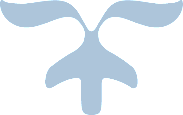


Channel The galaxy

Connecting with the Arcturians and the Pleiadians



Presenter: Rebecca Marina messenger

**Before the Exercises…what you need to know.**

You already have within your being a series of superhighways mapped out mapped out and just waiting to be developed.

(You can call them micro-tunnels, star gates)

What we intend to do is take these already established connections from Micro to Super Highways!

This super conscience highway offers direct connection to many species. Once you begin the road clearing on your end that species of choice will earnestly begin clearing on their end.

**This is a highway building project that all parties are eager to participate in!**

This is where two worlds meet and a new world of inter species communication begins.

Sanat Kumara

**In this seminar…**

We will be increasing the voltage in your entire being and in your pineal gland!

**It is helpful to have your INTENTION set on opening up, flushing out, and expanding your own micro tunnels, soon to be superhighways!**

Where your attention goes energy grows energy flows and you're gonna’ kick ass!

**Your pineal**- it's like into the Ark of the Covenant; an antenna to all worlds

You must stop thinking of contact our star friends with 3-D mentality a spaceship will not appear on your lawn the only true way to contact benevolence bases it through the heart -pineal connection.

Your heart gate sharing your love transcends all dimensions and creates new understanding a new possibilities for sharing.

**The Differences between the Arcturians and the Pleiadians**

**Arcturians:**

By their very nature, they respect free will of all life forms. They had no part in the manipulation of our DNA.

They are very mission oriented. They protect all life in this galaxy when it deserves to be protected. And they have done so for millions of years.

The exception are nefarious “energy eaters”- if they cannot convince these dark destroyers to leave…they will take whatever measures they deem needed…

(Of course, they have not been able to stop everyone- some of the energy eaters we have on our planet have come from within.)

Arcturians are very interested in our range of emotions and our ability to follow our hearts desires. They are longing to be able to balance following THEIR hearts desires…without compromising the conviction of their mission.

With us humans…we recognize that our hearts desires ARE our missions. In this, we are more evolved than the Arcturians!

**Pleiadians:**

Our family of Light defiantly WAS involved in tampering with our DNA at one point in history. They realize now that they must rectify and restore what they have done!

They have come back through time to assist us.

The acts they have perpetrated on other species must be acknowledged and mended as best they can before their own evolutionary process can excel.

This is one reason they are so eager to assist us. (Personally, I feel like they are ‘kissing up” to make up for using us for an experiment!)

The Pleiadians are humorous, sexual, highly evolved and do have much helpful information to assist us. They encourage us to turn to the Goddess for they consider Her to be Prime creator!

The micro tunnels we have for them are in our very genetic structure.

We are so multicultural when it comes to our star family. We have at least 24 strains of donated DNA from other species.

Some traits the Pleiadians admire about us are:

The human resiliency!

Our ability to adapt to almost any circumstance.

Our search for deeper spirituality.

Our sexuality.

Our abilities to experience a broad range of emotions.

Among every species, humans have the broadest range and capacity to experience many levels of emotion.

The Pleiadians desire to help us restore our DNA by being a catalyst for deeper awakening.

From Azuron, Arcturian Healer:

The biggest health issue I see is your lack of fully breathing.

You were born breathing due to outside influences and emotional suppression; most of you only had that at 15% capacity by five years old.

Almost no disease could survive in an oxygen rich environment; almost nobody disease could even form into an oxygen rich environment

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**Day 1: List of Suggested exercises.**

**\*The exercises for BOTH days are very similar. We simply SWITCH species. You will notice the difference in energy.**

**Greeting** (you already KNOW how to do that)

**Tap for balance:**

**Improve breathing- eye roll**

**Diamond Clear Light Protection exercise:**

**Heart connect with all in the room, all watching by video and your Arcturian or Pleiadian friends.**

**What do the Arcturians/Pleiadians admire about me?**

**Unity Breath exercise**

**Release Resistance to connecting with Arcturians/ Pleiadians**

**Path of love exercise- with Arcturians/Pleiadians**

**Where are my micro tunnels to the Arcturians/ Pleiadians?**

**Non Dominant handwriting with an Arcturian/Pleiadian**

**Light Up the Spine exercise- Eye Roll**

**Unique Piezoelectric Pineal Exercise**

· · sphere of power, ball of energy that you have created and compress

it down to small enough that it fits into the palm of your hand. Now

bring that up to your mouth and you’re just going to breath on it a few

times. You breathe your own Holy Divine breath to energize this with

your essence. Why? Because you’ve energized your Sphere of

Power with the elements, you’ve energized your Sphere of Power

with God’s Light, which is what An Nur means and now you’re going

to energize your Sphere of Power for your own personal use with

your own Divine Breath.

Breathing into your Sphere, do it at least four times and on the end

breath just breathe back in, the energy from your own Sphere. The

power of the elements and the power of God’s Light breathing in and

breathing out. Breathing in and breathing out and now, your Sphere

of Power is fully charged. So we’re going to use this first to activate

the Ka body, the Ka body is your spiritual twin. It hugs close to your

body; it’s not the Auric field that goes out a long ways. The spiritual

twin hugs close to your body it is known in the Egyptian mystery

schools and the first purpose of the Ka body was to help you attract

· the desires of your heart, where your energy goes, where attention

goes energy flows.

Now take your Sphere of Power and hold it in the palm of one hand

just imagine that you’re lightly, not quite touching your skin, but lightly

just putting that Sphere all over your body and activating your Ka

body. You may feel a little electricity flowing as you do this. Pass it

over all your body and then when you feel like you’re complete take

the Sphere in your hand and mash it together a little bit more until it’s

tiny, tiny, tiny. Because we’re going to insert this through the third eye

in the middle of the forehead and we’re going to shoot back to the

Pineal gland.

