

Transform negative thoughts into positive thinking Set your mind and soul free through the Inner Alchemy

Yana invites you on a journey of SELF-transformation. The main goal is to transform a 3D ego personality that creates a false timeline (illusion - maya) and integrate it back into the true essence of your Divine SELF through **self-love, forgiveness and compassion - through the Emerald Order**

Step one on how to get out of the third dimensional linear ego mind is to:

- notice your breath here and now - mindful breathing
- feel your heartbeat - place hands on your heart
- pause and calm down - close your eyes
- feel your emotions - your intuition - your feelings

This is how you connect to the subtle realm - forces around you and within you and feel your true divine nature through your heart structure.

Accept yourself in the moment and embrace your situation, especially if you are struggling - going through challenging times.

Learn how to live in peace, harmony and perfection of Universal Inspiration - Divine matrix of pure energy of Supreme Intelligence of sacred geometry - Cosmic Tree of Life - base 12 mathematics - our original Divine blueprint.

Reconnect back to Source through your crystalline rainbow diamond plasma heart (sacred heart - the eighth dimension - the eighth chakra - portal to the Infinite One) and to the Cosmic Heart of our Father Mather God - Solar Rishi Dragons Queens and Kings of unconditional love and divine order - Law of One

- Let go of the need to control your life and trust in the wisdom of your heart (soul) guiding you to have a truly happy and authentic life
- Transcend the selfish, dualistic, and fear-based predator mind programmed by the black magicians and embrace your True Divine Nature

You are Consciousness - Universal Awareness. You are a Pure Light Divine, Source Creation - God's Perfection with 12 strand DNA and Crystal/crystalline Diamond Heart. You are the Source. You are Sound-Light-Frequency-Vibration having a human experience. You are Infinite Intelligence.

Wake up from the reptilian hypnosis, 3D inorganic false A.I. structure - computer simulation, the Archon matrix with its anti-life, anti-christ, anti-human agenda to conquer and divide (death culture) keeping you stuck in low vibes of mystery, pain and suffering - in false timeline realities

- Stand up for yourself: claim your power back - resurrect all your energies - command your space - 12D shielding technique
- Stop thinking you are unworthy, unlovable, inferior, undesirable
- Recognize that you are special, unique, loving, amazing, wonderful
- Call upon your Guides - your family in Christ - Holy Mother and Holy Father with an open heart
- Ask for help for healing for reconciliation for peace and for eternal bliss
- Take a deep breath and receive all the blessings from your Higher Self
- Close your eyes and feel the loving light and mercy in your heart

Life is a state of mind and your thoughts create your reality - The Law of Cause and Effect - “What goes around comes around”

“As a man thinks, so is he.” - Abraham Lincoln & Gautama Buddha

Reawaken to your multidimensionality and resurrect your mental body

- Transform your negative thoughts into positive - invoke the violet flame
- Rewire your subconscious mind from the old belief system
- Close your eyes and feel your pineal gland - crystalline technology
- Say positive I AM affirmations - Japa-Mantra meditations
- Surround yourself with beautiful surrounds - nature - waterfall
- Hug a tree or look up in the sky and feel the flow of energy - lifeforce
- Walk in the energies of Grace and Gratitude - be thankful here and now
- Start looking at life as teachings, lessons, challenges and opportunities to grow and evolve - heal and free yourself from the negative ego mind

Through the connection to your loving heart and soul, you will realize that it is how you think and perceive things that will determine how you feel in any given situation. Be guided by your intuition. Be aware of your breath. Listen to the inner voice and trust. Have faith.

- Understand that real power comes from having a deep connection with your heart and soul - your True Divine Template - DNA
- Learn how to release judgment, the cause of all suffering
- Practice radical self-inquiry to free yourself from the traps of this material world - register your thoughts - journal your dreams
- Walk in the energies of love, faith, grace and gratitude every day
- Free your mind - free your thoughts (invoke the Violet Flame) and exit the false timeline and align with your true eternal SELF

“Be transformed by the renewal of your mind.” - The Bible

Invitation for personal transformation and spiritual growth based on ancient yogic traditions

Yana invites you on an illuminating journey that explores the life-force energy known as Shakti or Kundalini from the Hindu tradition. You will learn how to use it so you can unleash your highest potential.

Through yoga, meditation and energy work you will have the chance to release and transform the unwanted feelings of fear, anxiety, anger, grief, worry, shame, guilt, and jealousy and experience profound and rapid changes in all aspects of your life - all levels, dimensions and stations of identities.

You will learn how to recognize, expand, and direct your energies through the chakra system. Shift unproductive energy patterns through the art of practical spirituality (**the art of tantra** - bija mantras - coloring mandalas - focusing on yantras, sacred fire ceremonies) that heals body, mind, heart and soul by using mantras, chanting, guided meditation, visualization, positive I AM affirmations, and sound healing.

On your spiritual journey you will learn how to:

- Replace fear-based thoughts and emotions with divine love and quantum forgiveness
- Transform negative thoughts of insecurity and doubt with positive thoughts of self-worth and appreciation

That requires inner work, persistence, perseverance, devotion and dedication to your spiritual practice, such as meditation, energy hygiene, proper diet, purification of the mind and emotions (chanting), healing (Ayurveda massage) and transforming wounds (Violet Fire) into the pearls of wisdom.

Embark on your spiritual journey that will lead you to your TRUTH (the inner knowingness), the Eternal SELF. Remember that you are a spiritual being having a human experience. You are 99.9% energy. What you see is just a hologram. You are in a quantum field of infinite consciousness of supreme intelligence. Enjoy your ride!

BIO

Yana Kalai is an Ascension guide, Alchemist, Divine Architect, energy healer and inspirational speaker on how to achieve SELF-mastery and SELF-realization for optimum health and wellbeing. She teaches the ancient wisdom and knowledge of the Essenes and Solar Rishi - Cosmic Christ Consciousness. She knows that to be whole and complete, sovereign and free is through the ancient art and science of YOGA - Divine Union.

Her knowledge and wisdom springs from her extensive study of the ancient yogic traditions, teachings of the ascended masters, and her own personal experiences. She has been practicing yoga and ayurveda lifestyle for over 25 years. She understands the energies and the mechanics of the mind, and specializes in reprogramming of the subconscious mind. Yana is a survivor and overwriter of the inverted binary codes of MK Ultra programming from the military industrial complex (MIC) and DARPA. She holds a sacred space for those who went through a similar experience, especially those in the military. Yana is devoted and dedicated to her own spiritual journey and her mission on Earth. With the Ashtar Galactic Command under the Law of One she assists with the liberation of this planet from all the darkness during the ascension - transition process to the fifth dimension and beyond.

She teaches Universal Laws and the directives of the Galactic Codex. She brings a great knowledge and wisdom from the higher cosmic realms to all those who are ready to embark on their spiritual journey to heal their traumas and transform their shadow, the pain body, so they can live from the purity of their hearts' infinite wisdom.