

Search Results

Summary

Searched for : **sleep**

In index(es) : **H:\KS_Scan_Library\MasterIndex.pdx**

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

Saved on : **7/16/2017 5:06:02 PM**

File : [1999-05_IntroKeylonticMorphogeneticScience_scan.pdf](#)

Title : Intro to Keylontic Morphogenetic Science - Handbook

Subject : Keylontic Science for Daily Living


Author : MCEO Freedom Teachings - Ashayana Deane

Keywords :

Page: 1


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

Page: 27

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




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



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

File : [1999-07_AncientRightsPassage_Handbook_scan.pdf](#)
Title : The Ancient Rites of Passage - Handbook
Subject : Personal Healing Through Planetary Service
Author : MCEO Freedom Teachings - Anna Hayes Gruber
Keywords :

Page: 50

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

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

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

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


Page: 17

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

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

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

Page: 86


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

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

Page: 54

 Health is there, **sleeping** silently within us, awaiting this awakening. · Healing the Causal
 for Health is **sleeping** and through knowledge of Kathara and applications of its methods

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

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

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

File : [1999_TangibleStructure_scan.pdf](#)
Title : Tangible Structure of the Soul - Handbook
Subject : Multidimensional anatomy, ascension teachings, accelerated bio-spiritual evolution program
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

Page: 12

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

Page: 28

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

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


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


File : [1999_Voyagers1_Intro.pdf](#)
Title : Voyagers I (Intro Section) - Book
Subject : The Sleeping Abductees, Second Edition (Intro Section only, ruman numeral pages)
Author : Ashayana Deane
Keywords :

Document Metadata

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

 Found 1 instance(s) in additional metadata


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


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

Document Metadata

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


 Found 1 instance(s) in additional metadata

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

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

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

Page: 87


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


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

Page: 103


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

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

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


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







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



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



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


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



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



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



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

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


Page: 155

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



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

Page: 194

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

Page: 199


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



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


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


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

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

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

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

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

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

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

Page: 18




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


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

Page: 2

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


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

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


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

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

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

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


Page: 106

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

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


Page: 3

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

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


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

Page: 12


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


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


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


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

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

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

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

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



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


File : [2001_MastersTemplarStewardshipFieldGuide_scan.pdf](#)
Title : Masters Templar Stewardship - Field Guide
Subject : Planetary Shields Clinic Field Guide
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

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

File : [2001_MastersTemplarStewardshipManualintro-only_scan.pdf](#)
Title : Masters Templar Stewardship - Manual (Intro section)
Subject : (doc contains only the intro section -- first 18 pps of the manual -- scanned seperately so the page numbers in the main content are accurate in searches)
Author : MCEO Feedom Teachings
Keywords :

Page: 8

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

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

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: 19

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

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

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

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 :


Page: 6

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

Page: 19

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



Page: 52

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


Page: 113

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




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






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

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

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


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


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

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

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


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


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

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

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

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


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

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

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


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

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

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

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

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

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



Page: 1

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

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



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

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


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

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

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










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



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



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

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



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




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


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




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

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

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

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

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

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

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

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

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


elite, agreed to

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


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


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


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


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

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

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

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


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

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

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

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


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



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



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


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

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

Page: 450

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


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

Page: 8

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

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

Page: 2


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

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

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

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

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

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

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

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

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

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

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

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

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

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

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




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

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

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


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

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

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


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

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

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

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

File : [2005-05_EthradonAwakeningDiary_scan.pdf](#)


Title : Ethradon Awakening - Diary

Subject : Morocco Workshop Diary

Author : MCEO Freedom Teachings


Keywords :

Page: 1


 consequence, were rather **sleep**-deprived) late in the morning of 22nd May. Nevertheless,


 After a wonderful **sleep** in the wonderfully bright and easy-to-live-in hotel

Page: 12

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

Page: 14

 about the Sadhi **sleep** state and how we can use these mini-naptype rest

 still need normal **sleep** because we need to leave the body to a certain

 need the deep **sleep** because they can access the rejuvenating frequencies all the time.


