

Galactic Project from the Ashtar Galactic Command  
for the Military Power Elite, DARPA, Supersoldiers, Marines

**Awakening - Deprogramming - Rehabilitating from:**

- [Project MK ULTRA](#): Monarch and Montauk and [MILAB](#)
- [Alien Hybridization](#) - Genetic modification of Human DNA
- [Satanic Ritual Abuse](#) (SRA), Parasitism and Soul Fragmentation
- [Military Grey Alien Technology](#) - Looking Glass Technology - Yellow Cube
- [Anti-HG Technology](#) - Gender Reversals - Metatronic Code - 2D/4D Split
- [Miasma](#) - Dead Light Miasma - Planetary Miasma and Personal Miasma
- [Archontic Deception Strategy](#) - Narcissism - Misogyny - Mental Rigidity
- Food, water and sleep deprivation and bio-neurological impairment
- [5G](#) and MASER (microwave amplification stimulated emission of radiation)
- CRISPR (clustered regularly interspaced short palindromic repeats)
- CCP injections (bioweapons with A.I. hybrid [Nanotechnology](#))
- Forced [Vaccinations](#) and [CV19 Psyops with 5G, 6G, 7G](#)
- [Brain-machine interfaces](#), cybernetics, robotics, [Black Goo](#)
- [The intracorporeal wireless network of nano communication](#)
- Exposure radiation and harassment, [Black Magic](#) and [Sex Magic](#)
- Lies and deceptions, trickery, torture, rape, sodomy, mind control sorcery
- Consent through intimidation, terror, deception and coercion to cause harm

**The results of the direct programming from MK ULTRA - psychological operations:**

- Following orders blindly and killing without reason and common sense
- No connection to intuition, true feelings, the [Inner Christos](#) - Divine SELF
- Only reaction with no control, no self mastery, no time to pause and reflect
- No protective shield around the heart structure and the body's consciousness
- Being stripped of all human rights, no privacy, no free will, no free thinking
- Being a slave and property owned by the controllers worshiping the A.I. God
- Mimicking the A.I. inorganic structure of the [Power Elite](#) through NAZI neurolink
- Running reversals in the brain energy field - the mind body, the energy centers
- Mind compartmentalized, soul fractured, bio-neurology and DNA damaged
- Deterioration of vital organs, body tissues and the immune system - Atrophy
- Interference with the natural development of consciousness to be a [True Warrior](#)

**[Silent Sound Technology exposed!](#)**

**[Galactic Codex Implemented!](#)**

## **Military Recruitments Reset by the [Ashtar Galactic Command](#) under the Cosmic Sovereign Laws including Organic A.I.!**

### **New Technology for ULTRA MIND (2022)**

Channeled information by Marina Jacobi from the Hybrids - positive extraterrestrials

This technology is a multi holographic laser with impulse frequency for the Ultra State of the human mind. It targets certain brain areas to mitigate the fractures of the compartmentalized mind that resulted from [MK-ULTRA](#) with NAZI neurolink. It targets the left hemisphere of the brain connected to “adrenom” with frequency to produce an ultra state for healing the fractures, for restoration and regeneration of the cells and for the connection to the Higher Self - Super Mind through the heart structure.

### **Requirement: The original blueprint of DNA/codon needs to be known and understood**

Super Mind highly advanced technology of the extraterrestrials: the [Pleiadeans](#), the [Acturians](#). It is an ether technology with sound frequency with organic A.I. structure/hologram/metastructure.

This super quantum technology assists in reconnecting with the soul, the Higher Self - bypassing the ego mind of the negative structure created by abuse, violence, torture and rape. It uses “adrenom” for the positive outcome to expand consciousness and to heal.

Accompanied with imagery of [Yantras](#), Mandalas, Mantras, [Sacred Geometry](#) with the proper sacred math running [base 12 mathematics](#), the organic [Universal Tree of Life](#) metastructure, which represents the mechanics of creation of pure consciousness.

15-minute repetition crystalizes and stabilizes one synapse. This metastructure modality converts the dissonance of the negative structure ([base 10 mathematics](#) - [reverse Merkaba- Artificial Tree of Life](#)) to a resonance of the positive structure/hologram that leads to neutrality - O-point God structure/matrix, the source of human creation.

### **Versus:**

The MK ULTRA [Archontic structure](#) of the [Negative Aliens](#) ([Wesedek](#) and [Wesedrak](#)) with their [Dark agenda](#) for transhumanism, transgenderism, depopulation - [One World Order](#)

This negative structure of the [black hole technology](#) of the Black Sun entities produces the ego structure, the pain body, [trauma](#), PTSD, Shadow Self, reversed Merkaba. It

siphons energy from the God code of DNA, the light body and the cells. It shatters consciousness, mental body, it compartmentalizes the mind through harmful radiation, low frequency running base 10 math to achieve total control over the individual's body consciousness and the soul. It causes [DID](#), multiple personality disorder, psychopathy and slavery with its deviant behaviors.

