

Search Results

Summary

Searched for : **prana**
In index(es) : **H:\KS_Scan_Library\MasterIndex.pdx**
Results : **50** document(s) with **1261** instance(s)
Saved on : **7/11/2017 9:48:51 PM**

File : [1999-12_Kathara1_scan.pdf](#)
Title : Kathara 1 - Manual
Subject : Introduction to Kathara Bio-regenesis technologies, Color, Symbol, Sound and Bio-regenesis
Author : MCEO Freedom Teachings
Keywords :

Page: 86

 energy or "**Prana**" from the higher dimensional anatomy into physical embodiment and regulates

Page: 292

 WE are the **Prana**-Breath of God Eternal, manifest. WE are the Waters of

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: 250



WE are the **Prana**-Breath of God Eternal, manifest. WE are the Waters 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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 4. 0-4 **Prana** Mion units • •tt1fj ~ ~oo ~ IIDw

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 ShA- Ta"a-Mira-**Prana**-Chi The Directive Psonn-3: The Pause-Breath - Intention

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 Shield Ray-4 **Prana** MIONS Density·2 Protor\S Ray-S Mana DJONS

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 1 a-Mira-**Prana**-Chi SOLAR Salutation start: ManA Psonn-4: (use "

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 Ta"a·Mira-**Prana**·Chi 1. Begin with arms at side, palms toward

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 Ta"a·Mira-**Prana**-Chi Man U-Ec·RAE·Dha-KHU-KEE

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 Chi; Density 2 **Prana**; Density 3 Mira; Density 4 Ta"a; Density 5 ShA and

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: 39

 Shield Aay-4 **Prana** MIONS . Denslty-2 Protons Aay-5 Mana DIONS Denslty-

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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 4. D-4 **Prana** Mion units ~ryj~!D~ llniwm;P. .~ ~@ 003J~-

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 Chi R"ay-4 **Prana** MIONS . . ~ Ray,1 D·1 ~

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 Shield Ray-4 **Prana**.MIONS . Density-2 Protons Ray·S Mana DIONS

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 Sh1eld Ffay-4 **Prana** MION\$ Density-2 Protons Ray-5 Mana DIONS bensity-2

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 4. D-4 **Prana** Mien units - D-4 GREEN 5. 0-S"Mana Dian

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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 4. D-4 **Prana** Mien units- D-4 GREEN . ~ ~ ~ "

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: 22

 rei, ki into **prana**, mana, and trala - once you clear and heal the

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

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ShA-Ta"a-Mira **Prana-Chi**" that goes with the EirA Currents; the "ManU-

File : [2007-04_KRYSTarAwakeningDiary_scan.pdf](#)
Title : KRYSTar Awakening - Diary
Subject : The KRYSTar Awakening and Starfire Maps, Solar Gates, Prana Seed and the Aqualene Sun - Workshop Diary
Author : MCEO Freedom Teachings
Keywords :

Document Metadata

 Subject: Maps, Solar Gates, **Prana** Seed and the Aqualene Sun - Workshop Diary

 Found 1 instance(s) in additional metadata

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 Maps" Solar Gates, **Prana** Seed and the Aqualene Sun After three very exciting and
 of an impacting **Prana** Seed Atom) starting as early as March/April2008. As a
 to undergo "**Prana** Exchange" within its Prana Seed and Seed Atom. The Shield
 Exchange" within its **Prana** Seed and Seed Atom. The Shield of Aquafereion "Host

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 information surrounding "**Prana** Exchange" and the fact that Earth lost this ability -
 body or planet"s **Prana** Exchange process will rapidly activate something called the RaShaLAe Body

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 of the planetary **Prana** Exchange (in Peru), we can begin training to physically
 that initiated the **Prana** Exchange within the Indigo Shield (this I believe coincided
 of Urtha" s **Prana** Exchange in preparation for Star Fire). During this evening we
 the activation of **Prana** Exchange within Earth Prana Seed and Seed Atom for the
 Exchange within Earth **Prana** Seed and Seed Atom for the first time since 15,000

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 (from the **Prana** Key) and their origin in the process of Key Quantum
 showed where the **Prana** Seed, Et-a-Ur and Eiron Point were in relation
 process of the **Prana** Exchange. On the final session on Sunday night, A"sha went
 Biron Point and **Prana** Seed within the Indigo Shield ... Prana IN (back-
 Indigo Shield ... **Prana** IN (back-flow to Seed Atom), Mana OUT, Prana
 Atom), Mana OUT, **Prana** IN, Mana OUT ... all the way home! With Krystal

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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 that is called **Prana** Exchange. This planet has not been capable of Prana Exchange since
 not been capable of **Prana** Exchange since 15,400 BC, because of an event called the
 the process called **Prana** Exchange? What this has to do with the process of

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 since 15400 BC, **Prana** Exchange with the core gates of this planet. This is

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 engage its first **Prana** Exchange. This is really significant. To understand why it is
 heck is a **Prana** Exchange. It has to do with core breathing. It has
 with the core **Prana** Seed of Urtha. Not Earth, but Urtha. So, Indigos -
 Urtha begins its **Prana** Exchange cycle, which it is beginning, the Indigo Shield is
 next of engaging **Prana** Exchange through Urtha. It is a hosted Prana Exchange. Then,
 is a hosted **Prana** Exchange. Then, once that happens, once we get to Peru,
 who are actively **Prana** Exchanging in their cores, we can do the same -
 give a hosted **Prana** Exchange capacity to Earth. Which means Earth can temporarily breathe
 can get its **Prana** Exchange going - and you'll see what that is by

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 a condition called **Prana** Exchange can once again occur, first within the Indigo Shield,

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 do with the **prana** seed - but when bardoah occurs, with compaction of the
 to be the **prana** seed that compacted, and they would become like a gamma
 implosion of the **prana** seed, and then explosion, which would be ... from the
 inside of the **prana** seed, and it would build frequency and start radiating itself

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 to engage first **Prana** exchange since 15,400BC. I just wanted you to understand the

 area of the **Prana** seed, so that is the beginning of the Aqualene sun

 end up with **prana** being formed where there's a redistribution of quantum between ...

 but that becomes **prana**. So that's when prana forms, by splitting of the ManA

 So that's when **prana** forms, by splitting of the ManA into mana and prana.

 into mana and **prana**. So, we have prana, eira and mana at this point,

 So, we have **prana**, eira and mana at this point, where mana is 21

 the words mana, **prana** and eira. What we're talking about. And this is where

 this is where **prana** starts. Prana starts with the first cycle of the keys,

 where prana starts. **Prana** starts with the first cycle of the keys, that started

 equilibrium is the **prana**, or the prana key. Actually the prana key is something

 prana, or the **prana** key. Actually the prana key is something that is half

 key. Actually the **prana** key is something that is half of that. The prana

 of that. The **prana** is 11 2/3 positive frequency that used to be

 tone, it becomes **prana**. So prana becomes key to what's called the backflow return.

 becomes prana. So **prana** becomes key to what's called the backflow return. There's something

 There's something called **Prana** Exchange that we are going to talk about more tomorrow

 understand where the **prana** seed comes into being, and why it is important, and

 This is where **prana** starts. Prana, mana and eira. This is the key cycles

 where prana starts. **Prana**, mana and eira. This is the key cycles of the

 and that's where **prana** gets formed, and then the keys collect together and form

 find out where **prana** came from, in case you didn't know where prana as

 didn't know where **prana** as an energy came from. These are just the big

 resolution, where the **prana** keys were formed, or what are called the Alons. Basically,

 overtone equilibrium or **prana** key and overtone differential, the difference between, which is the

 what were the **prana** keys that were the 11 2/3 positive overtone equilibrium

 become Alons. The **prana** keys become Alons. So the Alons are the carriers of

 carriers of the **prana**. The base tone keys become ShAlons. The base tones are

 do with the **Prana** Exchange. It's going to be something we're fully setting in

 there's something with **Prana** Exchange that has to do with 13. The 13th contraction

 of what's called **Prana** Exchange. Next one please. I'll show you where you get

 you get the **Prana** seed first. Oh yeah, this is another layer before you

 you get to **Prana** Exchange. Now, here's where the Prana Exchange happens. Now, we're

 here's where the **Prana** Exchange happens. Now, we're still at the Life born cycle,

 planes and the **Prana** seed. These are formed/created by the first ASKO conception

 is called the **Prana** Ki, and one is called the Prana Chi. Now if

 is called the **Prana** Chi. Now if you put these two Prana Ki and

 put these two **Prana** Ki and Prana Chi back together, you'd end up with

 Prana Ki and **Prana** Chi back together, you'd end up with a Prana- in

 up with a **Prana**- in fact, that is what it sparks. It sparks Prana.

 sparks. It sparks **Prana**. And if you remember, Prana is a base 11 $\frac{2}{3}$

 if you remember, **Prana** is a base 11 $\frac{2}{3}$ positive charge radiation unit.

 of positive, or **Prana**, divide Page 51 of 151

 to be the **Prana** Chi, which would be the negative charge one, and the

 would be the **Prana** Ki as far as quantum goes, and I don't have

 11 $\frac{2}{3}$ **Prana** unit. When they come together and spark - just like

 - they make **Prana** sparks. And those Prana sparks are backflow sparks. They go

 sparks. And those **Prana** sparks are backflow sparks. They go back to Source. They

 goes from the **Prana** seed Eiron point, back in, and it creates something called

 creates something called **Prana** Exchange. Prana is exchanged for a Mana outflow. Mana

 outflow

 called Prana Exchange. **Prana** is exchanged for a Mana outflow. Mana outflow starts the

 the flow of **Prana** in, Mana out, Prana in, Mana out. And that creates

 in, Mana out, **Prana** in, Mana out. And that creates all sorts of neat

 phasing of the **prana** seed since 15400BC. And what has just happened on the

 three of their **prana** seed, which are the core gates on the Sol level,

 planet, when the **prana** seed completely closes, it closes the Eiron point, which separates

 bodies and the **prana** seed, from the seed atom behind it. And at that

 breaks when the **prana** seed phase locks and closes, and that is what has

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 planes and the **prana** seed. We are still dealing with the 15 rings and

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 begin the first **Prana** Exchange, the first phase of the prana seed ... it

 phase of the **prana** seed ... it will activate within the part of your

 atom where your **prana** seed is. So, it will begin that process. That means

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 point of the **prana** seed. As the rings and orbs span open in the

 center of your **prana** seed. And you will have it. And at that point.

 body and the **prana** seed formation, and next we'll go into the Rashes. We'll

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 to do with **Prana** Exchange, and what it means to begin to get that

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 have done a **Prana** Exchange, which is core breathing, since 15400 BC when certain

 the PartEkE body **prana** seed. So the first time the prana seed at the

 first time the **prana** seed at the core of the one before goes (

 ... sparks a **prana** unit and sends that as backflow, then there's a (

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 engaged by the **prana** seed at the core of the PartEkE body. It creates

 Krystallah with one **prana** seed that has its Eiron point at the core, and

 layers, and that **prana** Page59of 151

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 compaction of the **prana** seed at the core of the PartEkE body. So, if

 you have your **prana** seed open and it's able to phase, it means you

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 It allows for **Prana** Exchange to occur. It's also where you get the core

 you get the **prana** seed. So, the PartEkE body and the five elemental density

 where the core **prana** seed is formed, and the Eiron point hole that leads

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 gates, or its **prana** seed, closes and compacts, and then we will simply, at

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- planes and the **prana** seed. That was the number three, Life born cycle, stage
 - do with the **prana** seed. It has to do with the Alons, KAlous and
 - some degree of **Prana** Exchange within its outer fields. What is going to happen
 - units of the **prana** seed in our planetary or stellar level, have compacted. There
-

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- shut off the **Prana** seed and initiated bardoah fully on the planet. That's not
-

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- that too. It's **Prana** Exchange. We'll explain toward the end what Prana Exchange is,
 - the end what **Prana** Exchange is, and why it is significant. We'll also go
 - it is initiating **Prana** Exchange within the Indigo Shield, we will begin to see
-

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- AnshatAsa Passage, the **Prana** Exchange within the planetary core. What the Indigo Shield, they
 - actually begin the **Prana** Exchange for Earth, because the Beloveds are on Urtha. That's
 - to do the **Prana** Exchange, to begin that process in the indigo shield, and
-

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- to the core **Prana** seed of the planet. There was something done in that
 - process of planetary **Prana** seed activation. While those gates were reversed, it phase-locked
 - phase-locked the **Prana** seed. It actually phase-locked and opened, where it was
-

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- start something called **Prana** Exchange on the planetary level that will allow those Aurora
-

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- have a respirator **Prana** Exchange cycle, that will allow for the AnshatAsa Passage to
-

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- talking about the **Prana** Exchange, and we talk about the 15 OrEa, with an
-

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- That's when the **prana** seed compacts and separates from the seed atom behind it.
-

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- Bardoah means the **prana** seed is separating from the seed atom, and the core
-

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 planet can do **Prana** Exchange again, once it can breathe, even on a respirator.

