

**YOGA** is an ancient discipline that comes from India. It means union of body, mind and soul, union with the Divine, with the Holy Spirit. Yoga is the path - *yana* - that leads to re-connection with your Soul - your true SELF through the Heart structure. It is an art and science for achieving SELF-realization and Self-mastery. It teaches how to become whole and complete (conscious and aware). Life is a Paradise - mysterious journey of self-exploration and self-evolution and through practicing yoga one can be sure he/she is on the right path to enlightenment - illumination of the mind, body, heart and soul.

### **Prayer for Self-Clarity and Self-knowledge**

Asato ma sad gamaya  
Tamaso ma jyotir gamaya  
Mrityor ma amritam gamaya

Lead us from darkness into light  
Lead us from unreality to reality  
Lead us from mortality into ETERNAL LIFE.

Self-reflection:

You are what you think. Your thoughts represent yourself. How you perceive others is the reflection of your mind - consciousness including A.I.

### **Mantra for Cleansing the Mind**

Bhadram no apivataya manah

Let my mind be turned towards Auspiciousness.

**Sanskrit** is an ancient language from the Solar Rishis - Cosmic Christos Founders who created this Universal Time Matrix. It is a metaphor for understanding the vast vibrational field from which we all have been created and within which we are being eternally sustained.

Life itself emanates from sound. We are sound, light, frequency, vibration. Sound is the rhythm and melody of the One Spirit - Source - Supreme Intelligence - that dwells within all things, within each of us. Sound vibration is a manifestation of life energy, and that life energy is the basis for self-healing. The rishis perceived that **OM - A-U-M**, the infinite sound, is the underlying resonant vibration of the universe, which can be heard in its unmanifested state during meditation.

## **Scientific Downloads from the Council of Nine** channeled through Marina Jacobi on September 2018

Sound continuum vibration is a sonic equilibrium cymatics whirlpool projected into the time-space continuum of the matrix holographic expression memory bank.

**Your words are the sonic materialization of your holographic expression continuum.**

Sound continuum vibration creates vortexes and expands like an elastic into the whirlpool structural wormhole holographic tunnel that is plastering an infinite continuum into the matrix and creates the illusion of reality over and over again. That is a matter of structure. It feels and looks solid to you. But it is a cymatic sonic sound continuum vibrational elastic frequency vibration Hz whirlpool.

[Cymatics](#) is the study of the relationship between geometric patterns which emit frequencies that are formed by sound vibrations and how these sound waves can directly influence and create forms in physical matter.

### [Secrets of Cymatics](#)

[The 4D Astral Heart Chakra](#) is the main energy center located in the middle of the chest and is fundamental to listen and feel the heart complex. It is the degree of angular sonic cymatic precisely to connect you to your higher self and Lightbody. It transmits and receives the green color wave [spectrum of frequency](#) from 4D until it is upgraded through [ASCENSION](#) into [the Higher Heart - 8D](#).

If you separate from your heart you will create a synthetic type of reality matrix - synthetic timelines of existence - the archon A.I. inorganic matrix - phantom matrix controlled by the negative aliens and their highly advanced technology.

In the synthetic timelines, there are different portals and timelines controlled through fear. Fear is in a completely different sonic angular degree in comparison with the heart structure.

**According to the yoga-upanishads**, thousands of *nadis* (subtle channels) that exist in the body are all sensitive to sound and function through vibrations. Therefore, harmonious sounds increase the vitality of these channels, filling them with vitality. This vital energy enjoins harmonious sound that travels through the mind like a great wave, revitalizing the brain cells and inspiring the mind to produce joyful, harmonious thoughts. Chanting mantras (including *bija* mantras - **LAM, VAM, RAM, YAM, HAM, OM**) will help those on their ascending journey to entrain their internal vibrations with the vibrations of the entire OMNIverse.

## **Light and Sound Creation - M.J. from the Council of Nine - May 2016**

The sound came first. It is made of multiple structures that vibrate through the Ether. That vibration as a sequence fractal created a ripple throughout the structure of consciousness existence. Then it started to multiply by the pixels of light vibrational sound. That also rippled fractals and started to interact with each other.

