Ethos** units from the Meridian Lines & .11 213 +ve


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 Etheric -ve **Ethos** !.rom Axiatonal Lines & -ve Electros from Electro-

 2, 4 & **Ethos** Shields draw-ve 11213 Eiros units from the Axiatonal Lines


 Diode Nodes of **Ethos** Shield Dyonic Crystal with In te rnal Ka thara Grid


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 LatE Harmonics Grid **Ethos** DN4, K-11 & Parallel D-14 Sear · PIU"

 · LU 24; **Ethos** DN-4, K-12 & Parallel 0·15 sea,

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 with our PCM **Ethos** + - - .Y<.1. Cell "Male" perpetually

 polarizes to form **Ethos+** & Eiros - Cells (Eiros polarized into PKA Loti)

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 PKA Eiros, **Ethos** & PKA Density Cells Unite in Bi-Veca Fold PCM

 Veca Fold PCM **Ethos**-Eiros & PCM Density Cells Unite in Bi-Veca Fold,

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 ~ PCM LotE **Ethos**-Eiros Phasing <; , .. 1":1;:....--- ·.


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 _., PCM LotE **Ethos**-Eiros Phasing •"/ \ ;-;, "il 45 deg.

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 THE 20 EMBODIED **ETHOS** ETHERIC FLAMES Each Dimensional & Density Kathara Grid has a

 of 5 Etheric-**Ethos** Flame Centres within the S·Density Locks in "

 There are 20 **Ethos** s in one ~-Dimensional "1.-, ...o:>ity Body

 frequencies of the **Ethos**, E.iros & 15-Ray Spectra and serve as Interface

 Point Lock= Mahadra **Ethos** Flame • Density·1 Lock= E·Umbi Etho

 Lock = Rajhna **Ethos** Flame • Density·4 Lock= Adhrana Ethos Flame I

 4 Lock= Adhrana **Ethos** Flame I Ethos-Etheric Flames are Standing· . "

 Ethos Flame I **Ethos**-Etheric Flames are Standing· . " !· Wave

 distortion prevents natural **Ethos** & Eiros Flame interaction, thus disabling the natural function of


 Dimensional Etheric· **Ethos** Flame Centres. Under natural conditions the 24 Lotus points serve

 generated by the **Ethos**· Eiros Etheric Flame inter• action into the D-13

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 Core via the **Ethos**-Etheric Body Template

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 with the Etheric **Ethos** and Eiros Spectra. Density-1 Density/ Dimensional Kathara Grid structure

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 3 I Etheric-**Ethos** Lotus Points Control the PCM Ethos-Etheric Anti·Partikate

 Control the PCM **Ethos**-Ethereic Anti·Partikate Field & Meridian Lines 24 Etheric-


 Lines 24 Etheric-**Ethos** Lotus Points Controlled by Ra Centre at Chakra- 3 ,2_

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 THE 20 EMBODIED **ETHOS** ETHERIC FLAMES Each Dimensional & Density I(athara Grid has

 5 "eric-**Ethos** Flame Centres .hin the 5-Density Locks in -


 There are 20 **Ethos** Flames in one ~-Dimensional Density-1

 frequencies of the **Ethos**, Eiros & 15-Ray Spectra and serve as mterface points


 Point Lock= Mahadra **Ethos** Flame • Density·1 Lock= E·Umbi Ethos


 E·Umbi **Ethos** Flame • Oenslty-2 Lock= AzurA & Seed Atom •

 Lock = Rajhna **Ethos** Flame • Density·4 Lock= Adhrana Ethos Flame Ethos

 4 Lock= Adhrana **Ethos** Flame Ethos·Ethereic Flames are Standing· Wave Units

 Adhrana Ethos Flame **Ethos**·Ethereic Flames are Standing· Wave Units of el-

 distortion prevents natural **Ethos** & Eiros Flame interaction, thus disabling the natural function of

 Dimensional Etheric· **Ethos** Flame Centres. Under natural conditions the 24 Lotus points serve

 generated by the **Ethos**· Eiros Etheric Flame inter· action into the D

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 dormant, natural, Etheric **Ethos** and Eiros Frequency Spectra through which integrity can 'be

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 that occur during **Ethos**-Ethereic Blueprint "Pillar of Power", "Chariot of Fire"


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 Dead Light, the **Ethos** Field, · Transfiguration Point & Time Waves, STF Brain Vortex


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 ~ p (**ETHOS** and EIROS fTHERIC BLUEPRINT FIELDS PCM Manifest · Body Template

 pkA Currents PCM **Ethos** Etheric Body Template Ethos Photo-positive Kathara Template PKA Ethos



 Etheric Body Template **Ethos** Photo-positive Kathara Template PKA Ethos Photo-negative Forms Dimensions



 Kathara Template PKA **Ethos** Photo-negative Forms Dimensions of PCM (_ j Blueprint forms












 In PCM . ofPKA**Ethos** Currents Universe PKA Manifest Body Template PkA Etheric PCM Currents








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 LOTE: Q. and **ETHOS** CENTRES ANATOMY of ETERNAL CRI;ATION. .: Pages · d











-  3: Initiating the **Ethos** Flames and Lotus Bud, PageT 41 Step- 5, Actions
 -  BODY ACTIVATION SESSION **Ethos** Flame Centres Chakras' B:::::..Adhrana Sequence~2 Kathara Points
-

-  EMBODIED TEMPLAR Kathara, **Ethos** Flame, Hara and Chakra Vortex Centres, Lotus and Kathara Points
 -  sPointi" Controllha PCM **Ethos**.£1h•ric AntJ.Partlbt. Field& -MerIdl~Unu 24Elherfe-Elho•
-





-  THE 20 EMBODIED **ETHOS** ETHERIC FLAMES Each Dimensional & Density Kathara Grid has a
 -  of 5 Etheric-**Ethos** Flame Centres within the 5-Density Locks in r.
 -  There are 20 **Ethos** · > in one ~-Dimensional L ,~.cy Body
 -  Point Lock= Mahadra **Ethos** Flame • Density:1 Lock= E•Umbi Ethos
 -  E•Umbi **Ethos** Flame • Density-2 Lock= A:z.urA & Seed
 -  3 Lock= Rajhna **Ethos** Flame • Density:4 Lock= Adhrana Ethos Flame Ethos-
 -  4 Lock= Adhrana **Ethos** Flame Ethos-Etheric Flames are Standing· Wave Units of
 -  Adhrana Ethos Flame **Ethos**-Etheric Flames are Standing· Wave Units of el-eck
 -  frequencies of the **Ethos**, Eiros & 15-Ray Spectra and serve as mterface points
 -  Etheric· · **Ethos** Flame Centres. Under natural conditions the 24 Lotus points serve
 -  generated by the **Ethos**· Eiros Etheric Flame inter· action into the 0
-

-  Codes, Activating the **Ethos** Palm Flames and Receiving the Ecka- ShA- LA- a Monadic
 -  drawing an Etheric **Ethos** Imprint of the Codes up and onto the surface of
 -  in your Etheric **Ethos** body. · Step 3: Return to gentle 6-point breathing
 -  & electrical Etheric **Ethos** Imprint of the Krist Codes from the surface of the
 -  comfortable, to build **Ethosenergy** charge withiri the AzurA; exhale long, slow and deep. Next,
 -  is called the **Ethos** - Le-e TOR-A Core!). Step 7: Next, take
 -  breath down the **Ethos**Le-e TOR-A Cords in the arms, using the exhale
-




-  ball down the **Ethos**- Le-e TOR-A Cord in each arm, and into
-  progressively release the **Ethos** ROD Seals in the palm charkas (some people may
-  waiting for the **Ethos** ROD Seals, in the palm chakras, to release. Step 11:
-  11: When the **Ethos** ROD Seals release there may be a gentle "popping"

 as a beautiful **Ethos** Standing Wave Eckasha shaped Flame of pastel Heliotalic light about
 that the Heliotalic **Ethos** Palm-Flames begin to gently rotate around their fixed vertical
 palm chakras. The **Ethos** Flame in the LH, which carries the magnetic Krist- Code,
 vertical axis. The **Ethos** Flame in the RH, which carries the electrical Krist Code,
 command that the **Ethos** Flame in the LH adopts a CCW Spin speed of
 , and the **Ethos** Flame in the RH adopts a spin speed of 33
 palms, with their **Ethos** Flames gently together in front of your AzurA in "
 a gentle Etheric-**Ethos** sparking sensation that you may or may not feel physically,
 +ve Electrical **Ethos** Flames merge, and replicate into a unified Sha-LA-a
 now anchored the **Ethos** Heliotalic Ecka-Sha-LA-a-Krist Spark to begin activation



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 drawing an Etheric **Ethos** Imprint of the Codes up and onto the surface of
 in your Etheric **Ethos** body. Step 3: Return. to gentle 6-point breathing from
 & electrical Etheric **Ethos** Imprint of the Le'e TOR-A Codes from
 comfortable, to build **Ethosenergy** charge within the AzurA. Next inhale, and rapidly Exhale a

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 as a beautiful **Ethos** Sha-LA-a Standing Wave Eckasha shaped Flame of pastel
 a gentle Etheric-**Ethos** sparking sensation that you may or may not feel physically,
 now anchored the **Ethos** Heliotalic Ecka-Le-eTOR-A Krist Spark to begin activation


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 to draw the **Ethos** Imprint of the Krist Codes onto the Etheric Body surface
 Immediately transfer the **Ethos**-Etheric Imprint of the Krist Codes to the client by

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 4: Initiating the **Ethos** Flames and Lotus Bud Action One- Move to a position