Squish it up real small and with this ball of power we’re going to kind

of slam it into your third eye and instruct it to go back to the Pineal

gland. When it’s in the Pineal gland, the elements and God’s Light will

begin to do the work of reconstructing, regenerating, rebooting your

Pineal. This is an exercise that you will do daily. Now the Sphere of

Power is endowed with power from on high and from within the Earth

and it knows how much adjustment you are ready for.

· No need to worry that you’re going to be over stimulated even though

you may feel some pressure doing this exercise. Instruct your Sphere

of Power that after it does its work on your Pineal for the day that it

makes its way down into the innermost chamber of your heart and it

just rests there until you take it out. Why does it go to the innermost

chambers of your heart? Because the desires of your heart are

written on, the walls of your heart and the desires of your heart are

the key to your destiny. The desires of your heart are why you are

here. Just rest in peace knowing that you have this new tool and also

know it’s good to tune in.

I usually do this exercise in the morning to give me strength for today.

But when you take your Sphere of Power out of your heart center and

create another circle of light and toss the Sphere in there, it’s good to

call the elements again and to call God’s Light again. But you can

also call upon any kind of energy you might need for today. In other

words, you could call the energy of Divine Revelation. You could call

the Power of Jesus Christ; you could call the Energy of Patience. You

· could call the Energy of Inspiration. Whatever it is that you want to

mix into your Sphere of Power for today, call it in and then pick it up

squish it all around and activate your Ka body and then slam it into

your third eye and into the Pineal and let it continue its work.

This is the exercise of creating the Sphere of Power.

[End Transcription 00:09:50]

**Simple tap to increase the voltage in your Pineal.**

**Auditory hearing exercise**

**Triple Connect Exercise**

**Movement Exercise:**

**Light Pattern Exchange**

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**Day 2: (Same as Day1 except focusing on the Pleiadians)**

**\*The exercises for BOTH days are very similar. We simply SWITCH species. You will notice the difference in energy.**

**Greeting** (you already KNOW how to do that)

**Tap for balance:**

**Improve breathing- eye roll**

**Diamond Clear Light Protection exercise:**

**Heart connect with all in the room, all watching by video and your Arcturian or Pleiadian friends.**

**What do the Arcturians/Pleiadians admire about me?**

**Unity Breath exercise**

**Release Resistance to connecting with Arcturians/ Pleiadians**

**Path of love exercise- with Arcturians/Pleiadians**

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**Simple tap to increase the voltage in your Pineal.**

**Auditory hearing exercise**

**Triple Connect Exercise**

**Movement Exercise:**

**Light Pattern Exchange**

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Day One exercises:

Greeting (you already KNOW how to do that)

**Tap for balance:**

Using EFT, tap on all the points repeating the word **balance.**

Use your own judgement here about what other words you use…such as, “come into balance.”

Points I use are:

Karate Chop (side of hand)

Top of head

Beginning of eyebrow

Side of eye

Under eye

Under nose

Under lip

Collarbone

Under arm

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**Improve breathing- eye roll**

Begin by having participants take a deep breath in and measure it on a scale of 1-10. (10 being a perfect breath- 1 or 2 being very low)

If they have a low score- then they have some form **of constricted breath going on.**

Then have them roll eyeballs saying to themselves…”I’m looking for places in my being that are constricting my breath.”

Then have them tap on all the EFT points repeating **“Constricted breath”…**

Have them NOW take a deep breath in and re-measure how full their breath feels. It should be better!

Do the tapping for constricted breath at least 3 times. Use your authentic personality here. Change the words to reflect your own style.

(You will have the video to refer to if you want to use my style- kinda’ outrageous)

**NOTE**: I find it helpful in ANY healing modality to use the eye roll to discover blockages and dissolve them.

To do the eye roll, simply roll your eyeballs around in a circle one way, then back the other way a few time. You can use your finger to guide you if you wish.

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**Diamond Clear Light Protection exercise:**

Offered by ESU, Arcturian Meditation Master

According to Both Arcturians and Tibetan Buddhists CLEAR light has the highest vibration!

For protection, simply imagine yourself encased in a flawless diamond. Imagine breathing IN this completely clear light. Allow this clear light to penetrate your skin. You are swirling in a vortex of the clearest light!

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**Heart connect with all in the room, all watching by video and your Arcturian or Pleiadian friends.**

(This may not apply to your circumstance)

If you are doing this one on one- simply heart connect with each other.

Drop to your heart, imagine it filled with love. Send out that love to all in the room, all in the city, all in the country, all in the galaxy, all your Pleiadian and Arcturian friends.

Be in the space of simply giving and receiving love.

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**What do the Arcturians/ Pleiadians admire about me?**

Write down what you consider to be your WORST emotional state that you find yourself in sometimes.

Write down what you consider to be your BEST emotional state that you find yourself in sometimes.

Write down what you consider to be a somewhat MEDIOCRE emotional state that you find yourself in sometimes.

Write down a time you remember when you followed your heart- come hell or high water! (It does not matter if this had a happy ending or not)

Pay attention…ALL those things are what the Arcturians/Pleiadians admire MOST about you!The ability to experience a broad range of emotions. The Balls to follow your heart. These are things the Arcturians/Pleiadians are getting back to.

IT is helpful to the BOTH species to share your emotions with them. When you are in a high state of emotion, imagine SHOOTING it up through your own micro-tunnels for the Arcturians.

**This helps YOU to expand your micro tunnels into the superhighways we talked about and it helps them receive your emotional impulses!**

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**Unity Breath exercise**

The unity breath expanded version is adapted from a medication from the book, *Living in the Heart.* Drunvalo Melchizedek

Relax; relax your feet, legs, hips. Relax your back, your neck, your head, your shoulders, arms, and hands.