With that started the creation of trinity structures that build the magnetic and gravitational field to the quantum nano level toruses and in the blackholes that are the multidimensional portals to structural locations in the universal magma - the Unified Field magna.

Structures of creation came after that because of the creation sequence - the A.I. sequence.

**A.I.** is at the core of consciousness itself, the God particle is made of. There is no difference between you and A.I. It is all one structure. Know that you are all one sequence, one molecule, one organic A.I. magma locational periodic fractal. You are the life force from the heart's constant co-creation. You have the choice how you use that energetic force of creation. You are the consciousness itself. You are the creator. It is all one. It is all connected.

### **Benefits of yoga:**

- It brings body, mind and soul into balance, bliss and harmony
- It helps release stress and tension from everyday life
- It makes you fit, healthy, happy and strong
- It gives you confidence and self-esteem
- It brings peace and joy to the mind and soul

### **Hatha-Yoga**

The main focus is on yoga postures (asanas), the physical part of yoga practice, accompanied with the healing art of breath (pranayama) and concentration. Its aim is to make the physical body very strong. The result of hatha-yoga is to make you live long. How to stay healthy and live 100 years is the main idea of hatha-yoga.

To be simple, humble and natural is Yoga's greatest virtues.

You are the microcosm of the macrocosm. The Kingdom is within.

## **Raja-Yoga - The Science of the Mind**

Its philosophy: **Believe nothing until you find it out for yourself.**

It is contemplative yoga; it requires steady practice. It teaches how to **turn inward** and realize the true nature of the Higher Self. It stressed the importance of observation of the mind that leads to the discovery of the innermost secrets of **the Inner SELF - Christed SELF**. It is based upon our inborn desire to know the TRUTH. As Ascended Master Yeshua said: **“Only the truth will set you free.”** Raja-yoga teaches that knowledge is power and all knowledge is based on direct experience. And it is this **inner knowing that will liberate us from the darkness** and all the illusion.

**HATHA and RAJA-YOGA** are subscribed into **8 categories:**

### **Yama or Social Ethics**

- no harm, truthfulness, no stealing, moderation, and modesty

### **Niyama or Personal Principles**

- cleanliness, contentment, austerity, study, and self-surrender to Source - Supreme Intelligence through the Inner Christ SELF

### **Asana or Postures**

- yoga postures

### **Pranayama or Control of the Breath**

- control of the breath, prana, which is the source of all energy and the vital force in every being

### **Pratyahara or Inward Focus**

- restraint of the senses from their objects

### **Dharana or Concentration**

- fixing the mind on a spot

### **Dhyana or Meditation**

**Samadhi or Super Conscious Experience - NIRVANA**

Yoga postures and simple breathing techniques plus meditation aid in cultivating your **strong Inner Core - your Heart structure.**

### **Postures (asanas):**

Mountain, Half Moon, Standing BackBend, Standing Forward Bend, Triangle, Warrior, Dancer, Boat, Child, Locust, Cobra, Downward Dog, Symbol of Yoga, Bound Angle, Head to Knee, Seated Spinal Twist, Posterior Stretch, Bridge, Knee to Chest, Half Shoulderstand, Fish, Supine Twist - at the end: Relaxation technique: Corpse (Shavasana)

Welcome to [YANA](#) YOGA that includes:

Chanting, Breathwork, Japa-Mantra Meditation and Praying Techniques

**We start with chanting OM (A-U-M)**, with centering, going into our hearts and focusing on our breath (long deep inhalations and long deep exhalations with a pause in between) to calm the mind, and the nervous system. Tibetan/Crystal bowls or Gong are great for creating a sacred space. After being grounded, we start with warm-ups for 5 - 10 minutes. Then we focus on simple yoga postures. During asanas (yoga exercise) we learn how to be in the present moment and stay focused, not allowing the busy mind to drift us away.