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 "Etheric Atomic **Ethos** Bursf" of Le- eTOR-A frequency to emerge through the

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 occurs, the "**Ethos** Etheric Thumb" or "6th · Finger" will "pop

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 activation of all **Ethos** Centres, the Le-e TOR-A Arm Cords, Hara Centres,


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 Monadic Orbs, Etheric-**Ethos** Bursts in the Palm Chakras and Ethos-Etheric Thumbs rapidly


 Palm Chakras and **Ethos**-Etheric Thumbs rapidly activate to bring the Lotus Hands into

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 Charge (counterpart **Ethos**-Etheric Le-AdOR-A currents), of the parallel Ecka-Lota

 drawing an Etheric **Ethos** Imprint of the Code directly into the core of your Ra

 in your Etheric **Ethos** body. · Step 3: Return to gentle 24-Point breathing

 draw the Etheric **Ethos** Imprint of the Le-A dOR-A Code up from

 comfortable, to build **Ethos**-energy charge within the AzurA, and then Exhale gently into

 Mahadra and Adhrana **Ethos** Centres by the end of the Exhale. Step 6: Next,

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 a gentle Etheric-**Ethos** sparking sensation that you may or may not feel physically,

 the E-Umbi-**Ethos** Centre just below the Navel. Your multi-dimensional and physical

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 Shield for Axiom **Ethos**-Etheric and Crystal Body restoration. PART "B"- OPENING THE

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 Le-AdOR-A **Ethos** Flame centres. During your every-day activities practise breathing from

 to reenergise all the **Ethos** Flame centres with their expanded Le-AdOR-A symbols around

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 dormant, natural, Etheric **Ethos** and Eiros Frequency Spectra through which integrity can be restored


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 that occur during **Ethos**Etheric Blueprint "Pillar of Power», "Chariot of

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 3: Initiating the **Ethos** Flames and Lotus Bud, PageT 41 Step- 5, Actions 1

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 restoration of the **Ethos**-Etheric Blueprint and activation of the Lata, which are featured

File : [2004-04_Kathara23Diagrams_scan.pdf](#)
Title : Kathara 2-3 Diagram Pack
Subject : 12 laminated color diagrams from K2-3
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :







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 & 1 Etheric-**Ethos** Shield & a Primal Light-Sound Kathara Template also with




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 A-Tonal & **ETHOS** Meridian Line Sets NOTE: Sha-La is Polarised Le-AdOR-
 3 -ve **Ethos**/Eiros Etheric Le-e TOR-A Current is 45 Tri-
 A 331/3 **Ethos**-Etheric Sha-LA-a Current is 45 Bi-Polar Etheric-
 ve DN Etheric-**Ethos** Lines, initiating creation of the PCM LatE" Density Bodies and
 with the CCW **Ethos**- ? Shteld Mendtan Lines with the ? T CW-PCM
 PCM Density Shields **Ethos** Meridian Templates 45 CW Shift in Axis from Eiros Axi-
 anal Template Eiros **Ethos** Axi-A-T anal Temp" Meridian Temp" 12 Lines run
 Flow Lines The **Ethos**-Meridian and Eiros-Axiom Etheric Currents form via T"iLE"a Plane
 Currents Eiros Partikate, **Ethos** Anti-Partikate units & currents: The Sha-La 11/23
 CW Meridian Etheric-**Ethos** currents are composed of Anti-Partikate Sparks (Shaddhi Sparks).
 Dimen sional Etheric-**Ethos** Radis & Etheric-Eiros Nadis 12-Line Sets are formed
 33 113 CW **Ethos**-Meridian Lines ~!~; ~~~ Sh~La ~~~~~~;~:-La ~::~:i:

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 generate electrical interior **Ethos** vortices i ~: ~ ~y ~::;i/ 331/3
 <1!: 12 **Ethos** Meridian Lines 33 1/3 -ove CW Sha-La
 11 Etheric-**Ethos** electrical Sphere and } an Eiros magnetic Sphere, which -
 Fteld, Ethenc Body **Ethos** Radionic & ~ Etros Nadial Ethenc Capsules. I 1 The
 vortices & the **Ethos** Meridian 33/13 +ve CW electrical }1 S-
 with the CCW **Ethos** Shield Meridian Lines with the CW-PCM Density Shields. K2-

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 Etheric +ve **Ethos** from Meridian and +ve Magnos from MagnaSphere and transmits
 t7 12- Etheric **Ethos** Meridian Lines 33 1/3 +ve CW Sha-La
 ve 331/3 **Ethos** units from the Meridian Lines & 11 2/3 +

 Etheric -ve **Ethos** from Axiatonal Lines and -ve Electros from ElectroSphere and

 2, 4 & **Ethos** Shields draw -ve $11 \frac{2}{3}$ Eiros units from








 Diode Nodes of **Ethos** Shield Back P14 Front Back The Dyonic Cly&tB Body

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 :




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 long dormant Etheric-**Ethos** KA Centre in Chakra-2 (Sacral Centre) releases a


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 the E-Umbi **Ethos** Flame, as the Dimension-2 GrUAL-Contro/ Nadradon Cell emerges
 Rising of the **Ethos** and Return of Tii-E-"a Breathing. Phase- 9: Matradon
 through which the **Ethos**-Etheric Pillar of Power can rise, once the Sextant Pin
 Pillar of Power-**Ethos** Rising KA-THA-RA Technologies. Until "Ethos-On"/ Ethos
 Technologies. Until "**Ethos**-On"/ Ethos Pillar Rising Technologies are employed, breathing the Nadradon
 "Ethos-On"/ **Ethos** Pillar Rising Technologies are employed, breathing the Nadradon Cell Energies
 is released, and **Ethos** Pillar Ascent is Initiated, Etheric-Atomic Healing, Recharge and Amplification



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 lotus into the **Ethos** Seed Atom stationed at the Nadra Key .. . then
 outward through the **Ethos**-Rod ... giving the Mental Command: "Rod of Ka
 Nadra Key & **Ethos** Seed Atom. Hold this breath at the Nadra Key briefly,




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 extending across the **Ethos** Rod at the feet ... then observe/ sense/ feel as

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 FOLD within the **Ethos** Flame at the E-Umbi (imagine this as 2
 the E-Umbi **Ethos** Flame; observe that the 2 crystals are fused together in


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 PHASE THREE- "**ETHOS-ON**" # 1 -COMPLETING THE ANCIENT 3RD 1/3RD
 1/3"d **Ethos** Rod, from the feet, upward through the released "Green-
 Green-witch" reversed **Ethos**-1 /3"d-Density Rod at the lower calves,




















-  the Natural 1f3rd Density **Ethos** Rod with the tilted "Green-witch" reversed Ethos 1f3rd
-  Green-witch" reversed **Ethos** 1f3rd Density Rod as the Natural 1f3rd Density Ethos Rod ascends
-  the Natural 1f3rd Density **Ethos** Rod ascends .. . Continue this Inhale and observe/ intend
-  witch" - R- **Ethos** Rod at the lower calves quickly shifts 113.5 degrees Clock-
-  TWO - 1f3rd **Ethos** Density-1 Rod"s merge to form a 2f3rd Ethos Rod Ascending.
-  form a 2f3rd **Ethos** Rod Ascending. Complete this Inhale by drawing the 2f3rd Ethos
-  drawing the 2f3rd **Ethos** Rod up to Mid-thigh (the Density-1 E-
-  the 2/3"d **Ethos** Rod at mid-thigh/ Density-1 E-Umbi ... where
-  ... where the **Ethos** K-1 (Density-1 Signet) intersects with the Density-
-  2/3"d **Ethos** Density-1 Rod at mid-thigh "JUMPS" as the
-  as the Density **Ethos** E-Umbi Flame and Density PCM AzurA Flame Sparks the
-  Density-1 2f3rd **Ethos** Rod automatically jumps from the mid-thigh to AzurA, bringing
-  and 2/3 **Ethos** Density-1 Rod into merger at the AzurA and fully

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-  **Ethos** Kathara Grids. The Ancient 1st 45-Subharmonic Spark and new
-  3rd Density-1 **Ethos** Rod down to the Mahadra at Earths Core - Mentally
-  the 0-3 **Ethos** Rod stationed at the feet as full Exhale is completed.
-  the 0-3 **Ethos** Rod to direct the Density-1 and D-2 &
-  & D-1 **Ethos** Rods; so, Inhale the 1st 1f3rd Inhale now, drawing the
-  the 0-3 **Ethos** Rod up from the feet to the centre of the
-  the 0-3 **Ethos** K-1 Signet and 0-3 PCM E-Umbi. PAUSE
-  the D-3 **Ethos** Rod at the centre of the calves .. for a
-  the D-3 **Ethos** Rod from the centre of the calves to about 1"
-  the D-3 **Ethos** E-Umbi & D-3 PCM E-Umbi Ethos Flames,
-  PCM E-Umbi **Ethos** Flames, releasing the 1st- 45-Subharmonic Spark at the E-
-  (D-3 **Ethos** K-1 at D-3 AzurA.) PAUSE briefly at the
-  with D-3 **Ethos** Rod just above the top of the knee-caps to
-  the D-3 **Ethos** Rod from just above the top of the knee-caps
-  the D-3 **Ethos**-E-Umbi Flame with the D-3 PCM AzurA Flame
-  AzurA Flame (**Ethos** K-1 Signet at PCM Rajhna) releasing the 2nd Spark
-  the D-3 **Ethos** Rod at the PCM E-Umbi to receive the 2nd
-  Keeping D-3 **Ethos** Rod at the D-3 PCM E-Umbi complete the
-  the D-3 **Ethos**-E-Umbi and D-3 PCM AzurA Flames Spark, forming
-  the D-3 **Ethos** Rod automatically jumps from the D-3 PCM E-Umbi



 the D-3 **Ethos** Kathara Grid rapidly down into the Exhale! Expansion #2).