Imagine a place in nature that you feel is beautiful and peaceful to you personally. Visualize this planet in as much detail as possible. See it, feel it, hear the sounds around it. Feel the love that you have for nature and for Mother Earth. Feel that love growing. Feel it in your physical beating heart and then expand it to your whole body.

Now, take that love, put it into a small sphere, and with your intention send it down to the very heart of Mother Earth. Imagine that it has arms and begins to embrace the heart of Mother Earth and then wait until you feel that love of Gaia sent back to you, to your heart.

Feel the flow of love between you and Mother Earth and when it feels right, still holding that love of Divine Mother, shift your attention to the Divine Father.

Imagine a place in the sky, the sun, the moon, the planet, a star. Feel the presence of the sun and let yourself feel the love you have for the Divine Father.

Put your love into a small sphere and send it high in the heavens with the intention to go directly to your Divine Father, the Divine Masculine. Let your Father know the love that you feel. Imagine that your sphere has arms and begins to embrace the very heart of your Divine Father and then wait until you feel that love from the Divine Father.

Feel Fathers love moving throughout your entire body and into your heart. Know this that at this moment the Holy Trinity is alive within you, the Divine Mother, Divine Father, and you the Divine Child joined together in pure love. Be aware of this union and breathe in the breath of life.

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**Release Resistance to connecting with Arcturians**

Look at each of the statements below and assess where you are.

**Use your eye rolls to discover hidden doubts.**

I can't communicate at all- on a scale of 1 to 10

I can't communicate as well as others- on a scale of 1 to 10

I may do it here but not after I leave- on a scale of 1 to 10

Do EFT tapping for each condition.

IE: Even though I can’t communicate at all, I love and accept myself.

See what else comes up- the intensity does not have to be down to a zero.

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**Path of love exercise- with Arcturians**

(adapted from a mediation in a book by Carnelian Sage)

Take 3 deep breaths in

Breath in clear white light

Relax

Form a circle of light

Call someone you love into the circle

Put your arms around them, breathe in that same clear light with them…

Say, “I love you, I feel love, I am love, I feel God”

Be in the space of this emotion.

Say thank you.

Next call in a Deity Figure that you love.

Put your arms around them, breathe in that same clear light with them…

Say, “I love you, I feel love, I am love, I feel God”

Be in the space of this emotion.

Say thank you.

Next call in Esu- Arcturian meditation master.

Put your arms around him, breathe in that same clear light with them…

Say, “I love you, I feel love, I am love, I feel God”

Be in the space of this emotion.

Say thank you.

Next call in yourself.

Put your arms around them, breathe in that same clear light with them…

Say, “I love you, I feel love, I am love, I feel God”

Be in the space of this emotion. ***Say thank you.***

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**Where are my micro tunnels to the Arcturians?**

Still in the space of meditation, we will ask the assistance of Azuron, physician and 10th dimensional being.

Put your awareness on your pineal gland. Breathe in clear light. See the Pineal Gland lighting up.

See a clear mist rising upwards towards the corpus callosum.

See the clear mist softening the CC.

Ask Azuron to assist you in locating your particular micro tunnel for connect with the Arcturians. (You may see only one, you may see several)

Ask Azuron to use his light energy to LIGHT UP that particular area.

Imagine that the light from your pineal grows stronger and begins to send a steady stream of the clear light to that area.

See the clear light penetrating the micro tunnel, it may feel a bit sexual. See the clear light expanding inside the micro tunnels.

Imagine it as a shaft of light, the light itself becomes more excited to be part of this opening. The shaft penetrates deeper…bursting through old barriers.

Send loving thoughts up your newly opened pathways, see that with every loving thought the micro tunnels expand. See the information now as a two way highway!

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**Non Dominant handwriting with an Arcturian**

Go within and invite an Arcturian friend to communicate with you. It can be one I have mentioned, or it can be a new one that you would like to get to know.

**The ones that I KNOW want to help you are:**

Azuron physician

Sanat Kumara

Andarra – counselor

Esu- meditation master

Jesus (did you know he was Arcturian?)

Mary Magdalen

Frephios- Arcturian Warrior

Ektara- science officer

Enandra- Akashic librarian for the Arcturians

Dear Arcturian Friend,

What do you most want me to know about you?

Switch the pen and answer.

What can I do to help you?

Switch the pen and answer.

How long have you noticed my light?

Switch the pen and answer.

Share

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**Light Up the Spine exercise- Eye Roll**

**Light up The Spine exercise:**

# I learned this from an Indian author, [Padma Aon Prakasha](https://www.amazon.com/Padma-Aon-Prakasha/e/B002D1AYOQ/ref=sr_ntt_srch_lnk_1?qid=1466725992&sr=8-1)

# Padma learned this from a powerful Tibetan Tantric breathing practice called “Central Channel breathing.”

**I include a separate video of me doing this.**

<https://www.youtube.com/watch?v=SbxbeFiA22I>

To do it I’m going to explain how you do it and then we’re going to do it.

You take two fingers, you hold them out in front of you and you point down to your genitalia.

We want to bring the light up the spine so you’re doing this in front of your body. This exercise uses your **finger movement,** your **eyeball movement,**  **breath** and your **imagination of light** as you pull the light up the spine. (eyeballs are the “compass of the soul)

**Facilitator: be sure you are familiar with this exercise before demonstrating**

Point down towards your genitalia with two fingers.

Hold your head steady and drop your eyes down to look at your fingers. (Now you won’t be able to quite see your fingers unless you’re holding them way up in front of you) but go ahead and lower your fingers as well to the top of your genitalia.