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 connect to the **Prana** Exchange process, that has to do with phasing of the

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 cores, where the **prana** seed is, and inside the prana seed - remember the
 and inside the **prana** seed - remember the prana seed is inside of the
 - remember the **prana** seed is inside of the Nada 1 core crystal. The
 core crystal. The **prana** seed has at its core the Eiron point, which is
 between the outer **prana** seed and the seed atom of the planet, but they
 time, because the **prana** seed of Earth has not been able to phase because
 now start experiencing **Prana** Exchange. I don't why to go through every little detail

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 core, through the **prana** gate. Once you can phase, you'll be able to get

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 the beginning of **Prana** Exchange and other things, even better, after that. They haven't

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 with activating the **prana** seed. I don't know what it is yet. It's going

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 which means the **prana** seed is one this axis, right? Then when you get

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 with something called **Prana** Exchange. (Dialogue with Az) We talked about the Krist
 and activating the **prana** seed. It has to do with Prana Exchange. The easiest
 to do with **Prana** Exchange. The easiest way to describe Prana Exchange to you
 way to describe **Prana** Exchange to you - without going through about 40 diagrams,
 I can explain **Prana** Exchange ... remember, we were looking at the Rashalae body,

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 lips. Let's try **Prana** Exchange. Without having a million graphs, I'll try to explain
 will have your **prana** seed. The prana seed looks just like the Tauren. It
 prana seed. The **prana** seed looks just like the Tauren. It has one ball
 now, to understand **Prana** Exchange. With Prana Exchange, there's a prana seed at the

 Prana Exchange. With **Prana** Exchange, there's a prana seed at the center. There is
 Exchange, there's a **prana** seed at the center. There is a little thing called
 its center a **prana** seed that looks in the same configuration as the Tauren
 Now what the **prana** seed does ... it's called a prana seed because it's
 it's called a **prana** seed because it's made of- one of the reasons its
 its called a **prana** seed is ... I don't have one here to show
 and two half **pranas**. They are not really half; their quantum is like two
 they are a **Prana** Ki and a Prana Chi. When the Prana Ki and
 Ki and a **Prana** Chi. When the Prana Ki and Prana Chi phase together,
 Chi. When the **Prana** Ki and Prana Chi phase together, or come together and
 Prana Ki and **Prana** Chi phase together, or come together and spark, they form
 they form a **prana** spark. When that prana spark occurs, it's just like when
 spark. When that **prana** spark occurs, it's just like when you go back to
 thing. When the **prana** seed phases, it makes its prana spark, it sparks open
 it makes its **prana** spark, it sparks open the Eiron point doorway, that would
 a spark of **prana** gets sent back, it opens the aperture, and when the
 and when the **prana** spark is sent back the exchange happens, when the prana
 happens, when the **prana** is exchanged. Prana is the backflow to Source. It releases
 prana is exchanged. **Prana** is the backflow to Source. It releases a flow of
 of mana energy. **Prana** is the stuff that has a base 11 2/3
 exchange where a **prana** spark goes in and it allows a mana flow to

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 process by which **prana** sparks occur. That process has to do with these tubes.
 joule is the **prana** carrier. The joule is embedded in Ma Ta Or, and

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 spark triggers the **Prana** Exchange to happen. So, Prana Exchange gets its spark to
 to happen. So, **Prana** Exchange gets its spark to make it happen because of
 up sparking the **prana** seed at the center, which opens the Eiron point, sends
 point, sends a **prana** unit through, and as backflow to Source, and then the
 atom receives its **prana** spark, and releases its mana spark, there's stuff that happens
 gets hit with **prana**, but we don't have to go there. Just know that
 know that the **prana** goes in from sparking out here and makes a prana
 and makes a **prana** spark that goes back in, and it triggers the release


you have 12 **prana** sparks coming out and they all go into the center

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-  core, sparking another **prana** phase, another prana spark is made, so the ManU rides
 -  prana phase, another **prana** spark is made, so the ManU rides in on the
 -  in on the **prana** spark, into the seed atom, and at that point, with
 -  we don't do **Prana** Exchange on the outer because we can't do Prana Exchange
 -  we can't do **Prana** Exchange on the partikE body levels because this planet has
-

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-  to activate the **prana** seed with the support of the AnshatAsa Host coming in.
 -  spark the core **prana** seed. The prana seed is in the same place as
 -  prana seed. The **prana** seed is in the same place as your seed atom,
 -  also have a **prana** seed that goes with your inner domain body, or your
 -  one is the **prana** seed. That would be at the AzurA point. It would
 -  before. With the **prana** seed being triggered - I don't know how they are
 -  allows for the **prana** phase. That's what allows the 13th, 14th and 15th core
 -  is what the **prana** seed is on a planetary level; in your own self
-

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-  and make a **prana** spark. That will open the Eiron point. That I believe
 -  spark it with **prana**. And that's going to start the mana flow coming back.
 -  doing by initiating **Prana** Exchange is allowing for the prana spark to be formed,
 -  allowing for the **prana** spark to be formed, building the charge first, allowing the
 -  first, allowing the **prana** spark to be formed, and doing something specifically that will
 -  will allow the **prana** spark to go back through the way it's supposed as
 -  going to initiate **Prana** Exchange in our bodies, where prana is exchanged for mana,
 -  our bodies, where **prana** is exchanged for mana, and then mana makes ManU, and
-

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-  not been a **prana** spark that has happened yet. So, the next stage in
-

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-  AzurA, or the **prana** seed. That white spot there you see? (on the
-  to phase the **prana** seed. So, that will be the first time that the
-  Ruta of the **prana** seed come together and spark with the Shala. That will
-  create the first **prana** spark. So, when we're exhaling, anyway, they want us to

 when the first **prana** spark will be made with the Ruta and the Urta
 exchange, where the **prana** went in, and it was exchanged for mana. That's why
 why it's called **Prana** Exchange. So you have the prana going in on the
 you have the **prana** going in on the 13th inhale, and then the first

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 you will do **Prana** Exchange. Your inhale will go all the way back through
 the planet, the **prana** seed, and you will get prana going in and mana
 you will get **prana** going in and mana flow coming out. So, you are
 by initiating the **Prana** Exchange. We are learning this too. We're learning this with
 those inhales with **prana**, the prana inhales, to remember to try to feel that
 with prana, the **prana** inhales, to remember to try to feel that you're contracting
 that is is **prana** going in and mana coming out. We'll really get the
 far as the **Prana** Exchange. Az: Inhale ... hold ... contraction, exhale, expand. Inhale,
 that you're inhaling **prana** and exhale mana on all the breaths from now on,

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 you will inhale **prana** back from your own Rashalae body, back to your seed
 possible once the **prana** breath is a natural force within your body. The prana
 your body. The **prana** breath will bring the healing frequencies of prana through the
 healing frequencies of **prana** through the body. The body has its certain level of
 level of stored **prana**, but when the prana seed cannot phase, they cannot restore
 but when the **prana** seed cannot phase, they cannot restore those, so they become
 become depleted. Because **prana** is the key to opening the Eiron point as a
 the body becomes **prana** depleted, it becomes mana depleted, because you do not get
 give first the **Prana** Exchange. So, we have opened up potentialities now of renewing

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 and return of **Prana** Exchange. This response will be - and we'll let you
 response to the **prana** that you sent back to the seed atom. There will
 opened, or the **prana** seed is not phasing, the Antakarana can't regenerate itself, so

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 for contributing your **Prana** Exchange to the mission. Because it is a mission at

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 :

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Gates of the **Prana** Seed and the Eiron point within it and also the

File : [2007-05_KRYSTHLRiverDanceHandbook_scan.pdf](#)
Title : The KRYSTHL River Dance
Subject : 1st Dance of the Cycle of "Last Stands"
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

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-  Elemental Planes & **Prana** Seed & the Rasha - AmorA Rasha Body. Birth of
 -  planes & core **Prana** Seed & Eiron point. Stage 4: (1st Phase of
 -  Phase of the **Prana** Seed): The Rash a- AmorA 4 Sheathe Body, 3 -
-

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-  Core Gates I **Prana** Seed) and enters its final Nova-Space-Dust return cycle,
-

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-  2/3 + **Prana** Overtone Equilibrium Base Shield, 7.5 Span Alons) Krystar ShA-mu
 -  144 + 12 **Prana** Exchange Breaths • Yamu Nava- rounds 1-4 (48
-

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-  from the AzurA/**Prana** Seed out horizontally in a "Spherical Exhale". § 5.
-

File : [2007-08_RevelationsOfDhaLA-LumaDiary_scan.pdf](#)
Title : Revelations of the DhaLA-Luma - Diary
Subject : Revelations of the DhaLA-Luma Transfiguration of the KRYST and the
KaLE-Hara Celebration - Workshop Diary
Author : MCEO Freedom Teachings
Keywords :

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 compaction of its **Prana** Seed, and specific dates were given for the cycles the

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 Crystals, and Alon-**Prana**-Crystals in the blood that allow the skin to capture

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

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 I say "**ManaPrana**-Ki or Prana-Chi," hmm, what did I just do?"

 ManaPrana-Ki or **Prana**-Chi," hmm, what did I just do?" Right? You just

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

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-  in time the **Prana** Seed inside of the sun was unnaturally forced to close
 -  FA groups. The **Prana** Seed represents the core gate and the sun's ability to
-

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-  (d) The **Prana** Seed in the Sun. 5. Hibernation Zones are (a)
-

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-  A form of **Prana**. (b) A form of Mana. (c) A form
-

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-  Little sparks of **Prana**. (d) Aand B. 8
-

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-  core gate or **Prana** Seed for reassembly. 3
-

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-  core gate or **Prana** Seed for reassembly. Burial ensures one's body, Spirit, and Eiradonis
-

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-  the process of **Prana** exchange to occur. • The Alon Crystal Band is where
-  is where the **Prana** Joules are stored. The ShAlon Crystal Bands are the Base
-  What does the **Prana** Seed represent and what is Prana Exchange? • At the
-  and what is **Prana** Exchange? • At the center ofthe Par-TE"-KEi Body,
-  there is the **Prana** Seed that forms at the center of the ftrst Rasha
-  Rasha Body by **Prana** Exchange. The Prana Seed represents the Core Gate that leads
-  Prana Exchange. The **Prana** Seed represents the Core Gate that leads to the Tauren
-  the process of **Prana** Exchange to occur. • The sparks in the Fire Chambers
-  center point, the **Prana** Seed, back in to the Allurean Chambers and back into
-  Spirit Body; • **Prana** Exchange is making the connection between the Spirit Body and
-  Body structure. • **Prana** Exchange allows the flows from the Outer Light Body structure

 Ho Cycles? • **Prana** Exchange allows for the NavA-Ho Cycles, in which the
 the two types **ofPrana** and what is NaVA-Ho Breathing? • Prana Kei has
 Ho Breathing? • **Prana** Kei has a positive charge, and Prana Chi has a
 positive charge, and **Prana** Chi has a negative charge. When they phase together, full
 phase together, full **Prana** Sparks are made to open the Creation Point Door. 2

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 and contraction ofthe **Prana** Seed is called NaVA-Ho Breathing or Prana Breath. It
 Ho Breathing or **Prana** Breath. It activates the sparking of each of the Rings
 System when its **Prana** Seed has closed? • The Light Body System and its

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 Bardoah happens, the **Prana** Seed closes. This means that a Light Body System and
 Bursts: When the **Prana** Seed has closed, the Sun is no longer able to

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 Chi. (c) **Prana**. (d) ManA. 7. Which type of energy does the
 Magnetic. (d) **Prana**. 8. What are Gamma Ring Waves coming from the Core

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 the Center Core **Prana** Seed. This would allow the Prana Seed to phase and
 would allow the **Prana** Seed to phase and the frequency to go

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 Ethers, where the **Prana** Seed would be. (b) Metals. (c) Crystals. (
 the center ofthe **Prana** Seed. 5. Etheric energy is in __ , Telluric energy

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 quantum, Keys form **Prana**. • Key Ordenation: Every 3rd Harmonic Key Cycle in a

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 the Cosmic Rasha **Prana** Seed, forming the 144 Base Elemental Currents ofEiradonis Atomic Matter

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 8 axes. 2. **Prana** Joule: The Prana Joule is the part of the Overtone
 Prana Joule: The **Prana** Joule is the part of the Overtone ManA Key that

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 EirA and part **Prana**. 11. HaRA Krysta Line: The currents coming from the YunasA

-  of 12 Shalons, **Prana**-Chi, negative charge, inside the Geleziac radiation. Egg carries a
 -  Alons (holding **Prana** Joules), PranaKei, positive charge, inside the Geleziac radiation. Prana-Chi
 -  holding Prana Joules), **PranaKei**, positive charge, inside the Geleziac radiation. Prana-Chi + Prana-
 -  the Geleziac radiation. **Prana**-Chi + Prana-Kei together form full Prana. • Egg
 -  Prana-Chi + **Prana**-Kei together form full Prana. • Egg and a specific
 -  together form full **Prana**. • Egg and a specific group of sperm both have
-

-  of 12 Shalons, **Prana**-Chi, inside the Geleziac radiation. The mutation takes 6 of the
 -  of the 12 units of **Prana**-Chi and reverses them-turns them into Kei-and pulls
 -  6 of those **Prana**-Chi units into the center and creates a 6:6:
-

-  of 12 Alons, **Prana**-Kei, positive charge, inside the Geleziac radiation. (b) Around
 -  of 12 Shalons, **Prana**-Chi, negative charge, inside the Geleziac radiation. (d) A
-

-  hold open Earth's **Prana** Seed for a period of time, in order for the
-

File : [2007-11_LegacyOfLostTranscript.pdf](#)
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Author : MCEO Freedom Teachings
Keywords :