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-  the D-3 **Ethos** Grid Descending Wave" downward- moving the 0-3 Ethos Pillar
 -  the 0-3 **Ethos** Pillar from the AzurA down to the feet to coincide
 -  the 0-3 **Ethos** Rod at the feet. 11 Begin Inhale! Contraction #2
 -  the 0-3 **Ethos** Rod from the feet to the centre of the calves
 -  the Mental Command: **Ethos** Engage with the Ethos Rod positioned at the calves; PAUSE
 -  Engage with the **Ethos** Rod positioned at the calves; PAUSE for a moment with
 -  the 0-3 **Ethos** Rod up from the calves to the "Knee Point"
 -  1" with the **Ethos** Rod positioned at the Knee Point; PAUSE for a moment
 -  the 0-3 **Ethos** Rod up from Knee Point to PCM 0-3 E-
 -  with 0-3 **Ethos** Rod at 0-3 PCM E-Umbi; PAUSE for a
 -  With D-3 **Ethos** Rod at the D-3 PCM E-Umbi complete the
 -  the 0-3 **Ethos** & 0-3 PCM Kathara Grid and Rods into full
 -  Jump- Spark Pulse **Ethos** Ascend". -Mentally Count-INHALE- 2. 15 Exhale rapidly from
 -  the D-3 **Ethos** Kathara Grid down and into full expansion, as the 0-
 -  the 0-3 **Ethos** Rod descends from the AzurA to the Full Exhale Feet
 -  the 0-3 **Ethos** Rod at the feet ... then begin "Inhale! Contraction
 -  3 Cvc/e" **Ethos** Ascent Breath, repeating Steps 11- 15 on Inhale# 3 Cvc/
 -  the 0-3 **Ethos** Rod from the AzurA to the Feet Point as the
 -  the 0-3 **Ethos** Rod: Inhale drawing Rod up from the feet to AzurA;
-




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-  x 3- Breathe **Ethos** Pillar Up to AzurA (Rod at AzurA) on Inhale,
 -  on Inhale, and **Ethos** Pillar Down to Feet (Rod at Feet) on Exhale.
 -  of 3 "**Ethos-On**" Breaths: Inhale at the Nadra Key Feet-Point while
 -  the D-3 **Ethos** Rod (at the feet) all the way up and
 -  the Inhale (**Ethos** Rod @AzurA), then Exhale Firmly from AzurA using the
 -  the D-3 **Ethos** Rod back down to the feet, in sync" with completion
 -  and D- 3 **Ethos** Rod at the feet ... Now, repeat the last Inhale/
 -  . Inhale-Nadra-**Ethos** Rod to AzurA - ExhaleAzurA-Ethos Rod to Nadra (
 -  AzurA - ExhaleAzurA-**Ethos** Rod to Nadra (feet point) .. the final, 2nd
 -  with D-3 **Ethos** Rod at Feet point. PAUSE at bottom of final Exhale
 -  of the "**Ethos-On**" 3-Cycle, that the Ka-Ra 7 -Crystal
-

-  Reversed D-3 **Ethos** Rod in the upper region, and the D-2 counterpart
 -  position of the **Ethos** Rod. Finally observe/ intend as a dense gold-metallic "
-


-  ATMOS REGENERATION The **Ethos**-Atomic Ra-don Cells & Ra-om Sheaths & Ra-
 -  and the PCM **Ethos** Kathara each have a set of Ra-on Cells: Nadradon
-

-  between the Etheric-**Ethos** and PCM Density Atomic Currents; each Sheath manifests as an
 -  a Breathing, the **Ethos**-Kathara Grid rises upward into alignment with the PCM Density
 -  and the PCM **Ethos**-Etheric Kathara to align and interface. When Ethos and Density
 -  and interface. When **Ethos** and Density Ra-don Cells pass through each other, Spark
 -  and their corresponding **Ethos** +ve and Eiros -ve Etheric Bodies are fully
 -  and projects its **Ethos** and Eiros Cells outward at 90 degree projection, bringing the
 -  expansion, with the **Ethos**-Kathara extending downward to the ET- K-1 I PCM
 -  on the following **Ethos** "Inhale"- Contraction Cycle. In a series of 3- 1/
 -  d Inhales the **Ethos** Pillar ascends back upward into alignment with the PCM Density
 -  . . . **Ethos** quickens & "jumps" one step up to full ET-
 -  Exhale/ Expansion ... **Ethos** Pillar descends rapidly to full ET- K-1 I PCM-
 -  next Inhale I **Ethos**-On initiates. Each Exhale -Inhale- Pause Breath Generates 2-
-

-  "Turn the **Ethos** On", release -ve Magnetic A-dOR-A Flame and
 -  Flame and build **Ethos** Charge in the Seed Atom. The Electrical aspect of the
 -  which +ve **Ethos** Currents and +ve Anti-particle PKA Atmos Currents are
-

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


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 Mlodlc to · **Ethos**- · .Oiodlc Fe:___)if Radls· · ~k

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 Codes Imprinting" (**Ethos** Palm Flame Krist Spark Activation; Pages T"11-"32) utilising Krist

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 Axiom & 12 **EthosMeridian** Line Sets, and the Miodic-Diodic Vortex Grid. Purpose: To


 Axiom & 12-**Ethos** Meridian Lme Sets, the Lotosphere, Photosphere, Ovosphere & Hovasphere, the

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 ccw Dn-4 **Ethos** Shield spins causes the 12 standing lines of the Staff

 ccw with the **Ethos** DN-4 Shield. . · 5. The counter rotating sets

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 ·A 33113 **Ethos** E!herli: · . j:ckaJ..s.eTOR·A


 33113-tveCW Etherlc-**Ethos** Lines, Jnltlating toLE" Line Rop/i<J CURnnt Pt"llrfng In