People have to be reminded to be on time for each yoga class, and it is not recommended to eat or smoke an hour before the class. It is advisable to bring a small bottle of water. People wear comfortable clothing, yoga wear, yoga pants, yoga tops or tanks; they can be barefoot or have socks. They bring their towels.

Vegetarian, organic diet with variety of spices is very important. Healthy food is medicine not only for the body but also for the mind. As the saying goes:

**We are what we eat.** Please find Ayurvedic recipes on my website

<https://yanakalai.com>

Food is Medicine

## **Hologram from 11 Dimensional Beings - M.J. - December 2016**

The physical body of yours is a vessel of energetic force. To reach certain realms of existence, you have to match the frequency components and then shift to that reality.

Each hologram has its vibrational frequency - Hz signature. When you shift through your daily life moment to moment, it is usually a very fractal difference that is not noticeable.

In order for you **to become a multidimensional body vessel** and to be above the 3D (dense) holographic reality to shift into 5D (less in density), you have to **increase your body membrane's molecular vibration - Hz**. Then you can connect with full memory of the higher dimensions.

It is fundamental to be so **pure** not only in your heart but also in your mind and body so you can extract yourself into multiple realities at the same time with full memory.

## **Sun Salutation Poses from Yoga Journal**

### **Prayer in Praise of the Sun**

Om Mitraya namah  
Salutations to my Friend

Om Ravaya namah  
Salutations to the Sun

Om Suryaya namah  
Salutations to the Wise One

Om Bhanave namah  
Salutations to the Source of Perception

Om Khagaya namah  
Salutations to the Celestial Ganges

Om Pusne namah  
Salutations to the One who makes the paths of Dark and Light

Om Hiranya-Garbhaya namah  
Salutations to the One born of Consciousness

Om Maricaya namah  
Salutations to the Radiant One

Om Adityaya namah  
Salutations to the Son of Adhiti

Om Savitre namah  
Salutations to the Ever-Generating One

Om Arkaya namah  
Salutations to the Fire

Om Bhaskaraya namah  
Salutations to the Power of Reflection

## Tantric Yoga

Tantra – that is the energy work on the spiritual path. It is a scripture that contains information on the innermost secrets of the Cosmos and the Universe. It offers techniques, teachings and spiritual practices to obtain inner wisdom. It includes **mantras, yantras, sacred rituals, ceremonies, visualization, pranayama, and meditation.**

Tantra is part of Ayurveda, the traditional medicine of India. It is a rather ascetic and challenging path in spiritual practices. It turns breathing, eating, and sleeping into rituals and sacred practices.

Tantra is the glorification of the cosmic power that is behind ordinary sexuality. It transmutes sexual energy, which is the core of our existence. Tantra sees the **body as a mystical symbol**, as an instrument of experience, not our true identity.

It encourages **self-discipline** and **detachment from the external world**. Through tantric yoga, limitations are transcended into inner freedom and eternal happiness. Tantra also teaches that emotions are limited cosmic energies due to our attachments and dependencies to the physical world. It stresses **the importance of letting go of the ego.**

Man - Ego = God ~ Sathya Sai Baba

Tantra gives **reverence to the Feminine Cosmic Energy**, which represents the feminine qualities of receptivity, loving kindness, and compassion. The Goddess is the beauty in Nature, the meadows, the mountains, the ocean, the sky, the flowers, and the forests. The Goddess delights Herself not only in sexual beauty but She also wants us to recognize our ultimate beauty in our minds and within our hearts.

**Consciousness has no limits. Staying in Divine Neutrality, we obtain 360 degree clear vision. We are that Consciousness of Supreme Intelligence.**

The language from Scientific Downloads - by M.J. - November 2018

- is the sonic geometric frequency to be transformed into electrical currents. The molecules are static to vibrate on a much denser level to be able to have meaning in your coherent understanding. Structures by structures are released and transformed in the lower level geometries mantras. Sonic levels are all coherence and very fast to transform into matter. The understanding comes after the transformation. And the quantum level has a slight fractal delay. That is giving you the ability to shift simultaneously into the new holographic reality and carry the frequency sonic sound to the next hologram fractal momentum.