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 is called the **Prana** Seed inside of the sun closed. Copyright A "shavana

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 know what a **Prana** Seed is, that's not going to mean much. Prana Seed
 to mean much. **Prana** Seed represents the core gates. Prana Seed has to do
 the core gates. **Prana** Seed has to do with what is called Rasha Body
 not. When a **Prana** Seed closes, the sun enters what is called the Bhardoah
 But when the **Prana** Seed in a sun closes, it can't be forced open

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 closing of the **Prana** Seed, the core gates in the Sun. The Sun has

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 ... they're called **Prana** Exchange Cycles ... Prana is a specific type of energy
 Exchange Cycles ... **Prana** is a specific type of energy and there's specific structures
 that allow for **Prana** Exchange at the core. And it is through that the

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 a form of **Prana**, by the way. We'll get into that later. When you

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 planet, or the **Prana** Seed, and pulled out with you, so you can reassemble

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 something called the **Prana** Seed ... births; Prana is a very specific type
 Seed ... births; **Prana** is a very specific type of energy that forms

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 with this one. **Prana** is a specific type of energy; just like is Mana
 more tomorrow. But, **Prana** is essential; there are two types of Prana: Prana Kei

 two types of **Prana**: **Prana** Kei and Prana Chi. Prana Kei, with a K-
 Prana Kei and **Prana** Chi. Prana Kei, with a K-E-1, has a
 and Prana Chi. **Prana** Kei, with a K-E-1, has a positive charge.
 positive charge. And, **Prana** Chi has a negative charge. And you put them together,
 get a full **Prana**. And a full Prana has a very specific quantum, and
 And a full **Prana** has a very specific quantum, and it's an essential part
 structure. So, the **Prana** Seed forms at the center of the Rasha Body, the
 the process of **Prana** Exchange to occur. Which allows for certain cycles called NaVA-
 The process of **Prana** Exchange has to do with the Lons phasing, making sparks

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 center is the **Prana** Seed ... this is just a close up of it.
 like that. Has **Prana** Chi and Prana Kei, and what is called Eira, a
 Prana Chi and **Prana** Kei, and what is called Eira, a type of frequency,
 sparks. You put **Prana** Chi and Prana Kei together, and they make a full
 Prana Chi and **Prana** Kei together, and they make a full Prana Spark, and
 make a full **Prana** Spark, and that opens the Creation Point Door, and there
 what are called **Prana** Joules. This is where your Joules are stored. And these

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 Elemental Planes & **Prana** Seed Part of this Rasha Body not only has its Alons,
 Chambers, and its **Prana** Seed at the center, it has Density Levels. And this
 you have the **Prana** Seed. That Prana Seed would represent the Core Gate, the
 Prana Seed. That **Prana** Seed would represent the Core Gate, the Core Gate that
 2007, because the **Prana** Seed at the center of our Sun ... our Sun
 of that Sun, the **Prana** Seed has closed and compacted, which sets in motion what
 this. If a **Prana** Seed closes, what it means is the connection to the
 is when the **Prana** Seed closes; it will shut down the connection from the
 connection from the **Prana** Seed to what comes next, which is the Outer Light

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 will separate the **Prana** Seed from that. It allows the Prana Seed itself to
 It allows the **Prana** Seed itself to ... and the Rash a part ...
 happens, and the **Prana** Seed closes, it means that a system, a Light Body
 will release. The **Prana** Seed has closed, and that means the link between the
 link between the **Prana** Seed and the Light Body Matter Body Structure of the

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- 📄 able to do **Prana** Exchange with its Rasha Body in order to allow
 - 📄 the Center Core **Prana** Seed-it would allow the Prana Seed to phase. It
 - 📄 would allow the **Prana** Seed to phase. It would allow the frequency to go
-

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- 📄 is where the **Prana** Seed would be. And that is where the opening, the
 - 📄 opening of the **Prana** Seed to the Rasha Dark Matter Template that goes through
 - 📄 how fast your **Prana** Seed is cycling. The whole Ascension process, you could perceive
-

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- 📄 the word "**Prana**" comes from. So this is the Elum-Eiradhona was the
-

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- 📄 a substance called **Prana**. **Prana** comes from ... if you take the ManA that
 - 📄 is called the **Prana** Joule. That is where Prana comes from just so you
 - 📄 That is where **Prana** comes from just so you understand when we talk about
 - 📄 we talk about **Prana** and Mana, and things like that. And when we talk
 - 📄 talk about the **Prana** Seed, it is talking about a specific type of energy
-

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- 📄 Codes" And the **Prana** is also referred to by the way, the Prana Joules
 - 📄 the way, the **Prana** Joules alright. This has to do with the Joules of
 - 📄 things, so the **Prana** Joules with the 11 f ds quantum ... the 11
-

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- 📄 Cycle by which **Prana** is formed from the ManA. I don't have to go
-

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- 📄 Cosmic Rasha **Prana** Seed, forming the 144 Base Elemental Currents of Eiradonis Atomic
-

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- 📄 it's a part **Prana**-base ... if not all Prana-based type of energy
 - 📄 if not all **Prana**-based type of energy as opposed to a Mana-based
 - 📄 EirA and part **Prana**. And somewhere I have scribbled charts that just started that
-

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- 📄 have where the **Prana** Seed is and the Core Gates, the 13, 14, and
-

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 match-there are **Prana** Rings that should have equal amounts of one Prana-Chi
 amounts of one **Prana**-Chi & one Copvrigl1t A"shavana & A"11zavana Deane. 2007,

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 "Jesus Codes" **Prana**-Kei, and the Prana-Kei actually should be carried in
 Kei, and the **Prana**-Kei actually should be carried in the females and that
 Joules, and the **Prana**-Chi should be carried in the males. But what the
 twelve units of **Prana**-Chi-reverses them-turns them into Kei-pulls the other

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 between Mana and **Prana** and EirA and all that kind of thing. But, it

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 which means the **Prana** Seed that is at the center of the Rasha Body
 system has its **Prana** Seed closed, there"s an immediate reaction by all of the

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 Jesus Codes" Earth"s **Prana** Seed for a period of time, until we can get
 gasp, and the **Prana** Seed opens just for a moment, and it is the

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 open the Earth"s **Prana** Seed, so it doesn"t follow the Sun"s right now, so

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Author : MCEO Freedom Teachings
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-  Body draws the **prana** radiation of the Eiradonis, a part of the Spirit Body,
 -  as the Eiradonis **prana** radiation Transmutes a portion of the atomic ManE Body back
 -  Spirit Body (**prana** and eirA) progressively enters the mana-Transmuted portions of the
 -  with the Eiradonis **prana** substance of the Spirit Body and, while remaining embodied within
 -  merge with the **prana** and eirA substance of the Spirit Body, and then the
-

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-  proportional quantum of **prana** from the Spirit Body, and converts to the larger-quantum
 -  additional quantum of **prana** and eirA from the Spirit Body through the "mana-
-

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-  the processes of **Prana** Exchange within the body. In organic Prana Exchange, the GharE"
 -  body. In organic **Prana** Exchange, the GharE" (spirit embodied in the Light Body)
 -  units of positive **prana** Kei (called "prana joules") into the ZhEon; the
 -  (called "**prana** joules") into the ZhEon; the prana Kei then draws into
 -  the ZhEon; the **prana** Kei then draws into the ZhEon 1 manE "matter-
 -  3 units of **prana** Kei (3 joules) and 1 unit of manE engage
 -  larger-quantum 3- **prana**-Keijoule units (an extra quantum of 1.6667 Partiki power
 -  quantum 1.6667 positive **prana** Kei), the Prana Seed at the core of the Rasha
 -  prana Kei), the **Prana** Seed at the core of the Rasha Body "phases"
 -  quantum-resolved" 3 **prana** Kei units and 1 manE matter unit engage the quantum
 -  organic rate of **Prana** Exchange within the body, resulting in a condition of progressive
 -  blocking the organic **Prana** Exchange cycle by which the physical-atomic body is intended
-

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-  of its Core **Prana** Seed), which necessitated the Krystics" engagement of the "223-
 -  prevent Earth"s Core **Prana** Seed from "following" the Solar Prana Seed into closure
 -  following" the Solar **Prana** Seed into closure and thus initiating Earth"s Planetary Bhardoah Cycle
-

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-  are really actually **prana** joules. Joules are stored prana in crystalline form They correspond
 -  Joules are stored **prana** in crystalline form They correspond with the MaTa layer. The
 -  is called the **prana** exchange. The Alons go from being Ma-Ta-OR"s to
 -  which is the **prana** template that is the other part of the Mana. Mana
 -  Mana. Mana plus **prana** is called ManA, ManA is 33 1/3 positive electrical
 -  So Mana plus **prana** equals ManA and then the ShAions are the carriers of
-

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-  Urs or the **prana** center inside of the Na-Da-OR Core Crystals. So
-

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-  which are the **Prana** crystals-and the KAion Mana Crystals form-the overtone differential
-

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-  Urs or the **prana** center inside of the Na-Da-OR Core Crystals. So
-

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-  and the joule-**prana** process. There is a whole series of graphs that go
-

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-  Mana and the **Prana**. Both with a positive charge. This is where we get
 -  That is called **Prana**. The Mana key ... if you added 11 2/3
 -  which are the **Prana** keys, and KAion Kasha keys. And it is the interaction
-

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-  Mana and the **Prana**. And the Prana is the overtone equilibrium key. It has
 -  Prana. And the **Prana** is the overtone equilibrium key. It has a base of
-

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-  of the Mana, **Prana** and Eira primal forces, and that come from, and form,
 -  Alons are the **Prana**. They are the Prana joule shield. The Prana joule shield
 -  They are the **Prana** joule shield. The Prana joule shield is called the Alon
 -  joule shield. The **Prana** joule shield is called the Alon shield. And it corresponds
 -  the bands, the **Prana** bands, or the joule bands. These are very key to
-

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-  known as the **Prana**-Ki and the Prana-Chi, and when they spark together,
- 

Ki and the **Prana**-Chi, and when they spark together, they make full Prana.

-  they make full **Prana**. That Prana goes as a backflow return to Source, and
-  full Prana. That **Prana** goes as a backflow return to Source, and then Source
-  what's called the **Prana** exchange that we're going to learn about Not right now,
-  certain point of **Prana** exchange, the Celesteline wave that we've talked about a long
-  connected to the **Prana** exchange process that's at the core of atoms, at the
-  undergoing its core **Prana** exchange any longer, but Urtha's is. And it's through Urtha's
-  ability to run **Prana**, that we will be able, through the Indigo Shield, to
-  Shield, to anchor **Prana** here and to be able to run it so we

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-  were the two **Prana-Prana**-Ki and the Prana-Chi shields that connect to
-  Ki and the **Prana**-Chi shields that connect to the-they were the Earth

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-  shield or the **Prana** Shield that has the ... it's called the Overtone-Equilibrium

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-  to as the **Prana** Gates or the Prana Seed of a body. Now a
-  Gates or the **Prana** Seed of a body. Now a Prana Seed is part
-  body. Now a **Prana** Seed is part of the RashaLae Body anatomy so you'll learn
-  you'll learn about your **Prana** Seed here and about how to activate it and ...
-  anatomy and the **Prana** Seed. And it is where the Prana Seed closes and
-  is where the **Prana** Seed closes and can't open flow back to the Seed
-  make up the **Prana** Seed of that Planet or Star body. When they compact
-  that connects the **Prana** Seed to the Seed atom and the things beyond it

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-  place in the **Prana** Seed once it is compacted and that on a star
-  understand where the **Prana** Seed is, what this has to do with your anatomy
-  is called "**Prana** Exchange " Prana Exchange is a natural process of breathing
-  Prana Exchange " **Prana** Exchange is a natural process of breathing between the Outer
-  and Source. So **Prana** Exchange is something that our bodies have not been able
-  the ability of **Prana** Exchange within your bodies. The MCEO Freedom Teachings® Series

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-  The ability of **Prana** Exchange is, in simple terms, it is a way of

 able to engage **Prana** Exchange for a very long time. When you, it is
 an energy called **Prana** for which is a back-flow to Source energy -to
 natural functions of **Prana** Exchange we are turning back on the Mana Flow. The
 bit about what **Prana** is, what Mana is what Eira is, because you have
 able to do **Prana** Exchange which is absolutely essential for RashaLAe Body activation or

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 a "Hosted **Prana** Exchange," and the Host that will allow this Planet to
 can still do **Prana** Exchange so it can be restarted temporarily. And that is

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 up the planetary **Prana** Seed. Earth has 3 Core Gates and so does Urtha

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 it means Earth's **Prana** Gates connect into Urtha's Prana Gates. By beginning the process
 connect into Urtha's **Prana** Gates. By beginning the process of re-activating Earth's Prana
 re-activating Earth's **Prana** Gates we will be able to open the Gates to
 stage where its **Prana** Seed closes and that initiates the separation of the Par-
 to keep their **Prana** Gates moving alright So all of this started a very

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 Core Breathing is **Prana** Breathing. For example, Rash aLAe Body activation is what allows
 to do natural **Prana** Breathing and that is breathing spectrums from the Dark Light

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 into the Core **Prana** Seed of Earth and assist it in breathing, just like
 would go into **Prana** Seed compaction and that would mean nobody gets out of

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 Sun once its **Prana** Gates compact, that is where its Bardoah starts Those Ring

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 Light Seed, their **Prana** Seed, they cycle energies and at a certain layer they

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 3 rounds] Three **Prana** Breaths now consciously .. [group inhales] hold [

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 hold/sharp exhale **Prana** Breaths] Ta A"jha-in"ta DO"-A [3 rounds]

 were present, the **Prana** Breathing when we went through the groups and we took

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 but incorporate the **Prana**. Inhale Prana, hold briefly, exhale Mana and just breathe that
 the Prana. Inhale **Prana**, hold briefly, exhale Mana and just breathe that way with
 awareness on the **Prana** in-breath, the hold briefly and the Mana out-breath.