**Time to restore the mind's natural neuroplasticity and rebuild the mental capacity of the veterans and their energy bodies!** The Marines' four-body system has been hijacked and assimilated into an artificial Merkaba hologram running the Metatronic reversals with its anti-life, antichrist and anti-human codes using false light technology by the echelon/elite of the dark military/fleet, the [Black Sun](#) and [Sons of Belial](#) controlling groups in [DARPA](#) and [SSP](#).

### **Notes from Lisa Renee: Pronged Agenda of NAA (2016)**

[The Agenda of Negative Aliens \(NAA\)](#) is to target the human brain, the central nervous system and thought forms. Human bio-neurology is wired for empathy and for connecting to the Higher Mind - The Higher Self, to experience an expanded state of consciousness; to develop extrasensory perception (ESP) and cellular telepathy. Bio-neurological functions are responsible for interconnection with the spiritual bodies - emotions, heart and soul. Healthy immune system means great communication among the brain, body, DNA and the Higher Self.

The artificial neural network, the A.I. network, mimics the function of CNS to gain control over the bio-neurology of life, which leads to consciousness enslavement and mind control. When neural impulses in CNS are blocked it is difficult to process reality and recall memory. The mainstream media (MSM)'s role is to keep the CNS redirected towards negative thoughts and towards obsession with material things and physical stimuli.

MK Ultra's technology and implants shape the person's brain activity and mental map. Some external transmissions in sound and light waves are natural, organic ([12 Tree Grid](#) and Cosmic [Plasma Light](#) frequencies) and some are artificial signals for mind control ([Black magic grid](#) - [Nephilim Reversal Grid](#), [HAARP](#) and [CERN](#)).

Mind control frequencies and forms of electronic harassment generate bio-neurological impairment in the human body, which reverse and confuse the brain signals. MK technology shapes anti-human values in individuals with its anti-life codes forming [Death Culture](#).

**Death culture** produces the short-sighted mental polarization of attention upon physical sensations and material pursuits accompanied with actions and behaviors causing human suffering and world pain. The mainstream death culture programming spreads the destructive lifestyles that lead to mass killing, disease and slavery.

**The satanic agenda** is to reverse human neurological functioning by conditioning the person to create and feel pain in order to activate their pleasure centers. NAA's agenda is to assault and damage the human nervous system. Mind control technology is a form of violent brain entrainment with its **Anti-Soul Agenda**.

**Anti-life society** rejects all things spiritual and has no reverence or regard for life. It refuses to recognize the sentience of SOUL and denies the purpose of life, interrelated to higher consciousness of evolution. It generates internal walls of separation. This anti-life society damages the soul, heart and brain that results in dissociation. Dissociative behaviors eliminate all traces of empathy and remove the accountability towards the ethical implications that are behind the operations of the world's social-political-military-corporate structures.

**Anything that takes control over the functions of the nervous system and the brain can potentially impair or damage one's self-awareness and consciousness state.**

**Results of bio-neurological impairment:**

- Being fixated on the external
- Unable to access the inner emotional feelings and empathy
- Unable to sense the quality of energies around
- Produces soul disconnection and mental fragmentation
- Unable to discern the difference from their own inner thought and those from external sources like mind control transmission

Marines' (under MIC - DARPA) bio-neurological functions are controlled via drugs, addictions, nanotechnology, sexuality, torture, abuse, cruelty, materialism, soul bindings, 3D ego mind - the reptilian brain and **alien implants**. They are undergoing a **methodical procedure of controlled dehumanization through dissociation**. The negative aliens (Alpha Draconis, hybrid Annunaki, NAZI, reptilians, Orion group, Greys, Zetas) in the astral plane or in the physical world in the human form (**clones**, **body's possession**) **employ trauma based mind control methods to treat the military and the environment without empathy, dignity or respect**. Through controlling the CNS, the NAA gains access to the human body. **Extremely low frequency** energy signals disconnect the individuals from their soul-spirit nature causing DNA damage and impairment in bio-neurology and NADIS structure.