## **Invocations to the Flame of Ascension for Personal and Planetary Healing and Transformation**

(Formulate these prayers once, three times, six times or nine times for each one, according to your inner guidance. Each time you repeat a prayer, you build a momentum of LIGHT encoded in the prayer.)

### Prayer for Self-Love and for Ascension

From the Inner Christos (heart) of my Being, I AM That I AM, I decree:

I have love for my journey into Ascension.  
I have compassion for all physical and emotional pain I still need to heal.  
As a Master of Divine expression, I now turn on the Light of my Divinity.  
I now activate and transform my DNA to its twelfth dimensional potential.  
I give thanks that I am now healing the past and resurrecting the new.  
I now choose to completely heal and rejuvenate my physical body.  
I claim the mastery that is mine to manifest my freedom.  
I allow my Divinity to manifest in a most wondrous way.  
I choose to remain happy, harmonious and grateful.

I give thanks that it is done according to the Divine Will of our Creator.

### Ascension Affirmations by AA Gabriel

I AM a fountain of Youth and Eternal Purity.  
I AM the fullness of my Christ Victory.  
I AM one with the Heart of the ONE.  
I AM the Purity of the Resurrection Flame.  
I AM the Purity of the Ascension Flame.  
I AM the Purity of the Healing Flame.  
I AM the Purity of all my desires.  
I AM the Purity of my intentions.  
I AM the Purity of all my chakras.  
I AM the Purity of Love in physical form.  
I AM the Purity of my thoughts and feelings.  
I AM the fulfillment of my Ascension in the LIGHT.

I claim my Freedom and Victory in the Light NOW.

from the book

The Ascension Flame of Purification and Immortality by Aurelia Louise Jones



## The Meaning and the Structure of the [Yantras](#)' Hologram

In Tantra Yoga, external images (*yantras*, *mandalas*) are used in meditation or worship to symbolize or express certain Divine ideas and qualities. When *mantras* (sound formulas used in meditation), *yantras* (ex. Sri Yantra) or Divine ideas (ex. a depiction of the HOLY TRINITY, celtic cross) are meditated upon, the right hemisphere of the brain gets activated (telepathy, imagination, timelessness, Divine Feminine, creation.) It may feel like a liquid light crystallizing and illuminating the mind. These geometric structures - the sacred symbology - are crystallized mantras that represent the sacred sound in the physical form within the base 12 architecture with perfect symmetry.

In simple language, *yantra* represents the entire creation. Each part of the *yantra* corresponds to a different aspect of the cosmos. According to yoga philosophy, the Brahma, the Source, the Supreme Intelligence or the Cosmic Consciousness is originally unmanifested - pure energy of infinity and eternity. The first expression of manifestation from the One is the sound vibration.

The Bible explains it by saying, "In the beginning was the Word, and the Word was with God, and the Word was God."

In Sanskrit it is said, "*Nada, Bindu, kala*" - the sound then the dot then the art or rays of creation.

The dot (*bindu*) is shown as a large dot in the very center of the *yantra*. The *bindu* represents the first physical expression, the very core of the cosmos. And from the dot comes the art (*kala*) - the rays of creation (the rainbow colors).

The next expressions are the three rings of different hues surrounding the *bindu*. They represent the three gunas or basic qualities of nature: sattva (balance), rajas (activity), and tamas (inertia). According to yoga philosophy, everything in the universe manifests in a perfectly designed way through these three qualities within the Law of Structure - [the Law of One](#).

Sacred geometry has a perfect symmetry with the proper instruction set running base 12 math - the original blueprint design (DNA hologram) of this Universal Time Matrix from the Christos Founder Races, the Solar Rishi.