Now you’re going to do all these motions at the same time. You’re going to take in a breath through pursed lips like your sucking through a straw. It sounds like this swswswsw, so you’re going to take in a long slow breath and you’re going to, with your fingers and your eyeballs and your breath you’re going to pull the light up, up, up, up, up, up to about the 3rd eye.(count of 7). You’re going to slightly cross your eyes holding your breath (count of 7) then you’re going to slowly follow your eyes and your fingers down to the base of your spine again. (count of 7)

1. Sit comfortably with spine upright.
2. Focus on your two fingers while pointing at your genitalia (root chakra)
3. Focus on the thin white line of light running through the center of your spine. (drop only your eyeballs, not your head)
4. Purse your lips as if you are sucking through a straw.
5. In this position, inhale, imagining drawing light up your spine for 7 seconds.(use your fingers to compel the light upwards)
6. At the count of 7, (You should be at your 3rd eye) cross eyes, raise them to 3rd eye.
7. Hold breath for 7 seconds.
8. Exhale to count of 7 while lowering both your eyes and fingers back to root.

(At this point, I like to breathe normally for a bit before the next round)

\*Padma recommends you do this exercise 12 times.

Now we do this again but with COLORED Light!

Red light up the spine (3 times)

Orange Light up the spine (3 times)

Yellow Light up the spine (3 times)

Green Light up the spine (3 times)

Electric Blue Light up the spine (3 times)

Violet Light up the spine (3 times)

Golden Light up the spine (3 times)

Turquoise Light up the spine (3 times) (for the Alta major chakra- just where the head joins the neck)

Bend your neck slightly forward, Horus and Isis appear and anoint this chakra with Holy Honey. This is a MAJOR psychic reception area known as “the Mouth of the Goddess”

Finish with 3 rounds of clear light.

**To integrate this… journal with Non-dominant hand.**

**(According to Drunvalo Melchizedek, The human spirit is usually located in the Pineal Gland- however, the pineal houses the spirit, when we address the pineal, we address BOTH body and spirit)**

Dominant hand: Dear Pineal, How did you feel doing that exercise?

Switch hand to answer. Share

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**Unique Piezoelectric Pineal Exercise**

**Here is a unique activation exercise to improve Pineal Gland/Third Eye function right now…**

**But first, you need to have a bit of scientific information.**

**The exercise will take advantage of the piezoelectric effect.**

**The liquid inside the pineal gland is filled with piezoelectric particles (also others which I will present at another time)**

**Piezoelectric** Effect is the ability of certain materials to generate an electric charge in response to applied mechanical stress. The word **Piezoelectric** is derived from the Greek piezein, which means to squeeze or press, and piezo, which is Greek for “push”.

\*

**In summary…The word “piezoelectric” literally means... electricity caused by pressure.**

I was asked to share this with you by Horus (Lord of the Pineal) and Jesus.

\*

**It was explained to me that YOU have the ability to “apply pressure” to the particles within your pineal by the use of your thoughts.**

If you are thinking negative thoughts…you are applying negative pressure to the particles (not beneficial)…

**However, if you are thinking positive thoughts and focusing on your pineal…you are creating beneficial effects.**



Piezo Pineal

**The positive electricity response within the pineal begins the regeneration process.**

This is not just a onetime deal – with time and awareness, your pineal will begin to function as it was originally intended. **(Before we were robbed of our powers)**

**One of the greatest signs of ascension is enhanced awareness.**

**\***

**Try this exercise:**

1. Put your awareness on your pineal gland.
2. Access -How “alive” does it feel? (scale of1 to 10)
3. Focus on your physical beating heart for a moment while slowing your breathing.(Helps to lightly touch your heart center)
4. Get into a state of gratitude by thinking of something you adore!
5. Now send thoughts of love to your pineal- imagine those thoughts massaging all the tiny piezoelectric particles in your pineal.
6. “See” the particles enjoying the pressure and responding excitedly!
7. Hold this until you feel the joy.
8. Now, measure again…how alive does your pineal feel now? (1-10)

Next move into tapping…see exercise below

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it down to small enough that it fits into the palm of your hand. Now

bring that up to your mouth and you’re just going to breath on it a few

times. You breathe your own Holy Divine breath to energize this with

your essence. Why? Because you’ve energized your Sphere of

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Breathing into your Sphere, do it at least four times and on the end

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tiny, tiny, tiny. Because we’re going to insert this through the third eye

in the middle of the forehead and we’re going to shoot back to the

Pineal gland.

Squish it up real small and with this ball of power we’re going to kind

of slam it into your third eye and instruct it to go back to the Pineal

gland. When it’s in the Pineal gland, the elements and God’s Light will

begin to do the work of reconstructing, regenerating, rebooting your

Pineal. This is an exercise that you will do daily. Now the Sphere of

Power is endowed with power from on high and from within the Earth

and it knows how much adjustment you are ready for.

· No need to worry that you’re going to be over stimulated even though

you may feel some pressure doing this exercise. Instruct your Sphere

of Power that after it does its work on your Pineal for the day that it

makes its way down into the innermost chamber of your heart and it

just rests there until you take it out. Why does it go to the innermost

chambers of your heart? Because the desires of your heart are

written on, the walls of your heart and the desires of your heart are

the key to your destiny. The desires of your heart are why you are

here. Just rest in peace knowing that you have this new tool and also

know it’s good to tune in.

I usually do this exercise in the morning to give me strength for today.

But when you take your Sphere of Power out of your heart center and

create another circle of light and toss the Sphere in there, it’s good to

call the elements again and to call God’s Light again. But you can

also call upon any kind of energy you might need for today. In other

words, you could call the energy of Divine Revelation. You could call

the Power of Jesus Christ; you could call the Energy of Patience. You

· could call the Energy of Inspiration. Whatever it is that you want to

mix into your Sphere of Power for today, call it in and then pick it up

squish it all around and activate your Ka body and then slam it into

your third eye and into the Pineal and let it continue its work.

This is the exercise of creating the Sphere of Power.