 usually no post-**sleep** drowsiness. The more Sadhi you have consciously, the more information

 quick 2 hour **sleep** post-workshop, we got a wake up call at 7

Page: 16

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

Page: 17

 worth trying to **sleep**. I was actively purging in between sleeping as were several

 purging in between **sleeping** as were several others and could not join the "


 had a great **sleep** (well, I hope most of them did). Every body"s

Page: 18


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

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

Page: 11

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


Page: 18


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

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

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

Page: 25

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



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

Page: 26


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

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


Page: 15

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

Page: 16

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

Page: 21

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

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

Page: 8



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


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

Page: 5

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

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

Page: 2


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

Page: 3

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

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


Page: 10

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

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



Page: 3

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

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



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

Page: 73


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

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

Page: 19




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

Page: 50






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

File : [2006_Summary1_scan.pdf](#)
Title : Summary 1
Subject : Historical Origins of the MCEO Teachings
Author : MCEO Freedom Teachings
Keywords :



Page: 12

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






Page: 13

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


Page: 15

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

Page: 16

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

Page: 17











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

Page: 19





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


Page: 19

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


Page: 21

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


Page: 54

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


Page: 82

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


Page: 84

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


Page: 85


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

Page: 93


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


Page: 112


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


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


Page: 119


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


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

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

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

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


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

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

Page: 136

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

Page: 144


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

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

Page: 4

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

Page: 5


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

Page: 6

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


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

Page: 29

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

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


Page: 7

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


Page: 12

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


Page: 19

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


Page: 77

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


Page: 240

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

Page: 241




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

Page: 309


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

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


Page: 30

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


Page: 46

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



Page: 49

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


Page: 70

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


Page: 76

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

Page: 83

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


Page: 84

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

Page: 89

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


Page: 90

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


Page: 95

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


Page: 118


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


Page: 153

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


Page: 154


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

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


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

Page: 158


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


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

Page: 161

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

Page: 216


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

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


Page: 234


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

Page: 293

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

Page: 340

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

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


Page: 361

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



Page: 389

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



Page: 409

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





Page: 426

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


Page: 470

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


Page: 471

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




Page: 475

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



Page: 484

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


Page: 505

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

Page: 506

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


Page: 513

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

Page: 514


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

Page: 539

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

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

Page: 20

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

Page: 83

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


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


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

Page: 90


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


Page: 95


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


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

Page: 97

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

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

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

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


Page: 99

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


Page: 114


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

Page: 143


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

Page: 151


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

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


Page: 154

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


Page: 230


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

Page: 234

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


Page: 291

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


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

Page: 329

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

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


Page: 379

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

Page: 406

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


Page: 407

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


Page: 425

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


Page: 438

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

Page: 464


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

Page: 479

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

Page: 485



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

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


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

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



Page: 5

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

Page: 68

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



Page: 94

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


Page: 104

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

Page: 109

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

Page: 114

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

Page: 120

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


Page: 134

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


Page: 182

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


Page: 184

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


Page: 195

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

Page: 203

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

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


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

Page: 204


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


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


Page: 205

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


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


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

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

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

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

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


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

Page: 206

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


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

Page: 229

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


Page: 256

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

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


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

Page: 25


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


File : [2008-01_EngagingLoadOutWorkshopTranscript_scan.pdf](#)
Title : Engaging the Load Out (workshop transcript)
Subject : Full transcript for FOL "08 workshop
Author : MCEO Freedom Teachings
Keywords :