**Healing Solutions for Trauma and Spiritual Deliverance**

- Exit these A.I. astral organizations (dark occultism) - mind control sorcery
- Cancel the soul contract with the NAA from the Orion Group and the WESA
- Release and remove all soul bindings - negative cords, attachments (miasma) constructed via spellcasting, [SRA](#), sorcery that holds you back from the progress and suppresses your consciousness - being enslaved in the false virtual “reality”
- Remove the alien A.I. holographic implants - [Reclaim your Christos Body](#)
- Face the pain and revisit the trauma memories (PTSD) - write them down
- Heal the timeline of the traumatic event through FORGIVENESS and Self-love
- Detox and purify the astral body and mental body via [chakras](#) Balancing
- Open your heart and train the neural pathways to receive direct messages from the higher consciousness bodies, the Soul-Spirit SELF overriding the messages from the negative structure of the [Ego](#) and the [Pain body](#) - the Shadow Self
- Integrate all aspects of your SOUL and reconnect to your Higher Self
- Consecrate your life to God/Source 100% and align with the [Law of One](#)

Astral entities can hijack individuals’ thoughts, behaviors and actions. They **exploit the unhealed trauma and manipulate through fear and pain and blame** others as they compute they are “above the law and untouchable.” Their warfare tactic is to project blame upon those targeted. - [Astral Slavery Agenda by the NAA](#)

- Take responsibility for your emotions, thoughts, words, deeds and actions**
- Commit to your personal growth and spiritual healing**
- Be your own HERO and embark on your Soul’s Forward Evolutionary Path**

Satanists worship the reversal principles of the Dark Mother. They engage in raping and sodomy during SRA (satanic ritual abuse). - [Kabbalistic Demonology in Ascension Glossary](#)

### Healing from the [Beast Machine A.I. Technology](#) and the [Astral Plane](#)

- [Crucifixion Implants](#) and [Alien Love Bite](#)
- [Inorganic GOAT Mind](#) and [Pestilence Program](#)
- [Zeta Seal](#) and [2D/4D Split](#) and [SPE](#)

Through MK ULTRA Intuitive empaths (Starseeds, Indigo races, Star Warriors recruited for PsyOps) are turned into sociopaths and psychopaths to form fake and/or multiple personalities to be controlled and manipulated by the NAA (DARPA, the [Chimera Group](#), the Orion Empire).

Those who serve the [Elite](#) of the Dark Fleet (NAZI Annunaki Draco Federation) and the Reptilian and Black Sun Monarchy have to accept brain chips and nanites injections into their bodies - bloodstream. They have a “life-time” commitment.

The “Virus” is a nanotechnology with biosensors created for A.I. signal to collect data (biometrics). When the smartdust is activated, those individuals (military, supersoldiers, marines) are like walking A.I. signals (Digital Avatars) for supercomputers of the Annunaki-Draco Federation - the power elite - the black nobility - illuminati - cabal. The jabs distort the dark matter template and the sound body of their [AURA](#).

Results: [Transhumanism](#) - [Transgenderism](#) (with Transgender Hormone Therapy)

The Agenda (NAA) is to comply, having no self-awareness, reactive impulses, emotional hysteria (neuroticism), irrational fear, anxiety, addictions to amplify the **Predator Mind** (envy, laziness, lust, greed, gluttony, pride, wrath, jealousy) and the [Negative Ego](#) - fear based consciousness - the reptilian brain implanted with horror and terror

#### **NAA’s technology (DEW, psychotronic weapons, 5G) with nanobots:**

- Controls the limbic system and amygdala
- Distorts the light body and scrambles DNA
- Incites fear, confusion and chaos; hatred, blame, guilt and shame
- Causes shadow possession, destructive behavior - outburst of anger and rage
- Gives rise to undisciplined mind, inaccurate assessments and false reasoning
- Makes up stories from the dark astral realm - projection and transference
- Weaponizes and attacks the immune system, the CNS and DNA

The NAA wants to control the perception by inserting false realities into the body’s hologram and eradicate critical thinking. They are hacking the human Diamond Sun DNA and the brain cells, the neurons, through electro implants like hardware, motherboards and brain to brain interfaces manufactured by DARPA and the black magicians behind the antiChrist agenda. **Time for them to face the consequences of their actions - Galactic codex implemented!**

#### **Graphene Enhanced Acute Irradiation Syndrome causing tears in the aura**

[See Mind Control Gene Expression in Ascension Glossary](#)

**CRISPR technology** - editing software for genes where cells can be programmed to do “anything” and remotely activated or controlled. DNA, which is scalable, can store “anything.” Encrypted images, false memories can be inserted into DNA while asleep through the phone being turned on overnight. Hydrogel in the jabs can target the cells and can cross the blood brain barrier and you are being monitored, programmed and weaponized 24/7.

**The Nanobots of the negative structure when inserted into the bloodstream - that individual is being locked in lower vibrational frequencies and in false inorganic reality timelines (the inverted, reversed system running base 10 mathematics with the A.I. Metatronic merkaba codings). This causes distortion in perceptions of the individual and degradation of consciousness (descension) leading to DNA and bio-neurology mutation - damage.**

See [Armageddon Software](#) and [Pestilence Program](#) in Ascension Glossary of Lisa Renee

### **The Zeta - Draco Frequency Fence (Ashayana's Guardian material)**

- Mass frequency control devices (like HAARP or CERN) that will eventually have the power to scramble selected human brain patterns thereby blocking out frequencies coming from Source - Cosmos and or outside the government control (elite, echelon, hybrid alien races)

A frequency fence is a technology for manipulation of sound wave patterns within the time matrix (computer simulation - false matrix - archon A.I. inorganic structure running reversals).