 tonal Lines & **Ethos** Meridians- via ac!lvatlon of the T"ILE"a Rod & Staff,

 12 33113 CW **Ethos**· ~~~~ridtan Unes. EthOs meridian Templates 45" CW llhfl

 ~~~~ridtan Unes. **EthOs** meridian Templates 45" CW llhfl In Axis I rom Elros


 Axlalonal Templates Elros **Ethos** Axla-lonal Temp" Meridian Tornp" J left. ~~::;r•• run

 yBack Elros Partlkale **Ethos** Anli ·Parll ka le units & currents: The Sha

 CW Etherlc· **Ethos** currents ora comp.osed of Antl-Partlkale Sparlts (Shadd!


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 once. "E": **ETHOS** & EJROS ST AJRSTEP CURRENTS "Once expanded to the


 a into an **Ethos** +ve Electrical33113 and Eiros -ve Magnetic 11 213

 of f.he **Ethos**. +ve & Eiros -ve Verticai12-Line Sets Arc


 Crystal Body. The **Ethos** & Eiros Currents of the D-13.5 Etheric Lolosphere further


 the +ve **Ethos** Currents becoming the Etherii: Spectra from which the Etheric Body


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 & +ve **Ethos**- 1M2e Lriidniea nS eEt~lrh·e rlc Current -~~[~~~~


 Axlatonaland +ve **Ethos**-Meridian Line Corrls of the D-13.5 TIL-e-"a-

 counterrotating +ve **EthoS** ph ere Me rid ian Grid & ElectroSphere-&- ElroSphere Axiatonal


 3••+ve CW **Ethos** . Etherlc Currents flow downward from top & ,. -

 <j- ~ **EthoS**phere spins CWwlthPCM Density Shield Spin. Generates opposite spin backflow current

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 Spark-Pulse Currents- **Ethos**, Eims, Electros, Magnos, Manos, Lotos Density1 & 3 Shields 1--+


 run +ve **Ethos** Meridian Lines j d J Partikat• Sparks. of which lha

 ----~!-" +ve **Ethos** 33 1/3 CW bonds with ,,-ve 11 2/

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 Etheric +ve **Ethos** from Meridian and +ve Magnos from MagnaSphere and transmits

 I I @ **Ethos** meridian lines 331/J+veCW Sha-La· Anti-particle

 ve 331/3 **Ethos** units from the Meridian Lines & 11 213 +ve

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 Etheric -ve **Ethos** from Axiatonal Lines & -ve Electros from ElectroSphere and

 2, 4 & **Ethos** Shields draw -ve 11 213 Eiros units from the

 rev"s per of **Ethos** Shield trillionth of nanosecond) transmitting Dyonic Crystal with ..

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 t=-:~\~ Field Photosphere **Ethos** DN-4, K-11 & Parallel D-14 Seal 24

 - - **Ethos** DN-4 111 Creation Imprint in Ecka Lota Grid

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 the Etheric Vertical **Ethos**-Meridian & Eiros-Axiatonal Line Grids. 2- 3 b (

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 Density Part ikate **Ethos** Anti-Part Ikate units & currP.nts: The Sha~La

 3 +veCW **EthericEthos** currents are composed of Anti-Partikate Sparks (Shadd! Sparks).

 the Dlm"l Etherlc-**Ethos** . Radi s & Density Elros Nadls 12-Line Sets

 (4) The **EthoS**phere (2As£u J..V.o 1\M. tL-:~; (

 The +ve **Ethos**-Meridian .fu. 3]~ -"c c.H UJ

 331J3rd+ve CW **Ethos** 3 Grid 11 2JJrd ..:ve CCV"{ f!Va+c.....~

- <J- **EthoSpheres** spins "e:,-Hr/.u GrJi "1 EiroSphere [V;;
- ulc,- 0 with **Ethos** Shield Spin. ~ s,J\I.M. .Sqn cfum
- counterrotating +ve **EthoSphere** Meridian Grid & ElectroSphere-&-EiroSphere Axlational & MagnoSphere Interact to

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- KA and THA **Ethos**-Eiros-Logos Etheric Spectra. OurEieyani · Ecka-Veca Monad In

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- THA PET= PKA **Ethos** +ve PKA KA P = PKA Density +/-0
- THA ET= PCM **Ethos** +ve PCM KA # = PCM Density +/-0
- where 013.5 KA-**Ethos** & THA~Eiros combine to form the 012.5 Logos &

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- 2 Mod a-**Ethos** light Cells +ve 2 AdhurA Eiros Sound Cells """"
- within itself the **Ethos** +vel Eiros -ve Le-Ad OR-A 2
- fo1111 PET= PKA **Ethos** +ve PKA KA the Veca PKA PCM Primal light-
- THA. ET= PCM **Ethos** +ve PCM KA # = PCM Density +/-10
- adiation Matrices of **Ethos** frequency Electros Crystals & their inherent Electn:isphere~ AdhurA-Magnetic

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- :-...~"-:!"L_, "I_ **Ethos** +ve ascends into ~ - PCM Density alignment then
- Inhale. Eiros & **Ethos** then descend · together Sparking charge into Density Seed Atoms,
- ve up, **Ethos**- PCM +ve down. "Exhales" Hologram into Manifestation during

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- LotE Re ion **Ethos** DN-4, K-11 & Parallel D-14 Seal 24
- . ----- **Ethos**DN-4 I ~ . 1" Creation Imprint in Ecka Lota

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- THE 20 EMBODIED **ETHOS** ETHERIC FLAMES Each Dimensional & Density Kathara Grid has a
- of 5 Etheric.**Ethos** Flame Centres. within the 5-Density Locks·in each
- There are 20 **Ethos** Flames in· one :!·Dimensional Density Body (
- frequencies of the **Ethos**, Eiros & 15-Ray Spectra · and serve as mterface
- Lock= Mahadra· **Ethos** Flame • tJensity-1 Lock= E·Umbl Ethos Flame
- E·Umbl **Ethos** Flame • Oenslty-2 Lack= AmrA. & Seed Atom •
- 3 Lock= Rajhna **Ethos** Flame • Density-4 Lock= Adhr.ina Ethos Flam·
- Lock= Adhr.ina **Ethos** Flam·e Ethos-Etheric Flames are Standing· Wave

-  Flam'e **Ethos**-Ethereic Flames are Standing Wave Units of el-eck-
-  Distortion prevents natural **Ethos** & Eiros Flame interaction thus disabling the natural function of
-  & 7-Dimensional **EthereicEthos** Flame Centre!! Under natural conditions the 24 Lotus points serve
-  generated by the **Ethos** Eiros Etheric Flame Interaction into the D-1

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-  Generates the Etheric **Ethos** Yan +ve Electrical Flow through Pillar of Power Ethos
-  Pillar of Power **Ethos** Ascent in PCM LotE Cl Ash;.yana & Azurt:.nya


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-  the Etheric **Ethos** Yun -ve Magnetic Flow through Pillar of Power Eiros

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-  Natural EM Etheric **Ethos** Eiros Flow between & through PKA Loti & PCM




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-  open circulation of **Ethos** & Eiros & Lotus Flow between PKA Loti and Ecka








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-  RA, KA and THA **Ethos**-Eiros-Logos Etheric Spectra. OurEieyanl Ecka-Veca . Monad In

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-  KA (light) **Ethos** +ve of Lotum BODY BLUEPRINTS) The THA {
-  PET= PI<A **Ethos** +ve PKA KA P = PKA D~n sity
-  where D13.5 KA-**Ethos** & THA-Eiros combine to form the D12.5 Logos

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-  THE 20 EMBODIED **ETHOS** ETHERIC FLAMES an&- ~ 5" PJU;rn' ~ fabo!
-  of 5 Etheric-**Ethos** Flam11 Centres within the 5-Density Locks in each
-  There are 20 **Ethos** Flames In one 7-Dimensional Density Body {
-  frequencies of the **Ethos**, • Zero Point Lock= Mahadra' Ethos Flame • Density
-  Lock= Mahadra' **Ethos** Flame • Density 1 Lock= E-Umbi Etho"s
-  3 Lock= Rajhna **Ethos**.Fiame • oensity-4 Lock = Adhrana Ethos Flame
-  = Adhrana **Ethos** Flame . Jirtffinl pcm AxJS D-2 VOID DN-11

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-  ATMOS REGENERATION The **Ethos**-Atomic Ra-don Cells & Ra-om Sheaths & Ra-




and the PCM **Ethos** Kathara each have a set of Ra~on Cells: Nadradon


 between the Etheric-**Ethos** and PCM Density Atomic Currents; each Sheath manifests as an

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 Pillars Incoming Electrical **Ethos** +ve Counter-rotating Reu-Sha-TA Etheric Spirals generate

 Eiros-ve from **Ethos**+ve -veEiros Seed Atom . t /00

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 Silver-Sanctum & **Ethos**-Golden-Gateway Etheric Flame Body Cells and Biological Etheric-Atomic


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 then the Earths" **Ethos**-Eiros and PCM Photo-cell Bodies received the Monadic Spark,

 Spark, underwent the **Ethos** Ascent Quickening, the Eiros Descent & Etheric Aro & A/

 ROD"s Sparked, Earths" **Ethos** rose, resetting Earths" Reu ~ Sha-TA Spiral Axiom Time

 a result of **Ethos** Interface with the Ecka-Lota Base Shield via Planetary Chakra-


 Light Field). Earths" **Ethos** then descended to embed the restored Axiom Template into Earths"

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 movement of the **Ethos** Body Photo-Flame Cell . . Actions: 1. Inhale into

 simply brings the **Ethos**-PCM Grids into Start Position). 2. From the Zero-Point

 Maharic Shield (**Ethos** Density-4 Shield) downward to Earth Core. (This fully

 fully expands the **Ethos** Grid downward from PCM). As you Exhale, and push Maharic

 full alignment of **Ethos** & PCM Grids and Photo-cells) and draw Lotus Arcs

 The "Quickening"- **Ethos** Ascent 6. Inhale at the RA Centre using Inhale-6


 above head, aligning **Ethos** & Eiros Grids/ Photo-cells. The Zendradon Cell initiates. Draw

 feet aligning the **Ethos**-Eiros and PCM Photo-cells. Expand Lotus Arcs to 45°,

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 1/3 Inhale- **Ethos** Alon Magnetic Peak 8. Inhale from Centre of Maharic Shield

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 Maharic Shield (**Ethos** DN-4 Shield) still stationed at Chakra 12A, 24" above






 leaving the Maharic-**Ethos** Shield and Eiros Shield in their "Lota Alignment" positions.

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 Inhale "Yan" **Ethos**-Etherlc Curr.ent up from Mahadra in to Ra &

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 :

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-  into corresponding Etheric **Ethos** Kathara Signet and outward into corresponding Etheric Dimensional Shield unleashing
 -  passes into the **Ethos** Etheric Seed Atom Cell that corresponds to the Veca Pillar
 -  the Etheric . **Ethos** Kathara Grid. The Etheric Seed Atom Cell Red Wave broadcast
 -  of the Etheric.**Ethos** Kathara Gnd. The "Red Wave of Annihilation CONTACT WAVE"
 -  the corresponding Etheric **Ethos** Dimensional Shield, unleashing a series of Etheric Capsule sub-harmonic
-