Page: 57

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


Page: 137

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

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

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

Page: 53


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

Page: 54


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

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

Page: 23

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


Page: 26

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

Page: 58

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

Page: 65

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

Page: 81

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

Page: 91

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

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

Page: 13

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

Page: 14

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

Page: 15

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

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




Page: 7

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





Page: 17

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



Page: 31

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






Page: 34

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

Page: 35

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





Page: 36

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






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

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

Page: 38

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

Page: 39


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

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

Page: 7

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


Page: 9

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


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


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

Page: 19

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

Page: 21

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

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


Page: 25


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

Page: 28


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

Page: 29

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


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

Page: 34


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

Page: 35


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

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


Page: 36


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


Page: 76


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

Page: 79


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


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

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


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

Page: 80

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




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

Page: 139





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

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



Page: 31

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






Page: 35

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






Page: 36

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

Page: 37

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

Page: 38

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


File : [2009-08_Sliders5_scan.pdf](#)
Title : Sliders 5 - Handbook
Subject : Essential Alignment, Stardust Flow, Mirror in the Sky & the Orbs of
Aquaferon - Freeing the Body For Slide, Intermediate Telluric Ah-VA"-yas
Body Training
Author : MCEO Freedom Teachings
Keywords :

Page: 38


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

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

Page: 1

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

Page: 6

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

File : [2009-10_Sliders6Transcript_scan.pdf](#)


Title : Sliders 6 (workshop transcript)

Subject : Transcript for Sliders 6 workshop


Author : MCEO Freedom Teachings


Keywords :

Page: 23

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


Page: 26


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

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


Page: 65

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


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

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

Page: 66


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

Page: 69

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

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


Page: 70

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

Page: 73

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

Page: 74


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

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


Page: 75

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


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


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

Page: 82

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


Page: 111


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

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

Page: 154


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

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


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

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

Page: 170


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

Page: 199


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

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


Page: 1

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

Page: 4

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

Page: 9


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

File : [2009_Summary2_scan.pdf](#)
Title : Summary 2
Subject : Introductory Topic Summary 2, Contemporary Origins and Evolution of the MCEO Teachings
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

Page: 3

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

Page: 18

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

File : [2010-05_Sliders7Diary_scan.pdf](#)
Title : Sliders 7 - Diary
Subject : The Lands of Wha, Mirror Mapping, the 3 Paths of the KRYST and the Wha-YA"yas Masha-yah-hana Adashi Adepts - Workshop Diary
Author : MCEO Freedom Teachings
Keywords :


Page: 1

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

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


Page: 15


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

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

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

Page: 27

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

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



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

Page: 6


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

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

Page: 21


-  their civilian Illuminati **Sleeper** Races, and unsuspecting Human races within the "channeling" movement.
 -  teach unsuspecting Illuminati **Sleepers** and Human populations how to orchestrate false planetary healing operations
-

Page: 26


-  DNA manipulation, waits **sleeping** within each of us. The amazing Maharic Seal See [azuritepress](#).
-

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

Page: 89


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

Page: 93


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

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

Page: 94

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


Page: 109

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

Page: 125


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

Page: 128

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

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


Page: 171


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

Page: 177


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

Page: 182

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

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

Page: 185

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

File : [2012-05_SundayActivationTranscript_scan.pdf](#)


Title : May 2012 Sunday Activation transcript

Subject : transcript of the activation session


Author : ARhAyas Productions - E"Asha

Keywords :


Page: 5


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

Page: 21

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


Page: 24


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

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

File : [2012-06_CouncilCommunication_scan.pdf](#)
Title : August 2012 Note from AL-Hum-Bhra Magestracy Councils
Subject : Announcement regarding the Uby races and the KRYST Sabotage agenda
Author : ARhAyas Productions
Keywords :



Page: 1

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

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


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

Page: 73

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

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

Page: 87

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

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


Page: 1

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

Page: 55


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


Page: 64

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

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

Page: 66

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


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

Page: 67

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

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

Page: 69


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

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

Page: 70

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

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

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

Page: 71

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



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



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

Page: 18


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

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



Page: 51

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



Page: 54

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




Page: 76

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

Page: 78

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


Page: 79

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



Page: 122

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

Page: 128





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

Page: 129

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


File : [2015-04_JourneytotheEff-i-yahState.pdf](#)
Title : Journey to the EFF-i-yah State (with diagrams)
Subject : Journey steps and diagrams
Author : ARhAyas Productions
Keywords :


Page: 6

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

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


Page: 12


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


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


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

Page: 166


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


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

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


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


Page: 177


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

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

Page: 184




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

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









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

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


Page: 90

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



Page: 155

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

Page: 160

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

Page: 225

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