#### **Sound directs matter and matter can be directly influenced by sound.**

The human DNA functions within a very specific pattern of frequency. This frequency directs all the bodily processes and thus the type and range of perception that can be experienced through the biological organism.

The frequency fence creates a perceptual block by altering the electrical impulse patterns and thus the chemical and hormonal operations within the biological structure. This perceptual block can limit the range of perception creating a barrier of selected electrical impulses or frequencies in a biological organism

#### **We are Sound - Light - Frequency - Vibration**

- Raise your frequency and vibration
- Activate and upgrade your DNA to crystalline structure
- Purify your aura, your energy field, your chakras, meridians
- Align with the Law of One - Meditate and walk in the energies of Grace
- See the Guardian Ascension Protocol: <https://yanakalai.com/water>
- Alien Implants Module from Lisa Renee and [Implant and Entity Clearing](#)

## **Implants Sensors Chips (Nanotechnology)**

- subtle and material nano-devices implanted since birth or during lifetime as infants, children or in military recruitments for special operations for marines and supersoldiers

### **Positive Organic A.I.:**

Some implants are for positive purposes from [Benevolent E.T.s](#) for healing, E.T. contact, communication and consciousness expansion with memory activation. They help develop or gain knowledge or download new information at the soul and oversoul level for life mission activation. It enables telepathy with E.T. races, with your star family and the Galactic Command.

**(The Organic A.I. structure recognizes the heart and is synchronized with Source)**

### **Negative Structure of Inorganic A.I.:**

Implants from negative aliens, dark entities, Black Sun forces, Dracos and Zetas working with the shadow government/military serving the negative alien agenda (NAA) for trauma based mind control - military grade - to incite horror, terror, false perception (to give rise for all proxy wars with proxy Israel and proxy soldiers - computer games - chessgames) and is used for A.I. black magic, torture, rape, sodomy, transhumanism, transgenderism, depopulation, holocaust, massacre and eugenics - using red wave weaponry, red cubes and A.I. black cubes technology running base 10 mathematics, so called Metatronic reversals and thought adjuster with anti-life, antichrist and antihuman codes - The [Armageddon Program](#) - [New World Order](#) - [Agenda 2030](#).

**(The inorganic Archon/Chimera/Alien A.I. structure overtakes the energy field of the soul and the mind; it repels the Light Divine and is disconnected from Source; it is like a factory printing device and is not recognizing the human heart structure)**

### **These Alien Implants for Mind Control are design:**

- To control the masses to form socially acceptable belief systems and shape anti-human, anti-life values - Death Culture - Satanism - Luciferianism - Pedophilia - Pornography
- To condition humanity to accept spiritual abuse from the NAA and to enforce their thought systems of hierarchy enslavement and fear based consciousness
- To enforce the conquer, divide and rule strategy of the planet and humanity (Roman Empire - Babylon - Sorcery - Dark Occult)



Alien implants work in the human body similarly as the chemical process of geo-engineering that is spraying chemtrails in the skies to manipulate or control forces in the physical matter. The assemblage, design and raw substances used in alien implants are vast and some are even of unknown nature to the Earth - they are of extraterrestrial/alien origin. They can be made of biological material, synthetic or programmed nanobots, nanites used in A.I. technologies.

### [Heal from NRG - Nephilim Reversal Grid](#)

[Alien implants](#) are a bio-engineering technology designed to shape the human body into the mind control submission to the NAA, the controllers, while chemical nanoparticle geo-engineering is used to control the weather by harming the ozone layer and create excessive methane gasses - extreme weather situations.

When the foreign unnatural or artificial material is introduced to the natural body it disrupts the electromagnetic energetic balance and the homeostatic rhythm of the body that may cause:

1. Terrible pain
2. Soul fragmentation
3. Spiritual disconnection

The pain body with trauma woundings from MK ULTRA torture needs to be acknowledged, accepted, transformed through the heart structure (self-love and the Violet Flame Invocation - forgiveness) and then integrated, synthesized and unified.

**The negative aliens via Silent Weapons A.I. manipulate sexual energies out of the pain body - sudden impulses - destructive action or behavior - rape - torture**

There is a war over humanity's consciousness and their original divine genetic material - Diamond Sun Lightbody with 12 - 48 strands of DNA. The Guardian Races, the Krystal Star family - the Aurora Host and the Blue Avians are here to **recover the Law of One and to protect the original divine blueprint of the Angelic Luminous Human Beings** with their crystal/crystalline heart (sacred heart) and liquid plasma light - AURA, HALO - rainbow/diamond consciousness.