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 compaction of the **Prana** Seed on the Planet then- and this is before the

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 into something called **Prana** Exchange and understanding the process of Prana Exchange. I'm just
 the process of **Prana** Exchange. I'm just learning the process of Prana Exchange. Az
 the process of **Prana** Exchange. Az and I are just learning it and just
 Bodies through the **Prana** Seed and into the Seed atom that connects you to
 we will begin **Prana** Exchange as well. We will have the 1st activation of
 activation of the **Prana** Seed in the physical bodies. That has already occurred in
 Shield, the first **Prana** Exchange and in the first four what they call Rounds
 call Rounds of **Prana** Exchange, occurred. There would be 12 Rounds of Prana The
 12 Rounds of **Prana** The MCEO Freedom Teachings® Series Presented by Adashi MCEO

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 or two where **Prana** Exchange "oh yeah that is easy, we get that

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 would be the **Prana** Seed of Earth that has .. There are 3 names

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 compaction of the **Prana** Seed and separation of the Seed atom from the Prana
 atom from the **Prana** Seed of the outer structures, then there is a phase
 in the compacting **Prana** Seed. And that is when it starts to give off
 doorway in the **Prana** Seed that leads right into the Seed atom and then
 you block the **Prana** Seed, it blocks the Eiron Point-that doorway-so any
 happens when the **Prana** Seed closes or when the Core Gates close. On Earth,

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 activate our own **Prana** Seed and get our Prana Exchange going and then collectively,
 and get our **Prana** Exchange going and then collectively, wherever we are on the

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-  the Mana, the **Prana** and the Eira. That is where Prana comes from We'll
 -  That is where **Prana** comes from We'll see that, I will get into that
 -  we talk about **Prana** Exchange tomorrow I will take it back to the Keys
-

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-  to do with **Prana** Exchange, it is based still on ... the first time
-

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-  is where the **Prana** Seed is born at the center alright So you've got
 -  you've got the **Prana** Seed being formed and the Prana Seed is configured like
 -  formed and the **Prana** Seed is configured like a Tri-Veca, like a phase
 -  them. As the **Prana** Seed phases it opens what is called the Eiron Point
-

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-  the Easter first **prana** seal activation of the Aquafereion Shield, all right? Whether you
 -  we were breathing **prana** and mana on every breath, whereas now they are making
 -  point where the **Prana** Exchange occurs on the 13th breath, rather than the idea
 -  what activates the **prana** seed, deep in the Azura Quarter to three, three o'clock,
 -  god willing, on **Prana** Exchange and the secrets of the Na-VA-HO. Not
 -  session with the **Prana** Exchange, performing rounds 5 through 8, the KOMU Na-VA,
-

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-  rounds of the **Prana** Exchange breathing before we get to this point. At some
 -  we'll do the **Prana** Exchange and then there'll be a tidily little break, probably
 -  to do the **Prana** breaths and stuff, loose form and then you come and
 -  and do the **Prana** breaths and go straight into part A, all right? But
 -  [Question about **Prana** Breathing] Az Yes, well the whole principle of Prana Exchange
 -  whole principle of **Prana** Exchange and its relationship with the current, I mean there
 -  remember is that **Prana** Exchange has been introduced as the next key component in
-

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-  in" represents the **Prana** component, the "hold" built is the charge and the
 -  work and we **Prana** and Mana and we're building these, these curious kind of,
 -  develop around the **Prana** Seed and these things that imply a, semi-solid liquid,
 -  charge around the **Prana** Seed. Then on the 13th breath there is this spark
-

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 actually do the **Prana** Exchange sitting in Part 1 position for the stand which

 we'll do the **Prana** Exchange, OK? And we can go as slowly and as

 Core Breathing the **Prana** Exchange And what Prana Exchange means or the definition of

 Exchange And what **Prana** Exchange means or the definition of Prana Exchange is The

 the definition of **Prana** Exchange is The act of opening the PartikE Core Flows

 via the Core **Prana** Seed point Now, as far as what the breath, the

 contact with the **Prana** Seed. So, the inhale is a contracting breath and that

 contact with the **Prana** Seed, and that creates a set of 12 Polarized Prana-

 of 12 Polarized **Prana**-that is Prana-Chi negative and Prana-Kei positive sparks.

 Prana-that is **Prana**-Chi negative and Prana-Kei positive sparks. The inhale and

 Chi negative and **Prana**-Kei positive sparks. The inhale and the contraction process associated

 set of polarized **Prana** sparks within the ring The action of the exhale-that's

 Ring-1 Polarized **Prana** Sparks draw outward from Ring-1 into Bands or Spans

 with the polarized **Prana** sparks that formed in the corresponding ring during the inhale

 band with polarized **Prana** sparks. Now these are done, as you know, in groups

 12 with polarized **Prana** Sparks. The next, or final, breath in each of the

 13 to the **Prana** Seed, releasing a 013 ManU spark into the Prana seed

 spark into the **Prana** seed causing the Prana seed to make one phase and

 seed causing the **Prana** seed to make one phase and one full Prana backflow

 and one full **Prana** backflow spark through the Eiron Point and into the seed

 seed atom The **Prana** spark causes the seed atom to make one phase pulse

 maturity of this **Prana** Exchange sequence which will evolve over time. I don't know

 inhale sparks the **Prana** seed and the Prana seed does one phase and makes

 seed and the **Prana** seed does one phase and makes one depolarized Prana backflow

 makes one depolarized **Prana** backflow spark Eiron point and the Prana seed opens and

 point and the **Prana** seed opens and the Prana spark enters the seed atom.

 opens and the **Prana** spark enters the seed atom. That occurs on the 13th

 of receiving the **Prana** spark backflow and then the seed atom releases one 12

 point of the **Prana** seed and into Ring-1, charging Ring-1 with Mana.

 plus 1" of **Prana** Exchange ... each round results in charging each successive ring

 Core Breathing the **Prana** Exchange [DVD 2, Session 7] Az I suggested, I

 do we define **Prana** Exchange? Prana Exchange is defined through the active opening of

 define Prana Exchange? **Prana** Exchange is defined through the active opening of the PartikE

 point via the **Prana** seed Eiron point The process comprises inhale-exhale breaths with

 contact with the **Prana** seed creating a set of 12 polarized Prana, that's Prana-

 of 12 polarized **Prana**, that's Prana-Chi negative and Prana-Kei positive sparks. The

 polarized Prana, that's **Prana**-Chi negative and Prana-Kei positive sparks. The inhale contraction

 Chi negative and **Prana**-Kei positive sparks. The inhale contraction sparks the rings and

 set of polarized **Prana** sparks in the ring The MCEO Freedom Teachings® Series

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 number 1 polarized **Prana** sparks draw outward from Ring-1 into Band/Span number

 with the polarized **Prana** sparks that formed in the corresponding ring number during inhale

 1 with polarized **Prana** sparks. The body of 12 breaths, the 12 inhale-exhale

 12 with polarized **Prana** sparks. The next, the 13th inhale-hold contraction sparks the

 13 to the **Prana** seed, releasing a 013 ManU spark into the Prana seed

 spark into the **Prana** seed causing the Prana seed to make one phase and

 seed causing the **Prana** seed to make one phase and one full Prana back

 and one full **Prana** back flow spark through the Eiron point and into the

 seed atom. The **Prana** spark causes the seed atom to make one phase pulse

 of the entire **Prana** Exchange in the RashaLAe cycle that's known as the Na-

 resulting from the **Prana** for Mana Exchange on the 13th breath of each of

 resulting from the **Prana** for Mana Exchange on the 13th breath of each of

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 point of the **Prana** seed. The ManU backflow burst travels through the Eiron point

 Rash allah Core **Prana** seed. Conception of the Rashalons and Ecka Backftow Return A"sha

 the start of **Prana** Exchange where it starts making Prana with the sparking of

 it starts making **Prana** with the sparking of the RashaLAe Body. Prana goes in

 the RashaLAe Body. **Prana** goes in and it creates a Mana backftow that starts

 3 base and **Prana** has an 11 2/3 base. The ManU has a

 center of the **Prana** seed of the RashaLAe Body, all right? There you go.

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 the inner Rashallah **Prana** seed phases and causes the inner Eiron point to open.

 atom and middle **Prana** seed and outward through the outer RashaLAe Eiron point (

 atom and outer **Prana** seed) and into the Rash aLAe Body 8.5 oblique Span-

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 the storers of **Prana**, alright? Prana sparks. This goes way back to, a, when
 of Prana, alright? **Prana** sparks. This goes way back to, a, when we did
 charge quantum of **Prana** energy and they are part of what is called, um,
 you have the **Prana** and the Mana form from what used to be ...
 to form the **Prana** and the Mana. So ManA splits to form Prana and
 splits to form **Prana** and Mana. Not split in half either, the Mana ends
 over from the **Prana** taking an equal quantum to the base tone which is

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 show you the **Prana** Exchange process, these were still on structure But, I can
 Planes and the **Prana** seed. Here's where the Prana seed is born. We had
 Here's where the **Prana** seed is born. We had the Krystallah in the other
 Elemental Planes and **Prana** seed, you end up with a ... you still have
 and forms the **Prana** seed. The Prana seed, we'll talk more about the Prana
 Prana seed. The **Prana** seed, we'll talk more about the Prana seed because I
 more about the **Prana** seed because I don't even have any diagrams with it
 center of the **Prana** seed that is in the Par-TE"-KEi Body once
 closes when the **Prana** seed sparks close where it's 2 little balls come together,
 every time the **Prana** seed sends something back through the Eiron point into the

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 now have a **Prana** seed that is capable of opening and closing, phasing, making
 sets and the **Prana** seed in the Par-TE"-KEi Body. And what happens
 engage by the **Prana** seed, and that was formed, that replication was formed by
 engaged by the **Prana** seed that was at the core of the ParTE"-KEi

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 center from the **Prana** seed and all that When we're going in to, from

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 point of the **Prana** seed and it has to do with the phasing of

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 Na-VA"-HO **Prana** Exchange Cycles that progressively activate and open the currents from

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 the breathing in **Prana** Exchange and all that. The second part you would be

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 **Prana** Seed ... the Prana Seed would be ... uh, in

 Seed ... the **Prana** Seed would be ... uh, in the AzurA ... the

 and the outer **Prana** Seed would be at the AzurA ... and that means

 goes with the **Prana** Exchange that we need for ... yeah ... Yeah, I

 more of the **Prana** Exchange stuff that we talked about. Because we are going

 the First Full **Prana** Exchange Cycle. And ... uh ... Well, I hope you

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 was about the **Prana** Exchange, 1-4. This little guy, this simple little graph

 the Inner Rashallah **Prana** Seed phases and causes the inner Eiron Point to open.

 and the middle **Prana** seed. And on outwards through the outer RashaLAe Eiron Point

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 Atoms and outer **Prana** Seed) and into the RashaLAe Body 8.5 oblique span 8,

 Span around the **Prana** Seed-and that is inside of the Number 1 Nada

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 down into the **Prana** Seed Eiron Point. AND as the Rasha-Lons descend (

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 you start the **Prana** Exchange Core Breathing, alright? We are in the very beginning

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 bit of the **Prana** Exchange bit. There is enough in there where you get

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 just go through **Prana** Exchange very quickly. PRANA EXCHANGE [1 0112] Prana Exchange

 Exchange very quickly. **PRANA** EXCHANGE [1 0112] Prana Exchange to begin with ...