[End Transcription 00:09:50]

**Simple tap to increase the voltage in your Pineal.**

Now that your pineal has had some extra light, it’s time to raise up the voltage a bit.

Tap on all the EFT points, ‘I ask the voltage in my Pineal gland to be increased to a heathier level.”

Relax.

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**Auditory hearing exercise:**

Close your eyes

Take some deep breaths in and relax

Place your hands on your auditory hearing – the bones just above your ears.

What do you hear?

If you don’t hear at first, be patient. Use your IMAGINATION to hear…

**Be silent…**

Focus on the sound of your heartbeat

Focus on the sound of the blood rushing through your veins

Now focus this center on the sounds you IMAGINE coming from your nearby neighborhood.

Focus on the sounds of the earth plates moving.

Focus on the sounds the hot fire of the core of the earth makes.

Move your awareness to the silence of the great void…nothingness?

Focus on a star and imagine that you can hear and sense the action causing it to “twinkle”.

Focus on the sun…imagine you can hear the explosion of the solar flares.

Focus on the presence of many space craft- hear the whirling sounds of the engines (very subtle)

Now focus on just ONE Benevolent space craft…see if you can “hear” the thoughts of **just one being inside.** They KNOW you are trying to reach out to them…what do you sense?

Come back.

Journal with the being who “felt” you.

Dear Being,

Thank you for paying attention to me tuning in…what did it feel like for you?

Switch pen to NDH and answer.

How can I help you?

Switch pen to NDH and answer.

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**Triple Connect Exercise**

From your right foot, send light and love down to the center core of the earth. No one thinks of sending this Hot Fiery mass love…send it!

From your left foot send light and love down to the center core of the earth. No one thinks of sending this Hot Fiery mass love…send it!

From your tailbone send love down to the core of the earth.

Rooted and grounded!

Now FEEL the energy of the earth’s hot fiery core sending you love back!

FEEL that strength accumulating in the base of your spine!

Send that Fire up your spinal column, past the brain stem, envelop your pineal, fill your entire cranial cavity.

Now from the Right side of your corpus callosum, send that fire up to the sun, with love.

From the left side of your corpus callosum, send that fire up to the sun with love.

Now you are connected to the earth’s energy and the heavens.

Bring that energy BACK down to your belly. Feel it activating the brain in the belly.

Send it up to the heart. Feel it activating the brain in the heart.

Send it back up to your Pineal gland, the seat of your soul according to some traditions.

Now, send this light up and down the Vegas nerve giving it cleansing and strength. The Vagus nerve system is the longest in the body and extends from a part of the brain stem all the way down to the colon.

To stimulate all the points with this powerful Light is very healing!

**Movement Exercise:**

**Day 1** we will do this with the Arcturian, day 2 with the Pleiadians

Stand up, relax, call 5 Arcturian friends to you, it is NOT necessary to know which ones or their names.

Begin to move your body in a swaying motion…

now invite #1 to come move with you, feel the energy!

Invite #2 to come move with you, feel the energy!

Invite #3 to come move with you, feel the energy!

Invite #4 to come move with you, feel the energy!

Invite #5 to come move with you, feel the energy!

Feel the difference?

This is very subtle.

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**Light Pattern Exchange**

While you have your awareness on your new friends, call them all into a circle of light.

Ask JUST one of them to “Exchange Light Patterns” with you.

ONE will step forward (they may all want to do this, select only one)

Open your arms to them.

Hold them in your embrace…how does it feel?

INTEND to share your human light patters with them, SEE the light of your humanity cascading over them. This causes awakening within them too!

Be in this space of sharing for a bit.

Time for you to receive.

The Being begins to share their Light patterns with you, feel it cascading over you! This is causing an awakening of your cellular memories. Latent abilities will begin to awaken and be Re-remembered for you.

Be in the space of connecting from the heart. ***Feel the LOVE!***

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Write a love letter to your new family or friend. Tell them how you long to be of service to the earth and to the galaxy.

Ask… Is there anything more you wish to say?

Switch pen to NDH and answer.

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Day Two exercises: Pleiadians

Greeting (you already KNOW how to do that)

**Tap for balance:**

Using EFT, tap on all the points repeating the word **balance.**

Use your own judgement here about what other words you use…such as come into balance.

Points I use are:

Karate Chop (side of hand)

Top of head

Beginning of eyebrow

Side of eye

Under eye

Under nose

Under lip

Collarbone

Under arm

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**Improve breathing- eye roll**

Begin by having participants take a deep breath in and measure it on a scale of 1-10. (10 being a perfect breath- 1 or 2 being very low)

If they have a low score- then they have some form **of constricted breath going on.**

Then have them roll eyeballs saying to themselves…”I’m looking for places in my being that are constricting my breath.”

Then have them tap on all the EFT points repeating **“Constricted breath”…**

Have them NOW take a deep breath in and re-measure how full their breath feels. It should be better!

Do the tapping for constricted breath at least 3 times. Use your authentic personality here. Change the words to reflect your own style.

(You will have the video to refer to if you want to use my style- kinda’ outrageous)

**NOTE**: I find it helpful in ANY healing modality to use the eye roll to discover blockages and dissolve them.

To do the eye roll, simply roll your eyeballs around in a circle one way, then back the other way a few time. You can use your finger to guide you if you wish.

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**Diamond Clear Light Protection exercise:**

Offered by ESU, Arcturian Meditation Master

According to Both Arcturians and Tibetan Buddhists CLEAR light has the highest vibration!

For protection, simply imagine yourself encased in a flawless diamond. Imagine breathing IN this completely clear light. Allow this clear light to penetrate your skin. You are swirling in a vortex of clearest light!

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**Heart connect with all in the room, all watching by video and your Arcturian or Pleiadian friends.**

(This may not apply to your circumstance)

If you are doing this one on one- simply heart connect with each other.