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-  con:esponding Etheric **Ethos** Dimensional Shield, the Etheric Red Pulse Transmutation Sequence series of
 -  through the Elhertc **Ethos** Dimensional Shield and Crystal Body on the Dimensional Sub·
-



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-  Lorus Double Arc/ **Ethos** Pillar breath up from Earth Core to Chakra 14, 36"
-



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-  gentle Double Arc **Ethos** PiDar breathing rhythm as you complete the remainder of ihis
 -  breathing Double Arc! **Ethos** Pillar Lotus breaths and repeat genily, 3 TIMES, in your
 -  in Double Arc/ **Ethos** Pillar Lotus breath rhythm and observe or .intend that
 -  /J.Jc/ **Ethos** Pillar Lotus breathing, and observe or intend that your Etheric
-


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-  48-Petal Double **ArcJEthos** Pillar/ AD-DON-ORA FLAME lotus Breath {"ad UP")
 -  automatic Double Arc/**Ethos** Pillar/Ad·Don·Dra Flame ("All UP")
-

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-  automatic Double Arc/**Ethos** PillarJAd·Don·Dra Frame ("All UP") Lotus Breathing,
 -  check that your **Ethos** Piilar and Large Ad-Don-Ora. Flame are in the
-


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 automatic Double Arc! **Ethos** PiJJar/Ad-Don·Dra Flame ("All UP") Lotus

 natural Double Arc/ **Ethos** Pillar/Ad·Don·Dra Flame Lotus Breathing cycle.



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 Point DOuble Arrl **Ethos** Pillar/ Lotus "up" breaths. 7. Then fonows the E-







 Lotus Double Arc/ **Ethos** Pillar breath up from Earth Core to Chakra 14, 36"

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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-  long dormant Etheric-**Ethos** KA Centre in Chakra-2 (Sacral Centre) releases a
 -  the E-Umbi **Ethos** Flame, as the Dimension-2 GrUAL-Control Nadradon Cell emerges
-


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-  Rising of the **Ethos** and Return of Tii-E-"a Breathing. Phase - 9:
 -  through which the **Ethos**-Etheric Pillar of Power can rise, once the Sextant Pin
 -  Pillar of Power-**Ethos** Rising KA-THA-RA Technologies. Until "Ethos-On"/ Ethos
 -  Technologies. Until "**Ethos**-On"/ Ethos Pillar Rising Technologies are employed, breathing the Nadradon
 -  "Ethos-On"/ **Ethos** Pillar Rising Technologies are employed, breathing the Nadradon Cell Energies
 -  is released, and **Ethos** Pillar Ascent is Initiated, Etheric-Atomic Healing, Recharge and Amplification
-



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-  lotus into the **Ethos** Seed Atom stationed at the Nadra Key ... then outward
 -  outward through the **Ethos**-Rod ... giving the Mental Command: "Rod of Ka
 -  I<ey & **Ethos** Seed Atom. Hold this breath at the ~Jadra 1\
-




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-  extending across the **Ethos** Rod at the feet ... then observe/ sense/ feel as
-

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-  FOLD within the **Ethos** Flame at the E-Umbi (imagine this as 2
 -  the E-Umbi **Ethos** Flame; observe that the 2 crystals are fused together in
-








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-  PHASE THREE- "**ETHOS-ON**" # 1- COMPLETING THE ANCIENT 3RD 1/3RD INHALE
-  to draw 1J3rd **Ethos** Rod, from the feet, upward through the released "Green-
-  Green-witch" reversed **Ethos**-113rd.Qenisty Rod at the lower calves, linking the Natural














 3rd Density **Ethos** Rod with the tilted "Green-witch" reversed Ethos 1J3rd
 the Natural 1f3rd Density **Ethos** Rod ascends ... Continue this Inhale and observe/ intend that
 witch" - R- **Ethos** Rod at the lower calves quickly shifts 113.5 degrees Clock-
 the TWO- 1f3rd **Ethos** Oensi fy-1 Rod's ~to form a 2f3rd Ethos
 form a 2f3rd **Ethos** Rod Ascending. Complete this Inhale by drawing the 2f3rd Ethos
 drawing the 2f3rd **Ethos** Rod up to Mid-thigh (the Density-1 E-
 with the 2J3rd **Ethos** Rod at mid-thigh! Density-1 E-Umbi ... where
 ... where the **Ethos** K-1 (Density-1 Signet) intersects with the Density-
 that the 2J3rd **Ethos** Density-1 Rod at mid-thigh " JUMPS" as the
 as the Density **Ethos** E-Umbi Flame and Density PCM AzurA Flame Sparks the
 1 2/3rd **Ethos** Rod automatically jumps from the mid-thigh to AzurA, bringing
 and 2/3 **Ethos** Density-1 Rod into merger at the AzurA and fully
 PCM LotE and **Ethos** Kathara Grids. The Ancient 1st 45-Subharmonic Spark and new
 2f3rd Density-1 **Ethos** Rod down to the rvlailadra at Earths Core- lventally Count-

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 the D-3 **Ethos** Rod to direct the Density-1 and 0-2 &
 & 0-1 **Ethos** Rods; so, Inhale the 1st 1J3rd Inhale now, drawing the
 the 0-3 **Ethos** Rod up from the feet to the centre of the
 the 0-3 **Ethos** K-1 Signet and 0-3 PCM E-Umbi. PAUSE
 the 0-3 **Ethos** Rod at the centre of the calves .. for a
 the D-3 **Ethos** Rod from the centre of the calves to about 1"
 the 0-3 **Ethos** E-Umbi & 0-3 PCM E-Umbi Ethos Flames,
 PCM E-Umbi **Ethos** Flames, releasing the 1st- 45-Subharmonic Spark at the E-
 (D-3 **Ethos** K-1 at 0-3 AzurA).] PAUSE briefly at the
 with 0-3 **Ethos** Rod just above the top of the knee-caps to
 the D-3 **Ethos** Rod from just above the top of the knee-caps
 the D-3 **Ethos**-E-Umbi Flame with the 0-3 PCM AzurA Flame
 AzurA Flame (**Ethos** K-1 Signet at PCM Rajhna) releasing the 2nd Spark
 the D-3 **Ethos** Rod at the PCM E-Umbi to receive the 2nd
 Keeping 0-3 **Ethos** Rod at the D-3 PCM E-Umbi complete the
 the D-3 **Ethos**-E-Umbi and 0-3 PCM AzurA Flames Spark, forming
 the 0-3 **Ethos** Rod automatically jumps from the D-3 PCM E-Umbi
 the 0-3 **Ethos** Kathara Grid rapidly down into the Exhale/ Exoansion
 the D-3 **Ethos** Grid Descending Wave " downward- moving the D-

-  he D-3 **Ethos** Pillar from the A:zurA down to the feet to
-  the 0-3 **Ethos** Rod at the feet. 11 Begin Inhale/ Contraction #2
-  the D-3 **Ethos** Rod from the feet to the centre of the calves
-  the Mental Command: **Ethos** Enaaae with the Ethos Rod positioned at the calves; PAUSE
-  Enaaae with the **Ethos** Rod positioned at the calves; PAUSE for a moment with
-  the 0-3 **Ethos** Rod up from the calves to the "I<nee
-  1" with the **Ethos** Rod positioned at the I<nee Point; PAUSE for a

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-  the 0-3 **Ethos** Rod up from Knee Point to PCM 0-3 E-
-  with D-3 **Ethos** Rod at 0-3 PCM E-Umbi; PAUSE for a
-  With D-3 **Ethos** Rod at the D-3 PCM E-Umbi complete the
-  the 0-3 **Ethos** & 0-3 PCM Kathara Grid and Rods into full
-  Jump- Soark Pulse **Ethos** Ascend". -Mentally Count-INHALE- 2. 15 Exhale rapidly from
-  the D-3 **Ethos** Kafhara Grid down and into full expansion, as the 0-
-  the 0-3 **Ethos** Rod descends from the AzurA to the Full Exhale Feet
-  the 0-3 **Ethos** Rod at the feet ... then begin "Inhale/ Contraction
-  #3 Cycle" **Ethos** Ascent Breath, repeating Steps 11- 15 on Inhale# 3 Cycle
-  the 0-3 **Ethos** Rod from the AzurA to the Feet Point as the
-  the 0-3 **Ethos** Rod : Inhale drawing Rod up from the feet to
-  x 3- Breathe **Ethos** Pillar Up to AzurA (Rod at AzurA) on Inhale,
-  on Inhale, and **Ethos** Pillar Down to Feet (Rod at Feet) on Exhale.

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-  of 3 "**Ethos-On**" Breaths: Inhale at the Nadra Key Feet-Point while
-  the 0-3 **Ethos** Rod (at the feet) all the way up and
-  the Inhale {**Ethos** Rod @ AzurA), then Exhale Firmly from AzurA using the
-  the 0-3 **Ethos** Rod back down to the feet, in sync" with completion
-  and D- 3 **Ethos** Rod at the feet .. . Now, repeat the last
-  ... Inhale-Nadra-**Ethos** Rod to AzurA- Exhale AzurA-Ethos Rod to Nadra (
-  AzurA- Exhale AzurA-**Ethos** Rod to Nadra (feet point) .. the final, 2nd
-  with D-3 **Ethos** Rod at Feet point. PAUSE at bottom of final Exhale
-  of the "**Ethos-On**" 3-Cycle, thai the Ka-Ra ?-Crystal Cluster


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-  Reversed D-3 **Ethos** Rod in the upper-thigh region, and the D-2

 position of the **Ethos** Rod. Finally observe/ intend as a dense oold-metalfic ""


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 ATMOS REGENERATION The **Ethos**-Atomic Ra-don Celts &Ra.,om.Sheaths & Ra-

 and the PCM **Ethos** Kathara each have a set of Ra-on Cells: Nadradon

 between the Etheric-**Ethos** and PCM Density Atomic Currents; each Sheath manifests as an


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 a Breathing, the **Ethos**-Kathara Grid rises upward into alignment with the PCM Density


 and the PCM **Ethos**-Etheric Kathara to align and interface. When Ethos and Density


 and interface. When **Ethos** and Density Ra-don Cells pass through each other, Spark


 and their corresponding **Ethos** +ve and Eiros -ve Etheric Bodies are fully


 and projects its **Ethos** and Eiros Cells outward at 90 degree projection, bringing the

 expansion, with the **Ethos**-Kathara extending downward to the ET- K-1/ PCM- K-

 on the following **Ethos** "Inhale"- Contraction Cycle. In a series of 3- 1/


 Jrd Inhales the **Ethos** Pillar ascends back upward into alignment with the PCM


 Inhale .. . **Ethos** quickens & "jumps" one step up to full ET-

 . . . **Ethos** Pillar descends rapidly to full ET- K-1/ PCM- K-

 next Inhale I **Ethos**-On initiates. Each Exhale- Inhale- Pause Breath Generates 2-45

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 "Turn the **Ethos** On", release -ve Magnetic A-dOR-A Flame and

 Flame and build **Ethos** Charge in the Seed Atom: The Electrical aspect of the


 which +ve **Ethos** Currents and +ve Anti-particle PKA Atmos Currents are

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 movement of the **Ethos** Body Photo-Flame Cell. Actions: 1. Inhale into RA Centre


 simply brings the **Ethos**-PCM Grids into Start Position). 2. From the Zero-Point

 Maharic Shield (**Ethos** Density-4 Shield) downward to Earth Core. (This fully

 fully expands the **Ethos** Grid downward from PCM). As you Exhale, and push Maharic