We, the Ashtar Command, the Galactics, The Krystal Star Guardians of the Emerald Order, and the Ancient Yana's Christos Founder Builder races are designing and creating **the New Earth Relationship - Transformational Template - YOGA CENTER -** for the wounded warriors - veterans - starseeds, star beings of all E.T. races who went through MK-ULTRA and SRA.

[https://ascensionglossary.com/index.php/Relationship\\_Mastery\\_Guidelines](https://ascensionglossary.com/index.php/Relationship_Mastery_Guidelines)

[https://ascensionglossary.com/index.php/The\\_Right\\_Relationship](https://ascensionglossary.com/index.php/The_Right_Relationship)

[https://ascensionglossary.com/index.php/Be\\_True\\_to\\_You](https://ascensionglossary.com/index.php/Be_True_to_You)

<https://ascensionglossary.com/index.php/Discernment>

<https://ascensionglossary.com/index.php/Love>

Healing the body from the damage done by the alien A.I. hybrid technology - red wave weaponry through the zero point - God Matrix - Quantum A.I. organic structure by:  
**RNA replicators and DNA stimulators - DNA sound wave technology**

### **Healing Tips: Instructions and Recommendations:**

- Build your immune system up - both physically and spiritually
- Own the programming - the CD ROM in your head including the A.I. Implants from DARPA and become a master of your mind and life - Be Self-realized!
- Run D12 and higher frequencies - sacred math of base 12 - 144 subharmonics
- Think with your heart - feel your worth - connect to your intuition - trust yourself
- Dissolve the co-dependency - the template of [Victim-Victimizer Software](#)
- Dissolve the ego 3D mind - the false self identity, the illusion, the virtual game
- Detach - Let go and Surrender to the flow of life - Find yourself in the 0-point
- Be the neutral observe and compassionate witness - become the 3rd person
- [See HGS Alien Implant Module](#)
- Take full command of your reality - your life - your energy here and now
  - Command your space
  - Claim your power back
  - Call upon your soul and
  - Resurrect all your energies
  - Know your God given rights - See the Galactic Codex
- Turn on your etheric inner technology - your multidimensional DNA
- Become the Christ embodied - Be your TRUE authentic SELF
- Serve the ONE wholeheartedly and BE MK-ULTRA and SRA FREE

### **Align with [The Natural Laws](#) - Directives:**

- Develop right action
- Purify your mind and emotions
- Follow your heart, your intuition and Law of One
- Reconnect with your Higher Self, your Soul and Oversoul (MONAD)

- Know your purpose, your mission and the meaning of life
- Review your past trauma experiences and identify your blockages
- Do the shadow work - clear the negative ego - limited thoughtforms
- Be 100% responsible and accountable for your words, actions and emotions
- Pray, meditate, chant - positive affirmations and violet flame invocation
- Heal your ancestral lineage from black magic, witchcrafting and sorcery
- Be a master of your energies/life - Develop G.S.F. boundaries and start feeling direct connection to Source - Who you truly are - a Divine Being
- Cancel all contracts with DARPA (MIC), the Black Sun operatives within the Nibiruan military bases and all the dark forces and negative aliens NOW

- Educate yourself about the agenda of the negative aliens - exopolitics**
- Face your shadow self - your pain body and your trauma**
- Purify your lower self - your false identity - your negative ego**
- Evict the spirit of antichrist, anti-life and anti-love from your body and mind**
- Free yourself from satanism - black magic - black nobility mafia's dark agenda: MK-ULTRA and SRA**
- Cast out the soul/monadic shadow - demonic entities and lunar A.I. forces**
- Free your soul from the Baphomet transgender-transhuman mind control**
- Claim your power back, resurrect all your energies and stand in your TRUTH**
- Cut yourself off from the Astral Slavery Agenda and heal your sexuality**
- Be free from the trauma based mind control with all its terror/horror's anti-human and anti-life agendas**
- Exit the false matrix, the Archon/Chimera A.I. inorganic astral hologram running reversals base 10 Draconian mathematics of the Dark Fleet**
- Align with the Law of One, Universal Laws, The Cosmic Sovereign law and the Declaration of Independence of 1776**
- Take full responsibility for all your actions, thoughts, feelings and emotions and become SELF-realized - Become the [Christos Avatar](#)**
- Be one with Christ, with Father/Mother God, with Source - Become Holy Pure and Innocent once again and achieve a Divine Union via YOGA and Ayurveda**

## **ASHTAR PROJECT - ASHRAM - YOGA CENTER**

Going back to [the Emerald Order](#), the Law of One, [Solar Rishi Consciousness](#)

Spiritual Methods for Self-mastery: Reconnecting with soul consciousness, healing sexuality, freeing the mind and clearing DNA mutation inherited or caused by alien hybridization