Drop to your heart, imagine it filled with love. Send out that love to all in the room, all in the city, all in the country, all in the galaxy, all your Pleiadian and Arcturian friends.

Be in the space of simply giving and receiving love.

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**What do the Pleiadians admire about me?**

Write down what you consider to be your WORST emotional state that you find yourself in sometimes.

Write down what you consider to be your BEST emotional state that you find yourself in sometimes.

Write down what you consider to be a somewhat MEDIOCRE emotional state that you find yourself in sometimes.

Write down a time you remember when you followed your heart- come hell or high water! (It does not matter if this had a happy ending or not)

Pay attention…ALL those things are what the Pleiadians admire MOST about you!

The ability to experience a broad range of emotions. The Balls to follow your heart. These are things the Pleiadians are getting back to.

IT is helpful to the BOTH species to share your emotions with them. When you are in a high state of emotion, imagine SHOOTING it up through your own micro-tunnels for the Arcturians.

**This helps YOU to expand your micro tunnels into the superhighways we talked about and it helps them receive your emotional impulses!**

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**Unity Breath exercise**

The unity breath expanded version is adapted from a medication from the book, *Living in the Heart.* Drunvalo Melchizedek

Relax; relax your feet, legs, hips. Relax your back, your neck, your head, your shoulders, arms, and hands.

Imagine a place in nature that you feel is beautiful and peaceful to you personally. Visualize this planet in as much detail as possible. See it, feel it, hear the sounds around it. Feel the love that you have for nature and for Mother Earth. Feel that love growing. Feel it in your physical beating heart and then expand it to your whole body.

Now, take that love, put it into a small sphere, and with your intention send it down to the very heart of Mother Earth. Imagine that it has arms and begins to embrace the heart of Mother Earth and then wait until you feel that love of Gaia sent back to you, to your heart.

Feel the flow of love between you and Mother Earth and when it feels right, still holding that love of Divine Mother, shift your attention to the Divine Father.

Imagine a place in the sky, the sun, the moon, the planet, a star. Feel the presence of the sun and let yourself feel the love you have for the Divine Father.

Put your love into a small sphere and send it high in the heavens with the intention to go directly to your Divine Father, the Divine Masculine. Let your Father know the love that you feel. Imagine that your sphere has arms and begins to embrace the very heart of your Divine Father and then wait until you feel that love from the Divine Father.

Feel Fathers love moving throughout your entire body and into your heart. Know this that at this moment the Holy Trinity is alive within you, the Divine Mother, Divine Father, and you the Divine Child joined together in pure love. Be aware of this union and breathe in the breath of life.

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**Release Resistance to connecting with Pleiadians**

Look at each of the statements below and assess where you are.

**Use your eye rolls to discover hidden doubts.**

I can't communicate at all- on a scale of 1 to 10

I can't communicate as well as others- on a scale of 1 to 10

I may do it here but not after I leave- on a scale of 1 to 10

Do EFT tapping for each condition.

IE: Even though I can’t communicate at all, I love and accept myself.

See what else comes up- the intensity does not have to be down to a zero.

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**Path of love exercise- with Pleiadians**

(adapted from a mediation in a book by Carnelian Sage)

Take 3 deep breaths in

Breath in clear white light

Relax

Form a circle of light

Call someone you love into the circle

Put your arms around them, breathe in that same clear light with them…

Say, “I love you, I feel love, I am love, I feel God”

Be in the space of this emotion.

Say thank you.

Next call in a Deity Figure that you love.

Put your arms around them, breathe in that same clear light with them…

Say, “I love you, I feel love, I am love, I feel God”

Be in the space of this emotion.

Say thank you.

Next call in Yodi, Pleiadian teacher (or a different one if you like)

Put your arms around him, breathe in that same clear light with them…

Say, “I love you, I feel love, I am love, I feel God”

Be in the space of this emotion.

Say thank you.

Next call in yourself.

Put your arms around them, breathe in that same clear light with them…

Say, “I love you, I feel love, I am love, I feel God”

Be in the space of this emotion.

Say thank you.

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**Where are my micro tunnels to the Pleiadians?**

Still in the space of meditation, we will ask the assistance of Azuron, physician and 10th dimensional being.(Even though he is Arcturian , he is very helpful with the micro-tunnels)

Put your awareness on your pineal gland. Breathe in clear light. See the Pineal Gland lighting up.

See a clear mist rising upwards towards the corpus callosum.

See the clear mist softening the CC.

Ask Azuron to assist you in locating your particular micro tunnel for connect with the Pleiadians. (You may see only one, you may see several)

Ask Azuron to use his light energy to LIGHT UP that particular area.

Imagine that the light from your pineal grows stronger and begins to send a steady stream of the clear light to that area.

See the clear light penetrating the micro tunnel, it may feel a bit sexual. See the clear light expanding inside the micro tunnels.

Imagine it as a shaft of light, the light itself becomes more excited to be part of this opening. The shaft penetrates deeper…bursting through old barriers.

Send loving thoughts up your newly opened pathways, see that with every loving thought the micro tunnels expand. See the information now as a two way highway!

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**Non Dominant handwriting with a Pleiadian**

Go within and invite a Pleiadian friend to communicate with you. It can be one I have mentioned, or it can be a new one that you would like to get to know.

The ones I KNOW are here to help you are Yodi and Foy.

They are partners in helping to unite humans and Pleiadians.

Dear Pleiadian Friend,

What do you most want me to know about you?

Switch the pen and answer.

What can I do to help you?

Switch the pen and answer.

How long have you noticed my light?

Switch the pen and answer.