 full alignment of **Ethos** & PCM Grids and Photo-cells) and draw Lotus Arcs

 The "Quickening"- **Ethos** Ascent 6. Inhale at the RA Centre using Inhale-6



 above head, aligning **Ethos** & Eiros Grids/ Photo-cells. The Zendradon Cell initiate~. Draw

 feet aligning the **Ethos**-Eiros and PCM Photo-cells. Expand Lotus Arcs to 45°,

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 1/3 Inhale- **Ethos** Alan Magnetic Peak 8. Inhale from Centre of Maharic Shield





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-  Maharic Shield (**Ethos** DN-4 Shield) still stationed at Chakra 12A, 24" above
 -  leaving the Maharic-**Ethos** Shield and Eiros Shie Id in their "Lota Alignment"
-



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-  Lotus Double Arc/ **Ethos** Pillar breath up from Earth Core to Chakra 14, 36"
-



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-  gentle Double Arc **Ethos** Pillar breathing rhythm as you complete the remainder of this
 -  breathing Double Arc! **Ethos** Pillar Lotus breaths and repeat gently, 3 TIMES, in your
 -  in Double Arc/ **Ethos** Pillar Lotus breath rhythm and observe or intend that a
 -  easy Double Arc! **Ethos** Pillar Lotus breathing, and observe or intend that your Etheric
-



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-  Petal Double Arc/**Ethos** Pillar/ AD·DON-DRA FLAME Lotus Breath ("all
 -  automatic Double Arc/**Ethos** Pillar/Ad·Don-Dra Flame ("All UP") Lotus
-



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-  automatic Double Arc/**Ethos** Pillar/Ad·Don-Dra Flame ("All UP") Lotus
 -  check that your **Ethos** Pillar and Large Ad·Don-Dra Flame are in
-


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-  automatic Double Arc/**Ethos** Pillar/Ad-Don-Ora Flame ("All UP") Lotus Breathing,
 -  natural Double Arc/**Ethos** Pillar/Ad-Don-Ora Flame Lotus Breathing cycle. Each time
-



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-  Point Double Arci **Ethos** Pillar/ Lotus "up" breaths. 7. Then follows the E-
 -  Lotus Double Arc/ **Ethos** Pillar breath up from Earth Core to Chakra 14, 36"
-



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-  to raise your **Ethos** Pillar and Ad-Don-dra 360 Flame, simultaneously, upward to
-

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-  deeply, drawing your **Ethos** Pillar and Ad-Don-dra Flame upward into the Core-
 -  consciously drawing your **Ethos** Pillar, Ad-Don-dra Flame and Ra-N a-TA
-

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-  momentum of the **Ethos** Pillar and Arc Phasing, which controls the movement of the
 -  up with your **Ethos** Pillar, and Ra-N a-T A Arcs phased "
-



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: 25



cellular activation of **Ethos**-Etheric & Transcendent Flame Body Currents. The "Linking Sequence"

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: 7

-  We have an **Ethos** self that's down below us, upside down, and we have
 -  our light bodies. **Ethos** is the light body, and the **Biros** is the sound
 -  life system. The **Ethos** is the light imprint. The **Biros** is the sound part,
-






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: 11






 out of the **ethos**. This stuff is technical. Sometimes the stuff is so technical,

File : [2005_LotusBreathingExplanation_scan.pdf](#)
Title : Lotus Breathing Explanation
Subject : Clip from eGroup where NU NU writes to explain Lotus Breathing
Author : MCEO Freedom Teachings
Keywords :





Page: 1

-  Point Double Arc/**Ethos** Pillar/Ad-Don-Dra Flame Lotus Breath". I'll take it
 -  the lotus. b) **Ethos** Pillar breathing Workshop: Mexico August 2004 workshop. Technique first introduced:
 -  Phase Three- "**Ethos-On**" #1 - Completing the Ancient 3rd I/3rd
 -  the D-3 **Ethos** Rod from the Nadra Feet Point to the AzurA and
 -  the D-3 **Ethos** Rod back down to the Nadra Feet Point on the
-

Page: 2


-  PointLotus Double-Arc/**Ethos** Pillar breath from the earth core and into the AzurA"
 -  gentle Double Arc **Ethos** Pillar breathing rhythm" When ever the "location" is unspecified
 -  breathing Double Arc/**Ethos** Pillar Lotus breaths" same as above: " .. adopt a
 -  gentle Double Arc **Ethos** Pillar breathing rhythm" Also, "Inhale a 48-Point Double
 -  Point Double Arc/**Ethos** Pillar/Ad-Don-Dra Flame Lotus Breath"
-

Page: 3


-  I know the **Ethos** Maharic Shield (D-12) is in the Etheric level
 -  feet is your **Ethos** Maharic Shield. The Ethos Pillar must be similar to the
 -  Maharic Shield. The **Ethos** Pillar must be similar to the Pillar of Power but
 -  Arcs on the **Ethos** Pillar? The 48 point lotus breathes are not ON the
-


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

Page: 4

 of power, the **Ethos** & Biros templates and the Le-e TOR-A and


Page: 5

 and how the **Ethos** and Biros templates interact with the Outer World Creation and

 connects to the **Ethos** Flame centres, the Etheric currents, the Chariot of Fire, 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: 7

 1-core Atomic-**Ethos** Etheric Sub-atomic Light-field), either spoken as a (


File : [2006-04_AnatomyOfTime_scan.pdf](#)
Title : Anatomy of Time
Subject : Anatomy of Time Kathara Team Module
Author : MCEO Freedom Teachings
Keywords :

Page: 12

 falling of the **ethos** pillar and phasing of the arcs, and those control the


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

Page: 32









 you're breathing your **Ethos** pillar up. They can go up now, because of what

File : [2007-04_Kathara23Sect7-8_scan.pdf](#)
Title : Kathara 2-3 Sections 7 & 8 Module
Subject : Kathara Team Module expanding the technical details of Kathara 2-3
Author : MCEO Freedom Teachings
Keywords :





Page: 2

 Stages	17	Ethos Flames of the
LotE	18	Reuche
Spindles, Rod and		







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-  **Ethos** Flames of the LotE (Figure 14) LaTE" PCM DensityTemplale
 -  Shields The 9 **Ethos**·Eiheric (5 Density Shields + 1 Ethos-Etheric
 -  Shields + 1 **Ethos**-Etheric Blueprint Shield) lotE"Fiame Seals Note: The PCM Primal Template
 -  Fields, and the **Ethos** Density-4 shield as part of its template. The 9
 -  template. The 9 **Ethos**-Etheric LotE Flame Seals are also shown in this diagram.
 -  manifestation field. The **Ethos** energies are half a dimension above the corresponding dimensions themselves.
 -  frequency of the **Ethos** holds the blueprint for the corresponding Atomic matter dimensional energy.
 -  feet, in the **Ethos** Density-4 Shield. This is what we have been accessing
-






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-  Mahadra is our **Ethos** Density-4 Divine Blueprint, while the Adhrana is the Density-
 -  been using the **Ethos** Divine Blueprint because it has the power to override distortions
 -  LotE has an **Ethos** Kathara Grid that sets its templates, the Partika Loti has
 -  same function The **Ethos** is an electrical, male energy that interacts with our Particum
-





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-  has a corresponding **Ethos** Kathara Grid, so does the Particum Primal Kathara Grid. Its
 -  Kathara Grid. Its **Ethos** is also below it. Since the top of the Particum
 -  or clockwise. The **Ethos** seed atom is of opposite polarity and spins clockwise, and
 -  spin clockwise. Its **Ethos** Monad also has an opposite spin, and the Reuche Pillars
 -  the density and **Ethos** seed atoms cause the spindles to polarize and split, forming
 -  clockwise with the **Ethos** Density-4 Shield. The combined pillars of counterrotating electromagnetic force
-







 at 135° The **Ethos** Density-4 shield has the same orientation as the Density-

 4, 2, and **Ethos** Density-4, and other LotE Lines will connect Densities 1
 for both the **Ethos** and Particum Veca fields), and these project through the vortices
 nanosecond), and an **Ethos** magnetic bottom spiral spinning at 11% RTN. The EM
Transhannonic
 1, and the **Ethos** Density-4, creating the electrical Downstep Vortices. The same process
 drawn into the **Ethos** Density-4 Seed Atom project upward to Densities 1, 2,



 important. Both the **Ethos** and Eiros are Etheric energies that come from Parallel Ecka.
 Meridian Lines run **Ethos** current. It is actually the Axi-A-Tonal Line currents
 4 and the **Ethos** Density-4 have the same orientation). There are 12 of

 AdOR-A Etheric, **Ethos** 33% +ve and Eiros 11% -ve Sha-LA-
 33% +ve **Ethos** Etheric and Ecka Le-e-TOR-A 11% -ve
 CCW and an **Ethos** 33% +ve CW current (note: this Sha-LA-
 CCW with the **Ethos** shield, and the Meridian lines spin CW with the Density-


 formed as the **Ethos** and Eiros currents arc to the Dimension 13.5 Seals in
 terms, as the **Ethos** and Eiros step down within this structure, the Ethos currents
 this structure, the **Ethos** currents become the many Etheric blueprints, and the Eiros currents

 Line Sets Interior **Ethos** vortices !~..u magnetic one spinning CCW and the electrical
 are called the **Ethos** Radeonic and Eiros Nadia/ Capsules. These will eventually create the
 the Eiros and **Ethos** Spheres spin through each other, backflow deflection currents are
generated,
 +ve. The **Ethosphere** similarly generates the Electrosphere as its backflow deflection field
current.
 field current. The **Ethos** is 33% +ve and the Electros is 33% -
 formed when the **Ethos** bonds with the Eiros to form a 21 %+ve



 separate positive currents: **Ethos** 33% +ve from the Meridian lines Ethosphere and Mag

 the Meridian lines **Ethosphere** and Mag nos 11% +ve from the Magnosphere. The
 (The converted **Ethos** currents flow elsewhere). Keylona are tiny clusters of sparks that


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 2, 4 and **Ethos** Density-4. The Diodes draw in two separate currents: Eiros


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 known as the **Ethos** and the corresponding photonegative spectrum known as the Eiros. The
 the Eiros. The **Ethos** and Eiros spectra are aspects of multidimensional anatomy that hold