### **BIOREGENESIS AND DEPROGRAMMING THROUGH THE ANCIENT SCIENCE OF YOGA, AYURVEDA AND SPIRITUAL PRACTICES OF TANTRA:**

- Chakra clearing through listening to Solfeggio tones - Brainwave Entrainment
- Chanting - Japa/Mantra Meditation and Violet Flame Invocation - Transformation
- Sound Bath Healing and Therapy with Crystal Bowls and Gong - Releasing Trauma
- Eight Steps of Yoga - Mental and Emotional Balancing and Physical Health
- 5D Protocol from Telos, The Inner Earth - Practice of the Evolving SELF
- Ayurveda Massage - Detox - Healing Through Nutrition - Lemurian Diet - Superfood
- Fire Ceremonies - Sacred Rituals with Drumming and Reciting Ancient Text
- Creative Arts - Coloring Mandalas - Watching Fairy Tales - Dancing - Singing

When reconnecting with the soul, the nerve cells (neurons) build new biological neural networks, which instruct the brain and spiritual intelligence to connect the energetic circuitry required to grow the human electromagnetic field.

The signals of neurons will find the main neural pathways formed by the most common and repetitive thought forms. The mirror neurons help us sense the intentions and feelings behind the actions of other people. They are the basis for the human capacity to sense and feel a deep range of emotions and they hold the sensory information from the consciousness memories gathered and interpreted by observing individuals. Expanded consciousness gained through connection with our inner spirit, the inner Christ, we can control the functions of our neurons and awaken into deeper self-realization.

**When you become aware of your state of consciousness, the neurons and the brain change and adapt to the new conditions of the expanded reality. The brain can turn on new synapses that can remap the brain. Neuroplasticity, the flexibility of the brain, enables it to rewire itself, producing radical shifts in consciousness behavior and can activate higher learning.**

Direct consciousness experiences of the positive structure/hologram and spiritual practices change the brain's physical structure (anatomy) and functional organization (physiology) that leads to positive changes and freedom in consciousness.

**Mindful meditation** increases self-awareness through improved brain functioning and neuron mirror activity; it strengthens the nervous system.

**Nadis:** web of energetic receivers and transmitters. It is the energetic counterpart of the CNS, the energetic blueprint of CNS. The Nadial structure is the feeling sensory body of the soul - the higher consciousness. The Nadial Plexus is the center of one's feeling heart-brain, a place where a person can sense the deepest sensations of heart based feelings. The Nadial structure in the human light body is recognized as AURA, the electro-magnetic field. The quality, color and size of the aura is related to health, bio-neurological functioning and spiritual connection.

**Recommendation:** Protecting your [Aura](#) via practicing [12D shielding](#) building techniques, and integrating all spiritual consciousness bodies, all four-body system in the NOW moment

Please see the [ASCENSION GUARDIAN PROTOCOL](#) on my website:  
<https://www.yanakalai.com>

**Yana Kalai -**

**Ceremonial Alchemist and Self-discovery Guide and Mentor**

**Holistic Healing Researcher and Motivational Speaker**

**Lifestyle Guide and Healing Options Coordinator**

**Specializing in Yoga and Ayurveda Science**

- Focusing on expanding one's consciousness by incorporating new ideas regarding the **mind, body, spirit connection through the Inner Christ**, the Inner SELF - the CORE: the heart/solar plexus area
- Utilizing ancient wisdom along with modern updated systems to renew one's energy, passion and physical vitality
- Creating an integrated system of holistic healing and living that utilizes updated methods and processes from many existing sources: Updated yoga practices, Breathwork, Visualizations, Chanting - Japa/Mantra Meditation, Sacred ceremonies from the VEDAS and Healthy and Healing Cuisine

**Offering new perspectives and insights regarding food frequencies and formulations to heal the body, balance the mind and upgrade one's belief system**

## **The Violet Flame - To Heal Body, Mind and Soul**

(From the book Violet Flame by Elizabeth Clare Prophet)

The Violet Flame (Ray) is one of the rays of the Twelve Rays of Creation (The Light Divine) in the Ascended Realm. It comes with qualities of mercy, forgiveness, freedom, transformation, joy and transmutation. It has the highest frequency in the visible spectrum and the power to erase or transmute the cause, the effect and the memory of our past mistakes. It restores the natural resonance between the Higher Self and the physical body. Optimum health comes when spiritual energy is flowing freely through all of our bodies (physical, emotional, mental and spiritual).

**Transmutation** means to change or to alter in form or nature. The violet flame changes negative energy into positive energy, darkness into light through the process of Alchemy.