Share

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**Light Up the Spine exercise- Eye Roll**

**Light up The Spine exercise:**

# I learned this from an Indian author, [Padma Aon Prakasha](https://www.amazon.com/Padma-Aon-Prakasha/e/B002D1AYOQ/ref=sr_ntt_srch_lnk_1?qid=1466725992&sr=8-1)

# Padma learned this from a powerful Tibetan Tantric breathing practice called “Central Channel breathing.”

**I include a separate video of me doing this.**

<https://www.youtube.com/watch?v=SbxbeFiA22I>

To do it I’m going to explain how you do it and then we’re going to do it.

You take two fingers, you hold them out in front of you and you point down to your genitalia.

We want to bring the light up the spine so you’re doing this in front of your body. This exercise uses your **finger movement,** your **eyeball movement,**  **breath** and your **imagination of light** as you pull the light up the spine. (eyeballs are the “compass of the soul)

**Facilitator: be sure you are familiar with this exercise before demonstrating**

Point down towards your genitalia with two fingers.

Hold your head steady and drop your eyes down to look at your fingers. (Now you won’t be able to quite see your fingers unless you’re holding them way up in front of you) but go ahead and lower your fingers as well to the top of your genitalia.

Now you’re going to do all these motions at the same time. You’re going to take in a breath through pursed lips like your sucking through a straw. It sounds like this swswswsw, so you’re going to take in a long slow breath and you’re going to, with your fingers and your eyeballs and your breath you’re going to pull the light up, up, up, up, up, up to about the 3rd eye.(count of 7). You’re going to slightly cross your eyes holding your breath (count of 7) then you’re going to slowly follow your eyes and your fingers down to the base of your spine again. (count of 7)

1. Sit comfortably with spine upright.
2. Focus on your two fingers while pointing at your genitalia (root chakra)
3. Focus on the thin white line of light running through the center of your spine. (drop only your eyeballs, not your head)
4. Purse your lips as if you are sucking through a straw.
5. In this position, inhale, imagining drawing light up your spine for 7 seconds.(use your fingers to compel the light upwards)
6. At the count of 7, (You should be at your 3rd eye) cross eyes, raise them to 3rd eye.
7. Hold breath for 7 seconds.
8. Exhale to count of 7 while lowering both your eyes and fingers back to root.

(At this point, I like to breathe normally for a bit before the next round)

\*Padma recommends you do this exercise 12 times.

Now we do this again but with COLORED Light!

Red light up the spine (3 times)

Orange Light up the spine (3 times)

Yellow Light up the spine (3 times)

Green Light up the spine (3 times)

Electric Blue Light up the spine (3 times)

Violet Light up the spine (3 times)

Golden Light up the spine (3 times)

Turquoise Light up the spine (3 times) (for the Alta major chakra- just where the head joins the neck)

Bend your neck slightly forward, Horus and Isis appear and anoint this chakra with Holy Honey. This is a MAJOR psychic reception area known as “the Mouth of the Goddess”

Finish with 3 rounds of clear light.

**To integrate this… journal with Non-dominant hand.**

**(According to Drunvalo Melchizedek, The human spirit is usually located in the Pineal Gland- however, the pineal houses the spirit, when we address the pineal, we address BOTH body and spirit)**

Dominant hand: Dear Pineal, How did you feel doing that exercise?

Switch hand to answer. Share

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**Unique Piezoelectric Pineal Exercise**

**Here is a unique activation exercise to improve Pineal Gland/Third Eye function right now…**

**But first, you need to have a bit of scientific information.**

**The exercise will take advantage of the piezoelectric effect.**

**The liquid inside the pineal gland is filled with piezoelectric particles (also others which I will present at another time)**

**Piezoelectric** Effect is the ability of certain materials to generate an electric charge in response to applied mechanical stress. The word **Piezoelectric** is derived from the Greek piezein, which means to squeeze or press, and piezo, which is Greek for “push”.

\*

**In summary…The word “piezoelectric” literally means... electricity caused by pressure.**

I was asked to share this with you by Horus (Lord of the Pineal) and Jesus.

\*

**It was explained to me that YOU have the ability to “apply pressure” to the particles within your pineal by the use of your thoughts.**

If you are thinking negative thoughts…you are applying negative pressure to the particles (not beneficial)…

**However, if you are thinking positive thoughts and focusing on your pineal…you are creating beneficial effects.**



Piezo Pineal

**The positive electricity response within the pineal begins the regeneration process.**

This is not just a onetime deal – with time and awareness, your pineal will begin to function as it was originally intended. **(Before we were robbed of our powers)**

**One of the greatest signs of ascension is enhanced awareness.**

**\***

**Try this exercise:**

1. Put your awareness on your pineal gland.
2. Access -How “alive” does it feel? (scale of1 to 10)
3. Focus on your physical beating heart for a moment while slowing your breathing.(Helps to lightly touch your heart center)
4. Get into a state of gratitude by thinking of something you adore!
5. Now send thoughts of love to your pineal- imagine those thoughts massaging all the tiny piezoelectric particles in your pineal.
6. “See” the particles enjoying the pressure and responding excitedly!
7. Hold this until you feel the joy.
8. Now, measure again…how alive does your pineal feel now? (1-10)

Next move into tapping…see exercise below

· · sphere of power, ball of energy that you have created and compress

it down to small enough that it fits into the palm of your hand. Now

bring that up to your mouth and you’re just going to breath on it a few

times. You breathe your own Holy Divine breath to energize this with

your essence. Why? Because you’ve energized your Sphere of

Power with the elements, you’ve energized your Sphere of Power

with God’s Light, which is what An Nur means and now you’re going

to energize your Sphere of Power for your own personal use with

your own Divine Breath.

Breathing into your Sphere, do it at least four times and on the end

breath just breathe back in, the energy from your own Sphere. The

power of the elements and the power of God’s Light breathing in and

breathing out. Breathing in and breathing out and now, your Sphere

of Power is fully charged. So we’re going to use this first to activate

the Ka body, the Ka body is your spiritual twin. It hugs close to your

body; it’s not the Auric field that goes out a long ways. The spiritual

twin hugs close to your body it is known in the Egyptian mystery

schools and the first purpose of the Ka body was to help you attract

· the desires of your heart, where your energy goes, where attention

goes energy flows.