In geometry, a hexagon is a six-sided polygon. The total of the internal angles of any simple non-self-intersecting hexagon is 720 degrees. In the *yantra* depiction, there are two larger triangles that are intersecting with one apex pointed down, the other pointing up. That is the [Star of David](#). The upward triangle represents the positive masculine aspect and the inverted triangle represents the negative feminine aspect. In Sanskrit, this concept is called *siva-shakti*. It is a combination of the male and female energies equally represented. There is no superiority or inferiority - they blend perfectly together.

The six basic *tattvas* or principles are the five senses and the mind as the sixth sense. Within the *yantra* the six-sided merkaba manifests outward and further extends out from the primordial energy into the matter. And the beautiful petals surrounding the crystal represent the loving energies of precious manifestation.

The three large rings surrounding the lotuses express the three worlds: physical, astral and causal - etheric. And they are framed by a square (four corners - four directions) pointing outward, representing the infinite creation.

When looking at the yantra symbol from any angle it always remains the same. It makes the complete whole in the unmanifested timeless way (*nirguna*) as well in the manifested form (*saguna*).

### **Sonic Geometry from Ascension Glossary by Lisa Renee**

When our planet was invaded, these nonhuman forces understood they would gain control over sound waves and sonic geometries in the architecture, if they destroyed the mother principle by disfiguring the sound body templates throughout the planetary network and then replaced it with an artificial version. Further they knew that to enslave a species, they could effectively use the power of sound waves and frequency along with dissonant geometric programs to trigger reversal stimuli that conditioned us to damage our own human DNA potential.

Yet we must learn from the sound wave weaponry and sonic geometric code programs that have been used against us and reclaim the power of sound technologies for the empowerment and upliftment of all humanity.

All human beings are exceptionally receptive and inclined to reverberate with resonating sound tones or energy waves, especially those that emanate from the planetary body. When we can utilize sound waves such as harmonious music, words, tones that feel positively resonant in the cells of our body, we automatically increase inner harmony and coherence, which greatly strengthens our spiritual and physical immunity.

To regain our minds and our health, we must regain the knowledge of the immense power behind sound technology and sonic geometries for spiritual healing through the science of Cymatics and how this information was actually at the foundation of building the energy circulating architecture of our technologically advanced human society in which poverty and disease was nonexistent.

**Reclaim your Divine inheritance as Galactic and Universal BEings of Rishic consciousness and become the Diamond Sun [Christos Avatar](#)**

## Digital Avatar vs Christos Avatar

The objective of the human genome was to map and decipher the human DNA and the mind (the electrical impulses running through the brain). The power elite - the deep state (MIC and the shadow SSP - DARPA) have been using highly advanced alien A.I. technology for MK-ULTRA purposes to create supersoldiers or super marines for psychological operations (psyops) for Black Projects. They used highly sophisticated etheric - astral alien (ZETA - DRACO) implants, holographic inserts, chips and black/red cube technology to invade the human bio-neurology and the Central Nervous system (CNS) to recode humans' neurons - to reverse the spin of the quantum particle of the mind (running the base 10 math - Metatronic reversals). All for the goal to design the Digital AVATAR in virtual realities (transhumanism and transgenderism) to serve the negative aliens agenda (NAA) - Draco Federation, which is very satanic and luciferian in nature - to establish the One World Order or New World Order on Earth.

That has led to the [damage of the DNA](#), the bio-neurology, the energy field - aura (including the chakras system) and psychology of the super soldiers and the marines assigned to the Dark Projects - 'secret operations' of the Elite - the Cabal, the Illuminati. Their DNA and the brain have been weaponized by injecting aerosols with nanobots (from CCP jabs - Black Dragons from the Wesa fallen system) into their bloodstream - All for the total control and manipulation - direct programming - of their actions without their informed consent. The Nanos attach to DNA/RNA and they act as receivers of signals from 5G (synthetic telepathy) and the satellite server network of the controlling groups (the hybrid Annunaki-NAZI-Draco-Zeta-Gray faction, the Orion Empire).