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 Tha and the **Ethos**-Eiros Etheric Blueprint.. The technique sequence featured within the
Kathara


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 E" are the **Ethos** Meridian line Nodes. You may color these in as well.


 2, 1, and **Ethos** grids. For example, if you picked indigo (Dimension 6),

 2, 1 and **Ethos** level. 3. See what you can discern about the way

 1, and the **Ethos** Shield. 4. Find all the Transfiguration Points between Density 1

 1 and the **Ethos**. The Transfiguration Points are located where tiny Tri-Veca configurations

 1 and the **Ethos**? How many are in the entire TiiE-"a Grid? 5.


 a of the **Ethos** Grid. Follow the diagonal line up towards the right to

 right in the **Ethos** Grid, and continue this diagonal line upwards to the edge

 1 on the **Ethos** Level. What patterns do you notice in the numbering of


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 clockwise rotation. The **Ethos** Shield Clock has the same orientation as the Density 4

 Points between the **Ethos** Density 4 shield and the Density 1 shield. There are

 for example. The **Ethos** Shield Node is the one directly across in the Clock

 1, 1, 1, **Ethos** 7. Another example is 12, 12, 12, 12, Ethos 6.

 12, 12, 12, **Ethos** 6. 6. These are also Lotus Arc Transmission Lines. In

 8, 5, 2, **Ethos** 5 (ManA). 7. The braiding of any Tii-E"a


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 Veca Figure 14 **Ethos** Flames of the LotE Figure 15 Rod and Staff Reuche





 Polarities Figure 27 **Ethos** and Eiros Etheric Body Spheres Figure 28 Myonic Crystal Body

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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 else called the **Ethos** templates, that we'll see a little bit of later, has

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 to phase our **Ethos** pillar up ... I didn't have time to put the
 would be your **Ethos**, and the next one up here your Eiros. In between
 Eiros and Eiros, **Ethos** and Ethos on this level... in between those two, you
 Eiros, Ethos and **Ethos** on this level... in between those two, you have the


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


Page: 32

 Par-TE"-KEi **Bodytakethose** Core Flows and begin the process of making them into


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 Where do the **Ethos** and Eiros Grids come from? • The Ethos and Eiros

 from? • The **Ethos** and Eiros Grids that we phase in the Pillar of


 Bodies. • These **Ethos**-Eiros E-Luman-yana Density Spirit Bodies are behind the


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 (c) The **Ethos** and Eiros Grids, which we phase with the Pillar 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 :


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 ... we have **Ethos** energy, Ethos, Eiros, Electros, Magnos, this "os", that "

 have Ethos energy, **Ethos**, Eiros, Electros, Magnos, this "os", that "os" ...

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 Yana are the **Ethos**-Eiros Cells and they are the ones that we've talked


 are ... the **Ethos**-Eiros E-Luman-Yana ... are the Density Spirit Bodies


 is called the **Ethos** Grid or in the upper Veca Quadrants it would where

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 four plus two **Ethos**-Eiros E-Luman-Yana Density Spirit Bodies, four Density Radial

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 what was the **Ethos** Grid and the Cells that live on that. And then

 right? Remember the **Ethos** and Eiros currents were taught.. .we were taught about


 is where the **Ethos** and Eiros Grids come from. They are part of ...

 of ... the **Ethos** Grids, the Ethos and Eiros Grids are part of the

 Ethos Grids, the **Ethos** and Eiros Grids are part of the structure of the

 know where the **Ethos** and Eiros come from, and where that happens within the


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 goes with the **Ethos** grids, right, the Density 1, the Density 3, and the

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 1 Shield, your **Ethos** Shield, Density 2 Shield, and your Density 3 Shield, and

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 "Density 1 **Ethos**", there is a natural lower case "I" which would



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 3) DN-1 **Ethos**: AL-ZeA-Ta DN-1: DN-3: DN-4: AL-






 3) DN-1 **Ethos:** AI-MA-us DN-1: DN-3: DN-4: AI-

File : [2007_12TribesVol1_scan.pdf](#)
Title : 12 Tribes Vol 1 transcript
Subject : scan of the 12 Tribes Volume 1 binder
Author : MCEO Freedom Teachings
Keywords :

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 say where your **Ethos** grid is, which is the other Kathara grid that is
 thing, with the **Ethos** and the Eiros, that is part of the larger technique


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 when your own **Ethos** Kathara grid and fields from below your feet and your
 spark. You have **Ethos** and Eiros, they spark Logos and that creates like a
 seals on the **Ethos** and Eiros grids, so they can be brought together. Now
 brings your electrical **Ethos** grid up from the Urtha core and into alignment with
 which brings your **Ethos** up, and then a little bit of pop down to

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 up, and your **Ethos** goes back down, finish the exhale. And then stand for

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 We"d see the **Ethos** and the Eiros. Then we"d see the whatever they call

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 ... pulling the **Ethos** up and the Eiros down and sparking our chambers that

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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 M31 Galaxy, AQUA"elle **Ethos** Host, and Phantom Milky Way

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 you have the **Ethos** down below your feet and your Eiros above your head


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 Suns DN-1 **Ethos** AL-ZeA-Ta DN-1 AL-TA"-us DN-3


 .. DN-1 **Ethos** AL-MA-us DN-1• Al-tara DN-3 Pro-

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 M31 Galaxy, AQUA"elle **Ethos** Host, and Phantom Milky Way The 12 Galactic "Jh"ia

 are: DN-1 **Ethos**: AL-ZeA-Ta DN-1: AL-TA"-us DN-3:

 / DN-1 **Ethos**: AL-MA-us DN-1: AL-tara DN-3: Pro-








 & ~QUA"elle **Ethos** 6. Sirius B 12. Double Double _ Lyra L1

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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 codes and 3 **Ethos** Adjugate AdorA Spirit" -our Eiradonis Codes, you would have


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 what are the **Ethos**- this was the Ethos, remember when we have to pull
 this was the **Ethos**, remember when we have to pull our Pillar up, pull
 up, pull the **Ethos** up and the Eiros down, this was the Ethos which
 this was the **Ethos** which is the Spirit Body, the AdorA Adjugate Spirit Body.
 Adashis in the **Ethos** and the- what are they called, the ... what are
 engage, and the **Ethos** comes up and stays, that is when our Eiradonis embodies.
 Spirit and the **Ethos**, the AdorA Spirit, embodies into our Manifest System in the

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 ElorA and the **Ethos** merge. And this here is a Transfiguration Cycle where once








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 3, the Aqua"elle **Ethos** Host Line which connects Earth and Sha-La 3 and



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 level or the **Ethos** level of the Aqua"elle matrix, the Spirit level, the Aqua"ElIe


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 is called the **Ethos** Body, would be here, and that"s the Spirit Body of
 Body, or the **Ethos** when you"re on this side, the ElorA side, pulls into
 Remember the "**Ethos** up" pull your Ethos pillar up? Well, the Ethos pulls
 up" pull your **Ethos** pillar up? Well, the Ethos pulls up, and then fully
 up? Well, the **Ethos** pulls up, and then fully engages right there. At the
 system, and its **Ethos**, which is our Spirit Body of this system, and the
 of our Eiradonis **Ethos** System here. So, over here is the manifest Aqua"elle Matrix,





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 would be the **Ethos** Bodies until it engages, which is the end of the
 your Eiradonis, your **Ethos**, is with you now. It's in register with the bodies


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 would be the **Ethos**. This one here would be the AdorA Manifest system. That



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 to bring the **Ethos** up, the Eiradonis Ethos up, right? The Eiradonis on this
 up, the Eiradonis **Ethos** up, right? The Eiradonis on this side is called Ethos,
 side is called **Ethos**, and for ages, with Kathara 2/3, we were learning
 and bring our **Ethos** up, because it was stuck down below our feet It


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 that allows the **Ethos** to bond to the Telluric energy. And without it those

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 with the Eiradonis **Ethos** " And we won't even get into whose twins are
 with their Eiradonis **Ethos** and Gha-Fa," A 4 Harmonic Resonant Tone, Prana" So,

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 D1 Etheric and **Ethos** Density 1 Ketheric bodies progressively merge and Transfigure, to become


 Telluric, D1 Etheric **Ethos**, which is Ketheric, that forms Keriatric Matter, which is the

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 is composed of **Ethos** frequency. And where the Gha-fa is and the Gha-


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 12 AdorA 12 **Ethos** EtorA (AdorA Transfiguration Cycle) Stage-4 HaRA-Krystyanna Hydrolase

 & Adjugates Spirit **Ethos**-Eiros) complete AdorA EtorAManifest merger, forming the Ma-Sha-Ta-

 AdorA Host starts **Ethos** Host ends Spirit, carrying replica of AdorA (2230) (

 Adjugate Spirit-AdorA **Ethos**) forming the Ma-Sha-Ya Body ElorA (integrated EtorA-