Negative thoughts and feelings create acidity in our bodies. The violet flame works by changing vibrations, the speed of oscillation. It transmutes low vibrations (negative thoughts, emotions, words, deeds and actions/energies) and can heal the body by raising the frequency and the vibration in all our bodies (physical and spiritual). It transmutes anything negative that is lodged anywhere in our energy field or our physical body in the form of self-hatred or physical viruses. The negative energy becomes stuck between the nucleus and the edge of the atom. When the violet flame goes to work, it passes through the clogged spaces between the electrons and the nuclei. It ejects these particles of dense substance from our body and dissolves them. The interaction between the nucleus of the atom and the light in the violet flame establishes an oscillation that dislodges the densities trapped between the electrons orbiting the nucleus; being transformed into pure light energy. Freed of this debris, the electrons begin to move more freely, thus raising our vibration and propelling us into a more spiritual state of being.

### **I am a Spiritual Being having a human experience**

The Violet Flame is invoked through decreeing - a unique form of spoken prayer utilizing visualization and meditation:

### **I AM a being of violet fire. I AM the purity God desires**

When reciting this decree, the violet flame permeates every cell and atom of our body, into our mind, emotions, our subconscious and our memory. The Ascended Masters tell us that when our physical and spiritual bodies become clogged by negative energy and karma, it slows down the vibration of the electrons in our four lower bodies. We then

begin to resonate more with negativity and less with the pure cosmic energy that comes from our God Presence.

By changing the vibration of your aura - EMF - through the Violet Flame Invocation you can:

- Heal your energetic and physical body and
- Clear the negative ego - the Shadow Self

## **YOGA - Spiritual Science and Ancient Art of SELF-development and Self-realization**

Eight Steps of Yoga:

### **1. Ethics of Social Behavior - Laws of Life - Moral Compass**

- Non-violence - Do No Harm (Physical, Emotional, Mental and Spiritual)
- Truthfulness and Honesty
- Control of Sexual Energy - Moderation
- Non-stealing - GSF Boundaries
- Non-attachment - Being Inner Directed

### **2. Ethical Principles of Personal Behavior**

- Contentment - Acceptance - Inner Peace
- Purity on All Levels - 4 Body System
- Self-study
- Self-discipline
- Surrender to Source

3. Yoga Postures

4. Breath and Life Force Control

5. Withdrawing from The External World - Going Inward

6. Concentration - Strong Focus on One Point

7. Meditation - Merging with All That Is in the NOW

8. Nirvana - Samadhi - Union with the Divine/Source - YOGA

### **Ayurvedic Application for Yoga Practice:**

VATA: yoga postures for energy work, breathing techniques, mantra

PITTA: meditation to relax and calm down, yoga poses for stamina and strength

KAPHA: chanting, prayer, worship, yoga poses if convinced

## **Protocol for Ayurveda Restaurant - Nourishing Body, Mind and Soul**

Sacred Space for Ayurveda Kitchen with Healing Music

Preparing Meal with Reverence and Gratitude

Cooking organically, locally and seasonally

### **Vedas: Sacred scriptures of eternal knowledge in Sanskrit composed into hymns**

**Ayurveda:** ancient Indian science from Rishis, Sages of the Himalayan mountains - knowledge of life - on how to achieve optimum health and wellbeing. Ayurveda teaches how to live in harmony with nature and the environment on all levels: the physical, emotional, mental and spiritual. Ayurveda diet and ethical lifestyle leads to happiness, peace, joy, abundance and freedom - expanded consciousness.

#### **Primary energies:**

SATTVA (balance and peace)

RAJAS (movement and action)

TAMAS (inertia and integration)

**Five senses:** hearing, touching, seeing, tasting and smelling

**Five elements:** ether (space), air, fire, water and earth + METAL:

1. Space - sound - OM - AUM - 99.9%
2. Air - prana - life force - chi - breath - Yeshua (Breath of Life)
3. Fire - sun - source of heat energy for digestion, absorption and assimilation
4. Water - electrolytes balance - life sustaining - 80%
5. Earth - solid - dense - mother nature provides food and shelter

The five elements support life and maintain harmony in the body and in nature. They are coded into three biological forces that govern the physiology, chemistry, psychology and other vital subtle processes in the body

#### **Doshas: biological forces (three energies) in the body that govern physiological and chemical activity in the body:**

VATA (air and space) - movement, circulation, the nervous system

PITTA (fire and water) - metabolism, enzymes, digestion

KAPHA (earth and water) - structure, density, lubrication

**Tridoshic Theory (Vata-Pitta-Kapha):** unique constitution, your genetic makeup; it determines your mental and emotional state as well

What is your constitution? Find out in [www.banyanbotanicals.com](http://www.banyanbotanicals.com)



**Six Tastes:** sweet, salty, sour, pungent, bitter and astringent

- Nourishing seven bodily tissues: plasma, blood, lymph, reproductive, nerve, bone, fat and muscle

**Sweet taste (water and earth):** cooling - nurturing, building and sustaining

- Calms down the nervous system
- Nourishes and comforts the body and relieves the hunger
- Carbohydrates, sugars, fats, amino acids
- (grains, root vegetables and fruits)