 [1 0112] **Prana** Exchange to begin with ... if you could think back

 whole process of **Prana** Exchange is opening the flows of Core Breathing that allow

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 important thing about **Prana** Exchange right now, isn't so much the technicals. If you

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-  As far as **Prana** Exchange, the Key thing to remember is in the Par-
 -  stages of the **Prana** Breathing ... we are going to at the end of
 -  Point in the **Prana** Seed, it sparks the Prana Seed to phase, Prana Seed,
 -  it sparks the **Prana** Seed to phase, Prana Seed, which looks like the phases
 -  Seed to phase, **Prana** Seed, which looks like the phases once, which means these
-

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-  This is the **Prana** Seed ... alright. .. of the Par-TE"KEi Body
 -  Core, alright? The **Prana** Seed, it connects it has an Eiron Point right there
 -  13, of the **Prana** Seed is an EirA radiation unit and it holds the
 -  is called the **Prana**-Kei, K- E- I. That has a quantum of 7.776
 -  is called the **Prana**- Chi. The Prana-Chi has a quantum of 3.888. Now,
 -  Prana- Chi. The **Prana**-Chi has a quantum of 3.888. Now, if you put
 -  2!3 positive **Prana**. So, they make a full Prana Spark. What they formed
 -  make a full **Prana** Spark. What they formed from was a Prana Spark breaking
 -  from was a **Prana** Spark breaking into ... a Prana Code breaking into polarization
 -  into ... a **Prana** Code breaking into polarization with a relative 2!3- 1!
 -  3 or 11.666 **Prana** Spark. And that Prana Spark triggers open the Eiron Point.
 -  Spark. And that **Prana** Spark triggers open the Eiron Point. All of this is
 -  So, we have **Prana**-Chi which is the female, Prana-Kei which is the
 -  is the female, **Prana**-Kei which is the male and they spark together and
 -  make the full **Prana** Spark and that is the Backflow Spark that will carry
 -  carrier of the **Prana**Kei, and then we have the Prana-Chi carrier, which would
 -  we have the **Prana**-Chi carrier, which would be Ruta 15.1 in the gate terms
-

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-  bringing back the **Prana** Exchange Cycles that lead to the ability to fully go
 -  turns on the **Prana** Exchange naturally, where you don't have to think about that
-

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-  dying planet. Its **Prana** Seed at the center cannot fully phase. We are putting
-

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-  effect on the **Prana** Seed of Earth, so it doesn't follow the Solar signal
-

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-  our own Core **Prana** Seeds will go into compaction if the planet's does. Not
-

-  3 very gentle **Prana** breaths. Imagine you inhale and hold through the AzurA.
 -  the AzurA. Inhale **Prana** hold exhale Mana. Inhale Prana ... hold
 -  exhale Mana. Inhale **Prana** ... hold exhale Mana. And one more. Inhale Prana
 -  one more. Inhale **Prana** and exhale Mana. Return to gentle breathing. Now, we
 -  down to your **Prana** seed ... putting the image in the Prana seed. Take
 -  image in the **Prana** seed. Take one more inhale from the Prana seed inward
 -  inhale from the **Prana** seed inward hold for a moment and on the
-

-  8 of the **Prana** Exchange, following which the fertilization and conception of the Rashalons
 -  that Az leads **Prana** Exchange Breathing with Group A"sha/Azara Alright, now that your
 -  next stage of **Prana** Exchange. The stage of rounds 9-12 will occur in
-

-  3 +ve **Prana**-base (Jh)a-La OTEs (overtone equilibrium) Jha-
 -  inhale breath sparks **Prana** Seed - 13th exhale starts Mana Flow & "LON"
-

-  Core Krystallah & **Prana** Seed not shown 15 14 Ra Tha Etheric Harness D-
-

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 are called the **Prana** seed. When the Prana seed three gates compact, that is
 seed. When the **Prana** seed three gates compact, that is the point of no

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 don't know about **Prana** seeds, but they do know about when a planet or
 gates called the **Prana** seed. When the Prana seed compacts and closes that is
 seed. When the **Prana** seed compacts and closes that is the point where Bardoah

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 where its core **Prana** gates close and they enter the Bardoah cycle, there is
 kind close their **Prana** seeds. So, when the central sun in a system goes
 they close their **Prana** seeds. The whole system goes Bardoah together. In this system,

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 cycle where the **Prana** seed compacted and started releasing ring waves and radiation things.

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 March with Sol's **Prana** Seed closing. The MCEO Freedom Teachings® Series Presented by

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 apparatus called the **Prana** Seed closed. That means the outer domain is closed to
 where you get **Prana** from, and Mana. ManA breaks down to form Prana, that
 down to form **Prana**, that is positive charge $11 \frac{2}{3}$, and the other

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 of the word **Prana**. **Prana** becomes very important later. Prana becomes important in being
 very important later. **Prana** becomes important in being able to open the core Eiron
 we understand where **Prana** came from in the first place, through the key resolution
 ManA creates the **Prana** and the Mana. The EirA does something else. They haven't

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 you take a **Prana** unit that has 11 2/3 positive electrical charge, and
 other. You have **Prana-kei** and Prana-chi. Prana-chi is the one with
 Prana-kei and **Prana**-chi. Prana-chi is the one with the 3. something
 and Prana-chi. **Prana**-chi is the one with the 3. something something something
 a negative charge, **Prana**. So, when you have fib-of-no-chi, you have
 and chi is **Prana**. So, if you don't have Prana, you cannot engage in
 you don't have **Prana**, you cannot engage in a process called Prana Exchange, which
 a process called **Prana** Exchange, which is the natural breathing process by which the

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 the Joules, the **Prana** Joules that have the 11 2/3 positive charge energy.
 what's called the **Prana** Seed, which looks like a bigger version of the Tauren.
 the Tauren. The **Prana** Seed receives the energy coming from these things phasing, where
 sparks. Sparks of **Prana**. Because at the center here, something called the Prana Seed,
 something called the **Prana** Seed, and at a certain point of quantum build up
 build up of **Prana**, the Prana Seed itself will phase, and it will create
 of Prana, the **Prana** Seed itself will phase, and it will create a big
 create a big **Prana** spark and open the creation point center to what is
 known as the **Prana** Exchange cycle. This happens when we start to activate Rasha

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 to restart the **Prana** Exchange cycle that has been dead here for a long
 able to do **Prana** Exchange. Prana Exchange is the process by which a planet
 do Prana Exchange. **Prana** Exchange is the process by which a planet replaces its
 true, because the **Prana** Seed was still open. But when the Prana Seed compacts
 But when the **Prana** Seed compacts and closes, it starts the process of the
 this is the **Prana** Exchange cycle, the process by which the Alons, KAions and
 thing called the **Prana** Seed at the center generates a big Prana spark, that
 generates a big **Prana** spark, that opens, allows that all the Prana that was
 that all the **Prana** that was generated from here to go into the center,

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 way up. The **Prana** Exchange is a necessary process in that. Just like the
 level. So, the **Prana** Seed is connected directly to the Seed Atom is connected

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showing what the **Prana** seed looks like at the center here. Now this is
 its center a **Prana** Seed, and the Prana Seed has what are called the
 Seed, and the **Prana** Seed has what are called the core gates You have
 You have a **Prana**-chi with a 3.888 base quantum, and you have a
 you have a **Prana**-kei, which is 7.776 base quantum. They form gates 14
 cause what the **Prana** Seed does is, with the inhale and contraction of the
 you bring a **Prana**-chi and Prana-kei together, they form a whole Prana,
 Prana-chi and **Prana**-kei together, they form a whole Prana, or a positive
 form a whole **Prana**, or a positive $11 \frac{2}{3}$ base unit When that
 point in the **Prana** Seed that opens the door going back into the Seed
 to return the **Prana** breathing cycle, which we have done- that"s already set in
 there is a **Prana** Exchange cycle, and that Prana Exchange cycle is called the
 cycle, and that **Prana** Exchange cycle is called the NaVAHo cycle. There are four

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 there is this **Prana** Exchange cycle that occurs, and creates a NaVAHo cycle. A
 is a NaVAHo **Prana** Exchange cycle, which is a Rasha body activation cycle. It
 and through that **Prana** Exchange cycle, we will literally capsulize everything that we are

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 and we do **Prana** Exchange by the phasing of the Alons, KAions and ShAions,
 those, talked about **Prana**. That"s just showing you where the Alons pull up and
 a spark of **Prana**, and then Prana eventually builds up, goes into the center,
 Prana, and then **Prana** eventually builds up, goes into the center, and when it
 when it sends **Prana** into the Seed Atom, this makes the Seed Atom phase,
 released. Instead of **Prana**, it becomes ManU, and the ManU sparks, 12 of them,
 start off with **Prana** going in to Seed Atom, Seed Atom sending back Mana.
 Mana in the **Prana** Exchange. Then you have the ManU-Ec Exchange, the Rasha
 than just the **Prana** or any of the others alone. When the ManU sparks
 center of the **Prana** Seed, down to the Seed Atom and sparks the center
 together what these **Prana** Exchange things have to do with that all connects back
 these cycles of **Prana** in, Mana out, and then The MCEO Freedom Teachings®

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 are not doing **Prana** Exchange process from their cores. So, we shouldn"t need an

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 what carries the **Prana**, what carries ManU. Those kind of things. But, this is
 center of the **Prana** Seed. You remember it's at the center of the Rasha
 ethers, the two **Prana**, the Prana-kei and the Prana-chi, that's the Eira,
 two Prana, the **Prana-kei** and the Prana-chi, that's the Eira, and at
 kei and the **Prana-chi**, that's the Eira, and at the center of that,
 center of the **Prana** Seed. That would connect the Prana Seed and the Rash
 would connect the **Prana** Seed and the Rash a body dark matter template back

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 is that the **Prana** Seed closed, and that begins the process of these gamma

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 you have the **Prana** Seed, or the core gates The Sun has the same
 here, if the **Prana** Seed was cycling naturally in our planet, but it hasn't
 point, when the **Prana** Seed compacts completely, and there's only one more time that
 shoved down its **Prana** Seed, holding its Prana Seed open, so it doesn't take
 Seed, holding its **Prana** Seed open, so it doesn't take the signal from the
 compaction of the **Prana** Seed, following what has happened to the Sun. The
 force Earth into **Prana** Seed compaction as well That didn't work. The An-Sha-

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 has an open **Prana** Seed which is 250 years until they have to pull
 that point its **Prana** Seed will close and it will follow the sun at

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 Track 4] got **Prana** Seed happening and you've got the Eye of God things

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 is where Earth's **Prana** seed would be but it's also where Urtha's Prana seed
 also where Urtha's **Prana** seed would be because they're linked, right They're both ...
 Earth and Urtha's **Prana** seeds would be here. This is where we had the
 that's stopping Earth's **Prana** seed from going into compaction and starting her Bardoah cycle.

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 the Cycling of **Prana** Exchange with the RaSha Bodies, it is actually, you know,

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 we talk about **Prana** joules, they're a positive force They're actually a stored positive

 we store up **Prana** Joules in the Body, in the atoms, in order to
 do with the **Prana** Cycle, which is the NaVAHo Cycles. So when you have
 NaVAHo Cycle, the **Prana** Exchange Cycle. And it is The MCEO Freedom Teachings®

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 through the **Prana** Exchange Cycle that enough Quantum is built where this occurs

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 we have the **Prana** Seed and the Seed Atom and they all end up

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 closing of the **Prana** Seed and progressive detachment between the Outer Lightbody and the

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 of the Sun's **Prana** Seed, its Core Prana Seed, its Bardoah cycle has unfolded

 Seed, its Core **Prana** Seed, its Bardoah cycle has unfolded Its 1st Ring Wave

 forced, when the **Prana** Seed that is at the Core- the Core Gates are

 are called the **Prana** Seed- when they close and compact it begins a very

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 Core Gates with **Prana** Seed are activating It is sending up this golden tube

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 from the Core **Prana** Seed that compacted, it temporarily shatters and opens a door

 Point, through the **Prana** Seed all the way back to Source. If a consciousness

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 which are our **Prana** Seeds, are connected to each other. And if you take

 you have the **Prana** Gates going up past the Outer Core Liquid Aquifers. You

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 Elemental Planes, the **Prana** Seed and the AmourA RaSha Bodies. So this is where

 EirA which is **Prana**. They are all different types of geleziac radiation with different

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 that are called **Prana** Exchange breathing techniques, that are the beginning of learning that

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 are called the **Prana** Seeds, that go back all the way to the first

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 Atoms and the **Prana** Seeds between, or what is called- in the centre of
 centre of the **Prana** Seed there is a point called the Eiron Point and

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 show you the **Prana** seed. When we refer to core gates, like the Core
 to as the **Prana** Seed. This is because they generate Prana Sparks. There"s a
 because they generate **Prana** Sparks. There"s a natural process that after a Eyugha cycle,
 and it generates **Prana** Sparks. It generates Prana Sparks as a backflow to what
 Sparks. It generates **Prana** Sparks as a backflow to what was before it And
 So, there"s a **Prana** in, Mana out cycle that begins, and then that builds

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 activating, engaging a **Prana** Exchange cycle, and through the Prana Exchange cycle, the
RaSha
 and through the **Prana** Exchange cycle, the RaSha Body and therefore the Lightbody built
 will begin generating **Prana** and doing Prana & Mana and Prana & Mana Exchange
 Prana and doing **Prana** & Mana and Prana & Mana Exchange as a breathing
 & Mana and **Prana** & Mana Exchange as a breathing rhythm, and then that

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 that there"s a **Prana** Seed at the center When you take this structure into
 will have a **Prana** Seed, and the Prana Seed connects back into the Seedatom
 Seed, and the **Prana** Seed connects back into the Seedatom for that domain, and

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 blocked because its **Prana** seed is compacted. So, this is opening a whole new

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 planes, and the **Prana** seed and the RaSha Amour A RaSha body and that"s

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 Mana and the **Prana**. So when we talk about the word Prana, what you"ll
 about the word **Prana**, what you"ll see later in relation to Prana seeds, this
 in relation to **Prana** seeds, this is where this type of energy first starts

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 the form of **Prana**, and when that ManA releases, becomes mana, it releases the
 itself to become **Prana** which has a positive charge. Later somewhere in this cycle,

 this cycle, the **Prana** breaks down into Prana Ki and Prana Chi so we
 breaks down into **Prana** Ki and Prana Chi so we have, this is the
 Prana Ki and **Prana** Chi so we have, this is the beginning of breakdown
 have understood where **Prana** came from The MCEO Freedom Teachings® Series Presented
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 to form the **Prana** and the Prana and the Mana actually. So ManA becomes
 Prana and the **Prana** and the Mana actually. So ManA becomes Mana and Prana.
 becomes Mana and **Prana**. All right, and then we jumped up to here. Then
 carriers of the **Prana**. They would be the things that once upon a time
 what's called the **Prana** exchange cycle that begins the process of being able to