 integrated EtorA-Eiradonis **Ethos**); (5 yrs) EtorA Manifest Ascends at Starfire-1 ~"-

 12 EtorAand 12 **Ethos** AdorA strands 2047-2052 M31/Aquinos Starfire-1 & Return

File : [2008-01_EngagingLoadOutWorkshopTranscript_scan.pdf](#)


Title : Engaging the Load Out (workshop transcript)

Subject : Full transcript for FOL "08 workshop

Author : MCEO Freedom Teachings

Keywords :

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 side, which is **Ethos** Energy, which is not as dense as a matter based


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 it is the **Ethos** System, which is the Adjugate Spirit System that interfaces with


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 physical, and partially **Ethos**. They interface directly with what is physical that is on


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 Matrix of primary **Ethos**-base type energy, a bit less dense than here. And

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 Ad jugate Spirit **Ethos** level that we talked about with the vertical maps. Next

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 M31 Galaxy, AquA"elle **Ethos** Host & Phantom Milky Way Now to start this off

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 place in the **Ethos** or the Eiradonis System, the AquA"elle Matrix, the Spirit of


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 Galaxy, Aquae lie **Ethos** Host & Phantom Milky Way & Ash aLA Alright, this


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 we get the **Ethos**, and the Eiros. The Eiros, which is over in the


 EtorA. And the **Ethos**, which is on our side, is the Spirit of AdorA.

 AdorA. So the **Ethos** and the Eiros are the Eiradonis Currents. And one is







 one is called **Ethos**-the Ethos one goes-it"s the AdorA Spirit, Spirit of

 called Ethos-the **Ethos** one goes-it"s the AdorA Spirit, Spirit of AdorA but



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 that is an **Ethos** System, then over here is the Eiros System that is


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 Gate of AshaLA **Ethos** is ... well remember how Ethos was down below our
 well remember how **Ethos** was down below our feet when we started working with
 and bringing the **Ethos** up, well the Ethos is here, and you could see
 up, well the **Ethos** is here, and you could see a little Kathara Grid
 Cycle where the **Ethos** keeps coming up. It brings the Eiradonis up. It keeps
 energies of the **Ethos** Body. This is getting prepared for a slide. Now when




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 frequencies or the **Ethos** frequencies have been integrated into the BorA matter, and at
 combined with its **Ethos**, goes into the HaRA-Krysta state and a bi-locating

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 it would be **Ethos** for the EtorA side. That, whatever I just said, after

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 and then the **Ethos** and Eiros, or the Eiros and the Ethos ones would
 Eiros and the **Ethos** ones would be there. So there are a set of
 would represent the **Ethos** and Eiros ones coming together. This is where you get

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 structure with the **Ethos** energies progressively through Stage 2. If you haven't done any


File : [2008-08_Sliders1Diary_scan.pdf](#)
Title : Sliders 1 - Diary
Subject : Emerging from Darkness, Preparing the MIND for Slide - Workshop Diary
Author : MCEO Freedom Teachings
Keywords :

Page: 2

 beginnings of the **Ethos** and Eiros currents, the lotus petal flows, the Eiradonas Body


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

Page: 6

 "xenon ") **Ethos** (Rn "radon ") The MCEO Freedom Teachings®


File : [2008-11_Sliders3_Scan.pdf](#)
Title : Sliders 3 - Handbook
Subject : The Wind Beneath Your Wings - Engaging the Spirit for Slide, Introductory Atomic-Etheric, Rasha & Spirit Body Training
Author : MCEO Freedom Teachings
Keywords :

Page: 9

 Inhale "Yan" **Ethos**-Etheric Current up from Mahadra into Ra & Exhale into

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



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 Locks) DN-1 **Ethos:** AL-ZeA-Ta DN-1 : AL-TA"-us DN-

 Locks) DN-1 **Ethos:** AI-MA-us DN-1 : AI-tara DN-3:


File : [2009-01_FOLFloatingBuddhas_scan.pdf](#)
Title : FOL "09 - Supplement
Subject : Brave New World & the Floating Buddhas, The Treaty of Al-Ben"-Yhan, Being Buddha, Engaging YOUR Place of Power, Healing the Wounds of Time, Elemental Command Slider Teams & the 12:12 Aquai"-ah de So-La"-RA LU"-na Transmissions
Author : MCEO Freedom Teachings
Keywords :


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 (Eiradhani "**Ethos** Sparkle People" AdorA-Aquari-Human) "Shape-shifter Humanids made
 adjugate-spirit "**Ethos**-Sparkle-Matter"; palepastel-iridescent-metallic-sparkle-Light-Beings;
various races,

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


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 Cycle 11 AdorA 12 **Ethos** ElorA Stage 4 HarA Krystvanna Hydrolase Conversion Cycle 2230 -

 " and M~ata Splrit-**AdorA Ethos**) • i , " .~-- ; fanning the Ma-Sila



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 (Eiradhani "**Ethos** Sparkle People" AdorA-Aquari-Human) "Shape-shifter Humanids made

 adjugate-spirit "**Ethos**-Sparkle-Matter"; palepastel-iridescent-metallic-sparkle-Light-Beings;
various races,


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

Page: 25

 (Eiradhani "**Ethos** Sparkle People" AdorA-Aquari-Human) "Shape-shifter Humanids made
 adjugate-spirit "**Ethos**-Sparkle-Matter"; palepastel-iridescent-metallic-sparkle-Light-Beings;
various races,

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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File : [2009-10_Sliders6_scan.pdf](#)
Title : Sliders 6 - Handbook
Subject : The Arc of the Covenant, Sphere of Destiny & the Stairway to Heaven,
Engaging the Spirit for Slide Intermediate Level
Author : MCEO Freedom Teachings
Keywords :

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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: 58





-  a 5th horizontal **Ethos** Shield that is the Maharic Shield, 12 inches below the
 -  because the PKA **Ethos** frequencies override some of the distortions in our PCM System.
 -  Harmonic, Density and **Ethos** Shields spin horizontally within it. The Parameter Field is the
-

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

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 AdorA • 12 **Ethos** ElorA ::::,"~ Mo,_n_(Mo<-< """"-. Coosummate _vec~n
 nlfWilled EtrnA-Eiradonis **Ethos**); iS yr.;) .2: c ~brA Ma"iisl ~~v~ ElorA

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 M31 Galaxy, AQUA"elle **Ethos** Host, and Phantom Milky Way The 12 Galactic " JhA"ia
 are: DN-1 **Ethos**: AL-ZeA-Ta DN-1: AL-TA"-us DN-3:
 Universe: DN-1 **Ethos**: AL-MA-us DN-1: AL-tara DN-3: Pro-
 & ~QUA"elle **Ethos** 6. Sirius B 12. Double Double_ Lyra I..~.L-----,I-----



File : [2010-08_Sliders8Diary_scan.pdf](#)
Title : Sliders 8 - Diary
Subject : Preparing the Body for Slide, Advanced Emotional Telluric Body Training -
Workshop Diary
Author : MCEO Freedom Teachings
Keywords :

Page: 2



 M31 Galaxy AquA"elle **Ethos** Host, the Phantom Milky Way, the Cosmic Wheels within Wheels

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: 42

 (Eiradhani —**Ethos** Sparkle People|| AdorA-Aquari-Human) —Shape-shifter Humanids made
 adjugate-spirit —**Ethos**-Sparkle-Matter||; pale-pastel-iridescent-metallic-sparkle-Light-Beings; various

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 (Eiradhani —**Ethos** Sparkle People|| AdorA-Aquari-Human) —Shape-shifter Humanids made
 adjugate-spirit —**Ethos**-Sparkle-Matter||; pale-pastel-iridescent-metallic-sparkle-Light-Beings; various

File : [2010-10_Sliders9_scan.pdf](#)
Title : Sliders 9 - Handbook
Subject : The Flame of CosMAyah, Mayan Mother Matrix & Luminary Body
Activation, Advanced Spiritual Body Training
Author : MCEO Freedom Teachings
Keywords :

Page: 32



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


Page: 38



Context: A fundamental **ethos** to the APMCEO teachings The MCEO teachings give us the




File : [2013-12_SecretsOfEFFI_Handbook_scan.pdf](#)
Title : Secrets if the EFFI - Handbook
Subject : Shiftmasters Course 1 - The hidden powers of Consciousness, Concave & Convex reality Cave dwellers, the Ancient Sncestral code & the Cloak of ARI-YON"ah
Author : ARhAyas Productions - E"Asha Ashayana
Keywords :

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 Xe 'xenon") **Ethos** 1Rn "radon") The Tan-Tri-Ahura Teachings - The

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

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 Spark-Pulse Currents- **Ethos**, Eiros, Electros, Magnos, Manos, Lotos 0 Density 1 & 3
 & nm+ve **Ethos** Meridi~n Lines rop VIE.W . / -~ t:
 cl +ve **Ethos** 33 1/3 CW bonds with -ve 11 2f3

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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 :

Page: 32

 Xe 'xenon") **Ethos** eRn "radon") Tan· Tri-Ahura Teachings"" ShiftMasters rM

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

Page: 357

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

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 ofTtallSIWt.tbOO SillcataAiatrtx **Ethos** .t Eros ~-IJ Gmehc Tunr: Codes Ftr.CcdtiS

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 Page E-13 **Ethos** & Eiros Earth \Ve ha\`e and Ethos

 `e and **Ethos** Light self that"s down ~Jow us. upside down. and

 d bodit"s. **Ethos** is the Light body, and the Ei.:ros is the

 life system. The **Ethos** is the light imprint. The Etros is the Sound part.

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 Etheric Blueprint (**Ethos** Template) architecture upon which atoms, molecules, cells and .DNA

 ithin the Etheric **Ethos** Blueprint, Etheric Crystals of varying shapes and sizes possessing "

 Grid of the **Ethos** Etheric Body and their errant atomic-elemental substance counterparts that