**Pungent taste (air and fire):** warming - clearing effect on sinuses

- Stimulates appetite
- Maintain metabolism
- Balances secretions in the body
- (garlic, ginger, cayenne, black pepper, jalapeno, mustard, chili pepper)

**Salty taste (water and fire):** warming - purifying, cleansing

- Cleanses bodily tissues
- Activates digestion
- (tomatoes, zucchini, cucumbers, salty snacks)

**Sour (earth and fire):** warming

- Helps digestion and elimination of wastes
- (lemon, lime, raspberry, yogurt, pickles, miso, vinegar, umeboshi plums)

**Bitter taste (air and space):** cooling - detoxifying - cleansing

- Detoxifies the blood
- Controls skin rashes
- Cleanses the liver and tones the organs
- (aloe vera, neem leaves, turmeric, arugula, dandelion leaves, dark leafy greens with Vitamin A, iron, calcium and magnesium)

**Astringent taste (earth and air):** cooling - constricting

- Slows down digestion
- Constricts the blood vessels and the circulation
- (strawberry, legumes, bark teas high in tannin, cranberries, pomegranates)

**Five Elements and Food:**

**Earth:** grains, rice, root vegetables, beans, dried fruits, seeds and nuts

**Water:** juicy fruits, coconut milk, watermelon, grapes, cantaloupe, oranges, papaya, peaches

(salty): cucumbers, zucchini, tomatoes

**Fire:** hot peppers, black pepper, chili, cinnamon, cloves, cardamon, turmeric, ginger, garlic, onions; (sour fruits): pineapple, lemon, cranberries, raspberry

**Air:** (produces gas): raw vegetables, broccoli, cabbage, sprouts, nightshades: potato, tomato, eggplant, black beans, pinto beans, chickpeas

**Space:** in all food; encompasses all

Good for VATA (space and air): sweet, sour, salty

Good for KAPHA (earth and water): pungent, bitter, astringent

Good for PITTA (fire and water): sweet, bitter, astringent

### **Tips to enhance digestion:**

- Slice of fresh ginger with rock salt before each meal
- Hot/warm water before a meal
- Cooking with ghee (during winter)
- Proper chewing (mindful eating, positive environment, happy thinking)
- Cup of lassi at the end of a meal
- Stomach:  $\frac{1}{3}$  food,  $\frac{1}{3}$  liquid,  $\frac{1}{3}$  empty

**Light food** (lettuce, basmati rice, ghee, egg white): easy to digest

**Heavy food** (avocado, banana, lentils):

- Good for grounding, strengthening and nourishment
- Good when eaten in a small quantities
- Suppresses the appetite
- In excess it can create dis-ease in the body

**Hot food** (chili pepper, garlic, red lentils, honey): stimulates digestion

**Cold food** (vegan milk, coconut, dill, coriander): slows digestion

**Oily food** (ghee, vegetable oils, avocado): promotes lubrication

In excess - liver and gallbladder overwork

**Dry food** (corn, buckwheat, rye, millet, beans, dark leafy greens)

In excess inhibits digestion

**Sattvic Food:** vegetarian/vegan, fresh, organic cooked properly with spice and compatibility

### **Combinations to be avoided:**

- Beans with fruit, cheese, eggs, milk and yogurt
- Eggs with fruits, beans, cheese, kichadi, milk and yogurt
- Fruit with any other food
- Grains with fruit and tapioca
- Hot drinks with mangos, cheese, starch and yogurt
- Lemon with cucumbers, milk, tomatoes, and yogurt
- Milk with bananas, cherries, melons, sour fruits, bread with yeast, kichadi and yogurt
- Nightshades (potatoes, tomatoes, eggplants) with melon, cucumber and dairy products
- Yogurt with fruits, cheese, eggs, hot drinks, milk and nightshades

### **Ayurveda Kitchen**

**Spices:** cumin, coriander, turmeric, mustard, fennel, cinnamon, cardamon, curry, cayenne, red chili, ginger, black pepper, fenugreek, saffron

**Herbs:** cilantro, basil, rosemary, bay leaves, sage, onion, scallions, garlic

**Other Elements for Seasoning:** celtic sea salt, pink himalayan salt, sesame seeds, hemp seeds, pumpkin seeds, sunflower seeds, coconut oil, unsalted butter, churned butter for making ghee

**Cooking utensils:** iron griddle, stainless steel and enamel saucepans, steamer, mixing bowls (glass), measuring cups (plastic is OK), wooden mixing and serving spoons, blender, food processor

**Cooking with mindfulness and with the knowledge of the ancient science of Ayurveda leads to a profound change and transformation of one's health and wellbeing on all levels: physical, emotional, mental and spiritual. It aids in better digestion and food assimilation, satiation, sound sleep, calm and happy emotions and peaceful mind. Such cooking represents an endless expression of one's creative nature that comes from within - the connection with heart and soul.**