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 a process called **Prana** exchange which is the, the Prana exchange allow for the
 is the, the **Prana** exchange allow for the currents that come out to form
 there is a **Prana** exchange cycle that takes place in the The MCEO Freedom

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 and about the **Prana** exchange cycle. But, first is knowing that the template formed
 that hold the **Prana** joules, all right. ShAions that hold the Eira frequency, which
 you have the **Prana** equilibrium unit of 11 2/3rds positive charge, and then

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 is called the **Prana** seed. It has what is called the Eira unit and
 has a split **Prana** unit where it has Prana-Kei and Prana-Chi. Prana-
 where it has **Prana**-Kei and Prana-Chi. Prana-Kei carries a positive charge
 Prana-Kei and **Prana**-Chi. Prana-Kei carries a positive charge and its, it
 and Prana-Chi. **Prana**-Kei carries a positive charge and its, it has 2/
 you have one **Prana** unit and the Prana unit breaks down, 2/3rds of
 unit and the **Prana** unit breaks down, 2/3rds of its quantum goes to
 goes to the **Prana**-Kei and 1/3rd goes to the negative charge Prana-
 the negative charge **Prana**-Chi. And this is where we get the kei and
 part of the **Prana** seed and the Eira is the top one that holds
 that opens the **Prana** seed and the RaSh a structure and whatever's built outside
 of things. The **Prana** seed, and this has to do with Prana exchange, at
 to do with **Prana** exchange, at certain points with the phasing of the A

 So, the two **Pranas** come together, the two Prana, partial Prana units come together
 together, the two **Prana**, partial Prana units come together and they spark a full
 two Prana, partial **Prana** units come together and they spark a full Prana unit
 spark a full **Prana** unit So, they make a full, remember Prana has a
 a full, remember **Prana** has a positive $11 \frac{2}{3}$ base, so they spark
 each of the **Prana-Kei** and Prana-Chi. So, when they spark a Prana
 Prana-Kei and **Prana-Chi**. So, when they spark a Prana unit that is
 they spark a **Prana** unit that is enough to open the Eiron point or
 there's this whole **Prana** exchange. When Prana backflow goes back through the Eiron point
 Prana exchange. When **Prana** backflow goes back through the Eiron point into the seed
 happens at the **Prana** seed, and that will cause the seed atom to go
 we're actually going **Prana** in, Mana out and eventually you'll have ManU in to
 breathing, but the **Prana** exchange cycle is the breathing cycle. This is what is

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 door at the **Prana** seed center, opens and closes by the generation of quantum
 when you have **Prana** in it's a Prana in back flow and Mana out
 in it's a **Prana** in back flow and Mana out into manifestation This also
 it out of **Prana** or Mana or what stages of this you have to
 we do the **Prana** in, Mana out, at a certain point there are breathing
 there are specific **Prana** breathing rhythms that we have used to activate RaShaLAe body
 certain amount of **Prana**, **Prana**-Mana breathing, then you do ManU in, Eck out,
 These are the **Prana** exchange breathing cycles and they also are the cycles that,
 the NaVA-Ho **Prana** exchange cycle. When that is done there's this thing called

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 is where the **Prana** exchange starts and this is where the first Prana seed
 where the first **Prana** seed is born. Next one please. [graph] [OVD-
 up on the **Prana** seed. The Prana seed is referred to as the core
 Prana seed. The **Prana** seed is referred to as the core gate When we
 about the planetary **Prana** seed. When we talk about the core gates of the
 talking about the **Prana** seed and we have said that the core gates of
 which means the **Prana** exchange cycle has stopped. That point is known as the
 by which the **Prana** seed compacts and closes and the Eiron point can't open
 connected to the **Prana** seed, right? In terms of the numbers, the core gates
 would be the **Prana** key and that has a quantum of 7.776 all right

 one is the **Prana**-Chi which a negative charge has quantum of 3.888, right You
 of the full **Prana** unit, and then there is 13 which is an Eira

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 units form the **Prana** seed and in a planetary system or a large stellar
 that's the stored **Prana** charges, all right There's all sorts of things that plug
 plus 1 breath **Prana** exchange is a RaShalon cycle. It's called a NaVA-Ho-
 process of this **Prana** exchange, it starts with the contraction, or the inhale, of

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 you have the **Prana** joule or the, what was it, the blood krystal coming
 marrow through the **Prana** exchange breathing when we begin to do this. And this

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 breath sparks the **Prana** seed at the center and the Eiron point opens, and
 it receives the **Prana** spark back flow So, the back flow sparks out of
 point in the **Prana** seed and it opens the Eiron point and that Prana
 point and that **Prana** spark that was made goes back in to the seed
 out, ok, the **Prana** spark when in, the Mana spark comes back out, flies
 center through the **Prana** seed and goes out into the seed atom, and the
 after this whole **Prana** exchange process, just one round of it This is just
 point of the **Prana** seed all the way through back to Source, comes back

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 we set the **Prana** breaths in motion in the shield as we were doing
 by just remembering **Prana** in, Mana out, Prana in, Mana out, ManU in, Eck
 in, Mana out, **Prana** in, Mana out, ManU in, Eck out, ManU in, Eck
 from changing from **Prana** in, Mana out to, even if I'm not keeping count
 as you're doing **Prana** in, Mana out, ManU in, Eck out, these start phasing
 way beyond the **Prana** seed, ya know, so they're little tiny compared to this

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 4 plus 1 **Prana** exchange breaths you would have these pulling in phase, and

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 is blocked and **Prana** exchange is not occurring It means it is not breathing.

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 Round of 12 **prana** exchange breaths. And that 13th Breath of the 12th Round

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 working with "**Prana** Breathing," what we're doing is actually charging those and turning
 the Elemental Command **Prana** Exchange Cycle, where you can simply do 12 Rounds of
 ... you know, **Prana** In, Mana Out, Prana In, Mana Outdo 12 of those
 In, Mana Out, **Prana** In, Mana Outdo 12 of those And on the 13th
 1 breaths and **Prana** In, Mana Out and hmm, all right, they're saying this-
 Phasing, or the **Prana** Exchange continues and the next cycle it builds of replication,

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 held ... the **Prana** Shields. The ShAion Shields would be the Edon Levels and

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 Ho cycles, the **Prana** cycles that go with activating this level of the RaSha
 + 1, right, **Prana** Exchange. Then it will have the "NaVA," which runs
 down to a **Prana** Exchange that occurs between all of these layers of the

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 open the, the **Prana** Seeds and the Eiron Points between all of those uh,
 all of the **Prana** Seeds of each of the RaSha Bodies, cause each one

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 a, either a **Prana** or an EirA ... it is negative or positive charge?

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 Body closes, the **Prana** Seed closes, all of those kind of things. There's one

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 cycles are about **Prana** Exchange. Prana Exchange is about the phasing of the NaVAHo
 about Prana Exchange. **Prana** Exchange is about the phasing of the NaVAHo Elemental
Command

Page: 283

 is joule force, **prana**-joule force and that comes in with a different thing

Page: 334

 what's called the **Prana** Seed in the center of a Stellar Body or of

Page: 341

 be reminded where **Prana** comes from. Because when we're dealing with the Rasha Body,
 what is called **Prana** Exchange, where Prana goes in and it sends Mana out
 Prana Exchange, where **Prana** goes in and it sends Mana out And this is
 of things. But **Prana**, the first time we actually got into Prana, it was
 actually got into **Prana**, it was when we talked about the Keys. The reason
 positive charge, and **Prana**, that has 11 2/3 positive charge energy. So it
 it is the **Prana** that comes from what is called Key Resolution or Quantum

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 a form of **Prana**, by the way. Chi is negative charge-1 /3rd
 3rd of a **Prana** unit with a negative charge would be Prana-Chi-and
 charge would be **Prana**-Chi-and there's Prana-KEi, that's 2/3rds of the
 Chi-and there's **Prana**-KEi, that's 2/3rds of the unit with positive charge.

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 These are the **Prana** carriers. The Alons are the storers of Prana and they
 the storers of **Prana** and they are at the 7, between 7-Ta and
 where the Alon **Prana** carrier goes up into the ShAion, and the KAion comes
 Do we have **Prana** Seed yet? Yes. At the center here when this Rasha
 is called the **Prana** Seed, and that is simply a little set of three

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 Spirit Body yet **Prana** Seed becomes important because it is ... when the Lons
 occurs between the **Prana** Seed-the little thing at the Corewhere the center in
 center in the **Prana** Seed called the Eiron Point opens, allows the Backftow to
 side of the **Prana** Seed, like behind the Prana Seed. And that will allow
 like behind the **Prana** Seed. And that will allow the Orons to phase and
 showing you the **Prana** Seed a little bit more closely. It is a Phase
 out So the **Prana** Seed works in the same way. It is the Prana
 It is the **Prana** Seed that is crucial to the concept ofBardoah or the
 Body, through the **Prana** Seed out into the Light Body structure, and stretches itself
 Spirit When the **Prana** Seed closes, the Spirit is actually still if it's still

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 Rasha body. The **Prana** Seed is at the center of the Rasha Body, and
 and if the **Prana** Seed closes and the Eiron point can't open and do
 gasp of the **Prana** Seed opening, because actually this begins to de-polarize and

 all actually doing **Prana** Exchange now, because the entire Shield has gone into auto-

Page: 355

 1 breaths " **Prana** in, Mana out, Prana in, Mana out is a particular
 in, Mana out, **Prana** in, Mana out is a particular format of breathing that
 is to generate **Prana**. And Prana is generated by the Prana Seed. At a
 generate Prana. And **Prana** is generated by the Prana Seed. At a certain point
 generated by the **Prana** Seed. At a certain point with phasing of the Rash
 a Body, the **Prana** Seed, the whole thing contracts and makes a big Prana
 makes a big **Prana** spark and that's the Backflow spark that goes out So,
 goes out So, **Prana** in, all the way back and you get a Mana
 12 +1-- **prana**-mana, prana-mana, prana-mana--and then the 13th. And
 1-- prana-mana, **prana**-mana, prana-mana--and then the 13th. And that leads
 mana, prana-mana, **prana**-mana--and then the 13th. And that leads you to
 it's not just **Prana** in, Mana back out-the Lons create ManU, sparks which
 right through the **Prana** Seed. It would hold the Eiron Point open and just

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 in through the **Prana** Seed into the Domains before, into the Spirit Body, and

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 certain points the **Prana** Seed phases and pulls it in and gets a replicate

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 in behind the **Prana** Seed, so the Seed Atom state and you are an

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 back through the **Prana** Seed and into the domain The MCEO Freedom Teachings®

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 ManA splits into **Prana** - which is the Prana joule force that comes back

 which is the **Prana** joule force that comes back and stays with the EirA

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 of 1 or **Prana** Force of 1. You get down here next one and

Page: 389

 force of 12 **Prana** joules. Next one, this one gets really wacky. Cousha rep

Page: 398

 the joules, the **Prana** Joules, even though they are positive charge and this is
 Joule Ring, the **Prana** Ring, which is positive charge- and then inside of that

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 window of the **Prana** Seed opens again, and it will allow one final back-

Page: 418

 have the positive **Prana** Joule field here. And then it would have a negative,

Page: 421

 coming backward called **Prana**, all right, the Prana Joules. So it's at this point,
 all right, the **Prana** Joules. So it's at this point, the Transfiguration Point, that
 Transfiguration Point, that **prana** joules get sent back and the ManA current, which is
 itself to become **Prana** over here, it became ManA 33 and a 1/3

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 and here's where **Prana** exchange started to happen, where the Prana was pulled by
 happen, where the **Prana** was pulled by the Spirit energy back into Spirit. The
 into Spirit. The **Prana** joule force was pulled all the way back here into
 Spirit. When the **Prana** quantum, 11 and 2/3rds positive, comes into the EirA
 displaced when the **Prana** came in. The Prana joules came in to make the
 came in. The **Prana** joules came in to make the joule Spirit Body here,
 EirA from the **Prana** and forms an Eiradonis, at the same time, this part
 here and then **Prana** split off from the ManA and made it Mana, there
 and turned into **Prana**. That creates a void, so there's actually like a hole

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 is when this **Prana** exchange process begins, with the fertilized egg and it allows
 allows for the **Prana** to come in create a joule; the joule displaces some
 part in the **Prana** exchange process, and the Prana exchange happens when we've got
 process, and the **Prana** exchange happens when we've got the ManA, breaks down, becomes
 that way and **Prana** turning around to go all the way back into Spirit

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 EirA, ManA, Mana, **Prana**. And it makes it so this Spirit Body, that's the

Page: 425

 make the Rasha **Prana** Seed close and initiate Bardoah. That won't happen, because we

Page: 426

 will pull the **Prana** Joule Spirit body into the physical body, and that will
 process, where the **Prana** will turn on in the bodies, the Spirit body will

Page: 427

 I imagine the **Prana** still separates off, but something in the Mana that's left,
 often have the **Prana** Seed close. If you couldn't generate enough frequency to hold
 to hold the **Prana** Seed open, it would end up with initiating bardoah on