Now take your Sphere of Power and hold it in the palm of one hand

just imagine that you’re lightly, not quite touching your skin, but lightly

just putting that Sphere all over your body and activating your Ka

body. You may feel a little electricity flowing as you do this. Pass it

over all your body and then when you feel like you’re complete take

the Sphere in your hand and mash it together a little bit more until it’s

tiny, tiny, tiny. Because we’re going to insert this through the third eye

in the middle of the forehead and we’re going to shoot back to the

Pineal gland.

Squish it up real small and with this ball of power we’re going to kind

of slam it into your third eye and instruct it to go back to the Pineal

gland. When it’s in the Pineal gland, the elements and God’s Light will

begin to do the work of reconstructing, regenerating, rebooting your

Pineal. This is an exercise that you will do daily. Now the Sphere of

Power is endowed with power from on high and from within the Earth

and it knows how much adjustment you are ready for.

· No need to worry that you’re going to be over stimulated even though

you may feel some pressure doing this exercise. Instruct your Sphere

of Power that after it does its work on your Pineal for the day that it

makes its way down into the innermost chamber of your heart and it

just rests there until you take it out. Why does it go to the innermost

chambers of your heart? Because the desires of your heart are

written on, the walls of your heart and the desires of your heart are

the key to your destiny. The desires of your heart are why you are

here. Just rest in peace knowing that you have this new tool and also

know it’s good to tune in.

I usually do this exercise in the morning to give me strength for today.

But when you take your Sphere of Power out of your heart center and

create another circle of light and toss the Sphere in there, it’s good to

call the elements again and to call God’s Light again. But you can

also call upon any kind of energy you might need for today. In other

words, you could call the energy of Divine Revelation. You could call

the Power of Jesus Christ; you could call the Energy of Patience. You

· could call the Energy of Inspiration. Whatever it is that you want to

mix into your Sphere of Power for today, call it in and then pick it up

squish it all around and activate your Ka body and then slam it into

your third eye and into the Pineal and let it continue its work.

This is the exercise of creating the Sphere of Power.

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**Simple tap to increase the voltage in your Pineal.**

Now that your pineal has had some extra light, it’s time to raise up the voltage a bit.

Tap on all the EFT points, ‘I ask the voltage in my Pineal gland to be increased to a heathier level.”

Relax.

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Close your eyes

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Place your hands on your auditory hearing – the bones just above your ears.

What do you hear?

If you don’t hear at first, be patient. Use your IMAGINATION to hear…

**Be silent…**

Focus on the sound of your heartbeat

Focus on the sound of the blood rushing through your veins

Now focus this center on the sounds you IMAGINE coming from your nearby neighborhood.

Focus on the sounds of the earth plates moving.

Focus on the sounds the hot fire of the core of the earth makes.

Move your awareness to the silence of the great void…nothingness?

Focus on a star and imagine that you can hear and sense the action causing it to “twinkle”.

Focus on the sun…imagine you can hear the explosion of the solar flares.

Focus on the presence of many space craft- hear the whirling sounds of the engines (very subtle)

Now focus on just ONE Benevolent space craft…see if you can “hear” the thoughts of **just one being inside.** They KNOW you are trying to reach out to them…what do you sense?

Come back.

Journal with the being who “felt” you.

Dear Being, Thank you for paying attention to me tuning in…what did it feel like for you? Switch pen to NDH and answer.

How can I help you?

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From your tailbone send love down to the core of the earth.

Rooted and grounded!

Now FEEL the energy of the earth’s hot fiery core sending you love back!

FEEL that strength accumulating in the base of your spine!

Send that Fire up your spinal column, past the brain stem, envelop your pineal, fill your entire cranial cavity.

Now from the Right side of your corpus callosum, send that fire up to the sun, with love.

From the left side of your corpus callosum, send that fire up to the sun with love.

Now you are connected to the earth’s energy and the heavens.

Bring that energy BACK down to your belly. Feel it activating the brain in the belly.

Send it up to the heart. Feel it activating the brain in the heart.

Send it back up to your Pineal gland, the seat of your soul according to some traditions.

Now, send this light up and down the Vegas nerve giving it cleansing and strength. The Vagus nerve system is the longest in the body and extends from a part of the brain stem all the way down to the colon.

To stimulate all the points with this powerful Light is very healing!

**Movement Exercise:**

Day 2- we will do this with the the Pleiadians

Stand up, relax, call 5 Pleiadian friends to you, it is NOT necessary to know which ones or their names.

Begin to move your body in a swaying motion…

Now invite #1 to come move with you, feel the energy!

Invite #2 to come move with you, feel the energy!

Invite #3 to come move with you, feel the energy!

Invite #4 to come move with you, feel the energy!

Invite #5 to come move with you, feel the energy!

Feel the difference?

This is very subtle.

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While you have your awareness on your new friends, call them all into a circle of light.

Ask JUST one of them to “Exchange Light Patterns” with you.

ONE will step forward (they may all want to do this, select only one)

Open your arms to them.

Hold them in your embrace…how does it feel?

INTEND to share your human light patterns with them, SEE the light of your humanity cascading over them. This causes awakening within them too!

Be in this space of sharing for a bit.

Time for you to receive.

The Being begins to share their Light patterns with you, feel it cascading over you! This is causing an awakening of your cellular memories. Latent abilities will begin to awaken and be Re-remembered for you.

Be in the space of connecting from the heart. Feel the LOVE!

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Write a love letter to your new family or friend. Tell them how you long to be of service to the earth and to the galaxy.

Ask… Is there anything more you wish to say?

Switch pen to NDH and answer