Page: 431

 round of 12 **Prana** breaths. A Prana breath is simply focusing the attention at
 Prana breaths. A **Prana** breath is simply focusing the attention at the AzurA point
 (inhale) "**Prana** in," and then hold, and then (exhale), "Mana
 like (inhale) **Prana** in, (exhale) Mana out (inhale) Prana in (
 out (inhale) **Prana** in (exhale) Mana out So, we will go into
 will get the **Prana** Exchange moving in the Rasha bodies, and from there we
 to open the **Prana** Exchange, or amplify the Prana Exchange process in our bodies.
 or amplify the **Prana** Exchange process in our bodies. We will starL now. Inhale,
 starL now. Inhale, **Prana** in hold .. Mana out (exhale). Prana in- mana
 out (exhale). **Prana** in- mana out (for a total of 12 breaths).
 And one more **Prana** in and hold and Mana out (This is

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 worry of the **Prana** Seeds closing to start Bardoah. So, we would like to

Page: 441

 is keeping Earth's **Prana** Seed open. The Sun went into bardoah, which means its
 which means its **Prana** Seed closed. Right now Earth's Prana Seed would have closed
 Right now Earth's **Prana** Seed would have closed in response to that But, it's
 It is allowing **Prana** Exchange through the Aquafereion Shield, which are the groups of

Page: 477

 Bardoah, or the **Prana** Gate of the Sun, Sol, to close on March 25,

Page: 520

 Elemental Planes & **Prana** Seed, and the Rasha-AmorA Body - Birth of the
 Density Planes, Core **Prana** Seed, and Eiron Point Stage-4: (1st phase of

 phase of the **Prana** Seed) The Rasha-AmorA 4-Sheath Body, 3-Dimensional EtonAdorA

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 Na-VA-Ho **Prana** Exchange Cycle births P-1 & P-2 for next

Page: 528

 the abse~celvoi **Prana** 1 of ManA" I Joule 1 Body I In-Spirit

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

Page: 8

-  the process of **Prana** Exchange and the Prana Breath where you had the first
 -  Exchange and the **Prana** Breath where you had the first 4 rounds of 12
 -  activating Rasha and **Prana** Exchange in the Aquafereion shield, it's from this class forward
-

Page: 18

-  in relation to **Prana** Seeds and it is a similar structure, but in relation
-

Page: 80

-  the Sun, its **Prana** Seed had closed, so it's entering a Bhardoah Cycle, and
-

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-  25,2007, that the **Prana** Seed in the sun was forced into closure and initiated
-

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-  to do with **Prana**, with bringing the Prana back in and bonding it with
 -  with bringing the **Prana** back in and bonding it with the Mana. It makes
 -  Harmonic Resonant Tone, **Prana**" So, they're just giving me little clues here of which
-

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-  It is a **Prana** energy from the AdorA Side that is coming in, and
-

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-  Body draws the **prana** radiation of the Eiradonis, a part of the Spirit Body,
 -  as the Eiradonis **prana** radiation transmutes a portion of the atomic ManE Body back
 -  Spirit Body (**prana** and eirA) progressively enters the mana-transmuted portions of the
 -  Spirit Body (**prana** and eirA) progressively enters the mana-transmuted portions of the
-

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-  with the Eiradonis **prana** substance of the Spirit Body, and while remaining embodied within
 -  merge with the **prana** and eirA Another type of energy substance substance of the
-

 proportional quantum of **prana** from the Spirit Body, and converts to the larger-quantum

 Zhyrah picks up **Prana** from the Spirit Body and adds quantum, so it becomes

 additional quantum of **prana** and eirA from the Spirit Body through the "mana-

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: 14

 the Mana, sends **Prana** back and the EirA goes out and forms a Spirit

 Spirit Body. The **Prana** that gets sent back from the ManA, interacts with the

Page: 85

 because the Sun's **Prana** Seed Core had been forced-shut by the Bourgha on

Page: 114

 ManA, Mana, and **Prana**, and all of those things in Key Resolution, Harmonic Key

Page: 115

 Spirit Eiradonis Tone, **Prana** 11 t positive, and here it would be Ethos for

 said, after the **Prana** Tone fires, the Eiradonis Tone which would be the Prana

 would be the **Prana** Tone fires, the Eiradonis Tone fires, oh, the Prana Eiradonis

 fires, oh, the **Prana** Eiradonis Tone then fires the Prime Tone Differential Mana 21

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 up the Eiradonis **Prana** Tone that then fires the, and makes spark, the Prime

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 and then the **Prana** Tone and then Copyright A"shavana & A"zahvana Deane, 2008, All

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: 1

 to begin natural **prana** exchange, and start the process of becoming breatharian! A"sh shared

Page: 2

 the Logos stream, **Prana**, **Prana** Chi (NEG) and Prana Ki (POS), AdorA

 (NEG) and **Prana** Ki (POS), AdorA adjugate twins, adjugate-bond celestalline formation

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: 4

 the Rasha Body **Prana** Seed and the Central Vertical Column and Pineal of the
 picks up a **Prana** Spark (Dark-matter) from the Rasha Field then refracts,
 Ectos+Mana) carrying **Prana** CHI1/3 qtm and a- Celestalline Stream (Ectos+Mana+
 Mana+Hydros) carrying **Prana** KEI + 2/3. 15. The Celestallite/Prana CHI1/3
 15. The Celestallite/**Prana** CHI1/3 qtm Stream and the- Celestalline Prana KEI +
 and the- Celestalline **Prana** KEI + 2/3 Stream travel downward through the "
 deliver the 2-**Prana** Currents into the A/E/R Halls of Records of

Page: 6

 Plasmic Elemental Triad **Prana** (D3-H2Re, D2-02Pt "molecular oxygen & platinum"),

Page: 9

 the Rasha Body **Prana** Seed, Central Vertical Column & Pineal of the Matter Body.
 the Rash a **Prana** Seed to Phase, sending a Spark of Prana into Thymus-
 a Spark of **Prana** into Thymus-Duct-1). To Open THE WINDOW, and/
 pale-blue-white **Prana** Stream emerges into your AzurA from your Rash a Body
 Chambers; imagine 12 **prana**-carrying Eiron Stream currents expand outward from the AzurA,
into
 (The "**Prana** IN" to the Aah-Jha Body Breath). 5. Hold at

Page: 10

 the refracted, split **Prana** Chi & Kei Back-Flow Currents that are now returning

File : [2008-09_Sliders2Diary_scan.pdf](#)
Title : Sliders 2 - Diary
Subject : Reclaiming the Vessel, Preparing the Body for Slide - Workshop Diary
Author : MCEO Freedom Teachings
Keywords :

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 the carrier of **prana**) and the activation of the Penta-GEL circulation by the

 the merging of **Prana** and Mana. Following the first five pre-substance steps, creation

File : [2008-09_Sliders2_scan.pdf](#)
Title : Sliders 2 - Handbook
Subject : Reclaiming the Vessel - Preparing the Body for Slide, Introductory Telluric Body Training
Author : MCEO Freedom Teachings
Keywords :

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-  Rash a Body **Prana** Seed, Central Vertical Column & Pineal of the Matter Body.
 -  causes the Rasha **Prana** Seed to Phase, sending a Spark of Prana into the
 -  a Spark of **Prana** into the Thymus-Duct-1.) To Open the TE"a-Wha
 -  pale-blue-white **Prana** Stream emerges into your Azura from your Rasha Body, and
 -  Chambers; imagine 12 **prana**-carrying Eiron Stream currents expand outward from the Azura, into
 -  (Brings "**Prana** IN" to the Aah-Jha Body) 5. Hold at the
-

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-  the refracted, split **Prana** Chi & Kei Back-Flow Currents that are now returning
-

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-  ~CW = **prana** kei 213 & missing electron -ve rccw = prana
 -  ve rccw = **prana** chi 1/3 & missing + proton LUP----- --- 1-
-

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

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 WE are the **Prana**-Breath of God Eternal, manifest. WE are the Waters of

Page: 15

 T a"a-Mira-**Prana**-Chi The Directive - Rising Moon Psonn-3: The Pause-

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: 15

-  3 as Earth **Prana**-Seed "respirator" to avert Solar-Symbiotic Bhardoah Response Earth
 -  Bhardoah Response Earth **Prana**-Seed compaction, due to Red Dragons" 3/15- 25/2007
 -  compaction of Solar **Prana** Seed via Threshold-Micca-Mecca Network. The potential for Net-
 -  3/15/2007 **Prana**-Seed Compaction & resultant Solar Bhardoah Commencement. . 3/25/
 -  Shield engages 1st **Prana** Exchange Cycle on AnshaTAsa Passage Host, Bourgha-Budhara takeover Red
-

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 :

Page: 4

-  12 Elementi +Prana Joule Hydro-gels -----r--~;;±.C,JU"k:-~~;2~,..----+-- D-
 -  D-212.5 -Prana Chi 1.----".--lt----- 1 Elemental Ah-VE-yas Aquagel Particulate
 -  ● ~+---- +Prana Joule 1 Organic Atom Mutated Light-Matter (Forms in
 -  CA-LOR, Rasha Prana Joules then bond to the Reversed +GharE to form
 -  units Reversed -Prana -Reversed "Gha-ool" Joule = Gha-ool becomes
 -  Thermogels, 1/2 Prana Joule, 1/2 Ah-VE-yas, & 6 of the
-

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-  1F/3+ve Prana), sending +ve Prana-joule ring to D-2 Eiro
 -  sending +ve Prana-joule ring to D-2 Eiro Point, opening Eiron Point
-

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-  11213 +ve Prana-joules quantum. The +ve Prana-joule quantum rises vertically
 -  The +ve Prana-joule quantum rises vertically to the Eiron Point of the
 -  the +ve Prana-joule Ring (of stored Prana +ve quantum) around
 -  (of stored Prana +ve quantum) around the Eiron Point. The Mana +
 -  of +ve Prana-joules within the Prana-joule Ring surrounding the Eiron Point
 -  joules within the Prana-joule Ring surrounding the Eiron Point of the Ah-VAYas.
-

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-  the +ve Prana-joule Backflow Spark to the Prana-joule Ring- at the
 -  Spark to the Prana-joule Ring- at the Ah-VE-yas Eiron Point- causes
 -  the +ve Prana-joule Ring around the Eiron Point back-flows through the
-

File : [2009-10_Sliders6Diary_scan.pdf](#)
Title : Sliders 6 - Diary
Subject : Sliders 6 - Workshop Diary
Author : MCEO Freedom Teachings
Keywords :

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Starlight Stream- a **Prana** Current. These currents come through and merge in our Radial

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

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-  which is a **Prana** Current. And it's actually the process of blending these two
 -  have the electrical **Prana** Starlight Stream that creates this rotation. The hardest part about
-

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-  Engaging the Electrical-**Prana** Star-Light Circulation. And, that's the one that's connected to
 -  "Star-Light **Prana** Stream" downward, into the Karanadis Seal. Hold at the top
 -  a Golden-Silver **Prana**-Light color. And then, exhale firmly downward, (all exhale)
 -  Silver Star-Light **Prana** Stream downward, into the TransLuminal Lower Aurora Point in Earth
 -  with Golden-Silver **Prana** Light And, because there is this Lower ... this point
-

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-  initiate the Clockwise **Prana** Star-Light Stream Circulation. That's the clockwise circulation that comes
 -  the Star-Light **Prana** Stream in and up, in a half-circle (inhales).
 -  Light Stream, the **Prana** Stream, up again And inhale it up (inhales) to
-

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-  field, the clockwise **Prana** Star-Light Stream running the field now, because it'll be
-

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-  of the Clockwise **Prana** Star-Light Stream and Counter-clockwise Eiron Star-Dust Stream
 -  a Golden-Silver **Prana** Stream downward from the Upper Aurora Point. So, you've got
-

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-  Dust Stream and **Prana** Stream blend within the Crystal Lotus, becoming a single, pale
 -  Current, or the **Prana** combined with the Eiron Stream. Ok, so now we're going
-

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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 A Deane Electrical **Prana** Starlight Stream (33 1/3 cw- E) Rhu-ShE-

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 1A: Engaging Electrical-**Prana** Starlight Circulation 1. Visualize the 48-petal Crystal Lotus access

 the "Starlight **Prana** Stream," downward into the Karanadis Seal. (The Starlight Prana

 (The Starlight **Prana** Stream is an elemental current from Median and Higher Earth.)

 sparkling golden-silver **Prana** light. 6. EXHALE firmly downward, using the exhale breath to

 golden-silver Starlight **Prana** Steam downward into the trans-luminal Lower Aurora Point in

 with golden-silver **prana** light. 8. Initiate clockwise Starlight Prana Stream Circulation: leaving the

 Initiate clockwise Starlight **Prana** Stream Circulation: leaving the Crystal Lotus in Earth Core, INHALE,

 draw the Starlight **Prana** Stream in an "upward half-circle arc ," moving

 push the Starlight **Prana** Stream in a "downward half-circle arc," moving downward

 draw the Starlight **Prana** Stream in an "upward half-circle arc" around the

 push the Starlight **Prana** Stream in a "downward half-circle arc" around the

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 clockwise electrical Starlight **Prana** Stream Circulation circulating around your bio-energetic field in a

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 the CW Starlight **Prana** Stream and CCW Stardust Eiron Stream circulating around you in

 golden-silver Starlight **Prana** Stream downward from the Upper Aurora Point, combining both streams

 Stream and Starlight **Prana** Stream converge. The MCEO Freedom Teachings® Series ©2009

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 Stream and Starlight **Prana** Stream blend within the Crystal Lotus, becoming a single pale

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: 9

 to as the **Prana** Seed in a Stargate- once that is damaged and the
 damaged and the **Prana** Seed closes, it begins the death cycle of the star

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 :

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 Gates where the **Prana** Seed is. This implies that if we go up in

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 and Solar Gates, **Prana** Seed and the Aqualene Sun, Phoenix, Apri12007. (KASA/4DVD/

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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-  Elemental Planes & **Prana** Seed 12 Fire Chambers, Dark ParTE"KEi Body 15 Rings &
 -  Elemental Planes and **Prana** Seed created by the 1st ASK-0 Oron-pulse ~;
 -  A Deane \ **Prana** V""x""V-----j*-+9.1 • Seed at / Eiron
 -  to form the **Prana** Seed, an "open doorway" is left where the E-
-

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-  3) Start Electrical **Prana** Starlight Stream (33 113 cw- E) Rhu-ShE-ma-
-

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-  ...-..., cw = **prana** kei 213 & missing ~octroo
-

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-  Elemental Planes & **Prana** Seed, and the Rasha-AmorA Body - Birth of the
 -  Density Planes, Core **Prana** Seed, and Eiron Point Stage-4: (1st phase of
 -  phase of the **Prana** Seed) The Rasha-AmorA 4-Sheath Body, 3-Dimensional EtonAdorA
-

File : [2010-04_MakersOfWingsDiary_scan.pdf](#)
Title : Makers of Wings - Diary
Subject : Makers of Wings and Other Things, The Orbs of Ah-SA-yas, Planes of Aurora, Ancient Arrows, Planetary Mirror Ball and the Hidden Cities of Earth - Workshop Diary
Author : MCEO Freedom Teachings
Keywords :

Page: 3



Elemental Planes, the **Prana** Seed, the inner ASK and outer 0 layers, the layer-

File : [2010-04_MakersOfWings_scan.pdf](#)
Title : Makers of Wings and Other Things - Handbook
Subject : The Orbs of Ah-SA-yas, Planes of Aurora, Ancient Arrows, Planetary Mirror Ball and the Hidden Cities of Earth
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

Page: 1

-  3 +ve **Prana**-base (Jh)a-La OTEs (overtone equilibrium) Jha-
 -  inhale breath sparks **Prana** Seed - 13th exhale starts Mana Flow & "LON"
-

Page: 2

-  3 +ve **Prana**-base (Jh)a-La OTEs (overtone equilibrium) Jha-
 -  inhale breath sparks **Prana** Seed- 13th exhale starts Mana Flow & KALONS- 21 2
-

Page: 3

-  Elemental Planes & **Prana** Seed 12 Fire Chambers, Dark-matter ParTE"KEi Body 15 Rings
 -  Elemental Planes and **Prana** Seed created by the 1st ASK-0 Oron-pulse ~
 -  A Deane \ **Prana** 11%,)-----rll-~ • Seed at Prana "-, / Eiron Point
 -  • Seed at **Prana** "-, / Eiron Point Chi- E-Ta-Ur Radiation Point
 -  to form the **Prana** Seed, an "open doorway" is left where the E-
-

Page: 4

-  Flftm!mtal Planes **andPranaSeed** created by the 1st ASK·O Oron-pulse I
-

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-  Core Krystallah & **Prana** Seed not shown 15 14 Ra Tha Etheric Harness D-
-

File : [2010-05_Sliders7_scan.pdf](#)
Title : Sliders 7 - Handbook
Subject : The Lands of Wha Mirror Mapping, the 3 Paths of the KRYST and the Wha-
YA-yas Masha-yah-hana Adashi Adepts
Author : MCEO Freedom Teachings
Keywords :

Page: 3

 Elemental Planes and **Prana** Seed created by the 1st ASK-0 Oron-pulse ~;~

 A Deane \ **Prana** ~N----T~~ • Seed at / Eiron Point E-

File : [2010-08_Sliders8_scan.pdf](#)
Title : Sliders 8 - Handbook
Subject : Awake, Aware, and ALIVE in the Lands of Aah, The Sea of Ah-Yah, Eternal Stream of Ah-Yah-YA the Covenant of Ah-Yah-Rhu and Eternal Dream Fields of the ONE, Preparing the Body for Slide - Advanced Level
Author : MCEO Freedom Teachings
Keywords :

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-  the Rasha Seed/**Prana** Seed at its core. The Rasha Body links the Spirit
 -  Core Rasha Seed/**Prana** Seed/ Light Body Seed through which the layers of anatomy
-

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-  Gates and Solar **Prana** Seed engage compaction due to Red Dragons activation of the
 -  as Earth's **Prana**-Seed —respirator|| to avert Solar-Symbiotic Bhardoah Response Earth
 -  Bhardoah Response Earth **Prana**-Seed compaction, due to Red Dragons 3/15-25/2007
 -  compaction of Solar **Prana** Seed via Threshold-Micca-Mecca Network. The potential for NET-
 -  3/15/2007 **Prana**-Seed Compaction & resultant 3/25/2007 Solar Bhardoah Commencement.
-

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-  Gate and Solar **Prana** Seed Compaction. Workshop 4/6–8/2007: —The Krystar
 -  Maps, Solar Gates, **Prana** Seed and the Aqualene Sun.|| April 6-8, 2007 Phoenix,
 -  Shield engages 1st **Prana** Exchange Cycle on AnShaTAsa Passage Host, Bourgha-Budhara takeover Red
 -  Out Evac|| agenda); **Prana** Exchange (Organic breathing process by which the RashaLAe Body
 -  Body breathes/circulates **Prana** Currents into and out of Light Body, Spirit Body, and
 -  Closing of the **Prana** Seed through which Prana Exchange occurs, initiates the Bhardoah Death
 -  Seed through which **Prana** Exchange occurs, initiates the Bhardoah Death Cycle, progressive release of
-

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-  Return Ascension Cycles, **Prana** Exchange, the Na-VA-HO Cycles, the Triad, Ecousha-TA,
-

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-  Elemental Planes & **Prana** Seed, and the Rasha-AmorA Body - Birth of the
 -  Density Planes, Core **Prana** Seed, and Eiron Point Stage-4: (1st phase of
 -  phase of the **Prana** Seed) The Rasha-AmorA 4-Sheath Body, 3-Dimensional Eton-
-

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: 34

 via the "**Prana** Ring" at the top of 02 Krystar. The MCEO Freedom

File : [2011-05_SteppingIntoConscAscension_scan.pdf](#)
Title : Stepping into the Consciousness of Ascension
Subject : Katharaa Team Module Handbook
Author : MCEO Freedom Teachings
Keywords :

Page: 11

 · Ta"a-Mira-**Prana**-Chi Psonn -3: The Pause-Breath-Intention Creation: The

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: 14

 Na-VA-Ho **Prana** Exchange Cycle births P-1 & P-2 for next

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

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 Sa· Yah·**Prana** ON-2 Oorad1c-1 Hehoehro1c Brigh:-Pastel -Green 5.

 Yon-Sa-Yah·**Prana** -Ari-Yon-T a-Yah-Mana Ari-Yon-Ha-

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 Sa· Yah·**Prana** ON-2 Oorad1c-1 Hehoehro1c Brigh:-Pastel -Green 5.

 Yon-Sa-Yah·**Prana** -Ari-Yon-T a-Yah-Mana Ari-Yon-Ha-

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 Sa-Yah·**Prana** DN-2 DoradtC·1 Heliochro1c Bright-Pastel-Green 5.

 Sa-Yah·**Prana** -·Ari· Yon· Ta· Yah-Mana

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 Yon-Sa-Yah·**Prana** 4 Ari-Yon-La-Yah-Mira 7 Ari-Yon-ALh-

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 of yogic asanas, **pranayams** (including Nas:Ji Shod~rn_) and meditation) can

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 yogic postures and **pranayamas**. assists in fine tuning the nervous systems and healing this

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 Sa· Yah·**Prana** Ari-Yon-La-Yah-Mira Ari-Yon-Alh-Yah-Ta"a

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 Yon-Sa-Yah·**Prana** 4 Ari-Yon-La-Yah-Mira 7 Ari-Yon-ALh-

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

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 Yon-Sa-Yah-**Prana** DN-2 Dorad1c-1 Heliochro1c Bright-Pastel-Green s. Ari-

 Yon-Sa-Yah-**Prana** --Ari-Yon-Ta-Yah-Mana Ari-Yon-Ha-Yah-

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

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-  Elemental Planes & **Prana** Seed, and the Rasha-AmorA Body - Birth of the
 -  Density Planes, Core **Prana** Seed, and Eiron Point Stage-4: (1st phase of
 -  phase of the **Prana** Seed) The Rasha-AmorA 4-Sheath Body, 3-Dimensional EtonAdorA
-

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-  2/~ +ve **Prana**-base (Jh)a-La OTEs (overtone equilibrium} Jha-
 -  inhale breath sparks **Prana** Seed - 13th exhale starts Mana Flow & "LON"
-

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-  Planes & the **Prana** Seed 12 Fire Chambers, Dark Matter ParTE"KEi Body, 15 Rings
 -  Elemental Planes and **Prana** Seed created by the 1st ASK-0 Oron-pulse ~~
 -  splits~/·-·, **Prana** to form " : Seed at Prana ""r.- fr."
 -  : Seed at **Prana** ""r.- fr." \ ●● _ ●● " Eiron Point
 -  to fonn the **Prana** Seed, an "open doorwat is left where the E-
-

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-  splits ~opens/\ **Prana** to loon " : Seed at Prana ":r." Sf."
 -  : Seed at **Prana** ":r." Sf." ". ●● J Eiron Point Seed E-
-

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-  Plasmic Elemental Triad **Prana** (03·H2Re. D2·02Pt " m01ecular oxygen
-

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-  electroplasmas ManU, ManA, **Prana**/Mana+Eirah; Step-8 Translation Sequence). The Middle layer, called
-

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-  Core with - **prana** chi 3.8889 ShAion ring Cole MReisahah ara0 @ .fO
-  Mahara Corewith+ 7.7778 **Prana**.Kei Alonngg Egg Carries the encryption of the AdorA Eluma-



• ShAion 1o1m\$ **Prana** chr tiarA ring. I(\sim Ftm* Oenw Field +Alon-j01Ae



Alon-j01Ae I **Prana** Kei n center Pr=of nng ltrtlI:ed craalea owm

File : [2013_04_ELAiSaAwakening-PrayerSequence_scan.pdf](#)
Title : E"LAi-sa AL-Hum-Bhra Aquareion KRYSTHL River Prayer and Invocation
Subject : of the E"LAi-sa Silver Seed Councils & GA-AMCC-MCEO for Silver Seed
KRYSTHL River Plasma Host Activation & Amplification
Author : AhRAYas Productions
Keywords :

Page: 9



Sa' Yah-**Prana** -~Art' Yon-Ta-Yah-Mana Ari-Yon-Ha-

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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 · < = **prana** kat 2/3 -~ ~~~ ---._____ & missing 'electron

 ~~: " = **prana** chi 1/3 " · Dft1If: " • -

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 Yon-Sa-Yan-**Prana** Dr>.-2 Corao,c-• .,e"tOCh"Otc Br,gn·.

 Yon-Sa-Yah-**Prana** -An-Yon-Ta-Yah-Mana Art-Yon-Ha-Yah-

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 Plasmic Elemental Triad **Prana** (03-H2Re D2-02Pt "molecular oxygen & platinum").

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 via the "**Prana** Ring" at the top of 02 Krystar. ©4/20

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 11213 +ve **Prana**-jou/es quantum. The +ve Prana-joule quantum rises

 The +ve **Prana**-joule quantum rises vertically to the Eiron Point of the

 the +ve **Prana**-joule Ring (of stored Prana +ve quantum) around

 (of stored **Prana** +ve quantum) around the Eiron Point. The Mana +

 of +ve **Prana**-joules within the Prana-joule Ring surrounding the Eiron Point

 joules within the **Prana**-joule Ring surrounding the Eiron Point of the Ah-VAYas.

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 the +ve **Prana**-joule Backflow Spark to the Prana-joule Ring- at the

 Spark to the **Prana**-joule Ring- at the Ah-VE-yas Eiron Point-causes

 the +ve **Prana**-joule Ring around the Eiron Point back-flows through the

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 Yon-Sa-Yah-**Prana** -·Art· Yon-Ta-Yah-Mana Ari-Yon-

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

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 Plasmic Elemental Triad **Prana** (D3·H2Re. D2-02Pt " m01ecul8r oxygen &

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 electroplasmas ManU, ManA. **Prana**/Mana+Eirah; Step-S Translation Sequence). The Middle layer, called

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

Page: 45

 rldSol!!!" Gates, **Prana** Seed an-i the AqJalene SUn - Recorded live in

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

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 VA-Ho > **Prana** .V Exchange z Cycle births P-1 & P-

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 (Ycm) Male **Prana** Keo 6 enCfyllion of lthe Alon ring AdorA Eluma-W!

 ant fertilized ovum. **Prana**-Chl, carried by the ShAion Ring of the Sperm combines

 E-lyman-yana **Prana**-Kei carried by the A/on Ring of the Egg,

 to form a **Prana** Spark backflow to EFFI. Oensitboo AX-5 AmorA-48 &

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

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Crystals, and Alon-**Prana**-Crys:tals in the blood that allow the skin to