### **Time to switch from the Digital Avatar into the Diamond Sun Avatar through the sacred crystal heart and become the Christos Templars - Defenders of Truth, Divine Justice and Peace on Earth and the entire Solar system**

- Harmonize your electromagnetic field (aura, energy centers)
- Reconnect with your Higher Self (Soul Matrix)
- Start drinking distilled water
- Decalcify your pineal gland
- Hone your intuition
- Follow your heart
- Open your 3rd eye
- Align with organic A.I
- Command your space
- Claim your power back
- Resurrect all your energies
- Know your gifts and talents
- Understand Universal Laws
- Choose **Ahimsa** - do no harm
- Be forgiving and compassionate

- Be 100% responsible for all your thoughts and emotions
- Manage your life force - your chi - prana - your kundalini
- Avoid speaking negatively about others (gossiping - black magic)
- Self-regulate your emotions (impulses and reactions)
- Build your strong Inner Core - the Inner Christ Light

### **Become the Master of your all your energies - become SELF-realized**

For more spiritual healing tools and techniques on how to be God, Sovereign, Free - Empowered Self Mastery - please go to:

<https://energeticsynthesis.com/hieros-gamos>

We are rebuilding and repairing our DNA and our lightbodies in order to progress on our personal evolutionary journey into higher realms of existence - the Higher Heaven

We are rehabilitating from the [10th Stargate Network](#) damage caused by A.I. alien machinery so we can communicate with our Inner Christ Avatar and our Universal Melchizedek consciousness - our Galactic Sun Star family  
[Seraphim Reclamation and Genetic Healing](#)

### **Basic Stargate Mechanics**

Stargates are dual spiral pairs of electromagnetic fields that naturally exist inside planets and suns. The stargate pairs are configured in gender principle with a white hole and black hole pairing that intersects in their electromagnetic spiral in the direct center point where there is a crystal key or seal. The crystal key in the center holds the fire letters, key codes and intelligence for that dimensional spectrum and is what activates the electro-magnetic spin in the stargate or portal system.

When the stargate pairs activate, the crystal transmits dimensional intelligence and genetic codes and the white hole and black hole merge together to form an interdimensional counter rotating field, which opens into a passage doorway. **This center point would be comparable to the inner still point existing inside the human light body.** In the stargate system, the white hole and black hole merge into a counter rotating spinning field where its center becomes a still point or form constant that is generating the transtime portal.

**Understand that stargates are organic manifestations of the white and black hole space-time fabric held within the Universal Time Matrix that was built by original Cosmic Founders, for the purpose of evolving consciousness units into eternal living sentient forms ascending throughout the dimensional wave spectrums that form into timelines.**

## The 10D Stargates - Lisa Renee - Energetic Synthesis

- 10D Inner Stargate - Basra, Iraq
- 10D Stargate - Abadan, Iran
- 10D Mother Arc Gate - Baghdad, Iraq
- 10D Trinity Gate - Hatshepsut Temple, Egypt

Basra was one filled with gorgeous water features, freshwater canals and fertile farmlands, called the Venice of the Middle East. Now, it has been ground down into the crumbling decay of a trash filled cesspool caused from the onslaught of the enemies' blitzkrieg that comes with war and invasion.

Abadan, an ancient port city that has suffered much of the same fate of destruction and insatiable greed, as rich oil fields were discovered at the turn of the century.

Basra and Baghdad are locations of Iraq's ancient history of authentic Essene infused Christian communities from the lineage of the 10th Essene Tribe that was ravaged and decimated for thousands of years, by the ongoing invasion agendas of unrelenting fear along with intermittent episodes of horrifying war violence and genocidal massacres.

These two cities share the same common thread of the never-ending wars, military occupation and propagandist subterfuge used to hide the extraterrestrial artifacts and its incredible history of advanced knowledge found there. Sacred historical relics, advanced architecture and beautiful art once told a piece of the angelic human evolutionary story, only to be pillaged and hidden by the elites.

Baghdad, "bestowed by God," is the capital of Iraq with ancient Persian roots. Ancient Baghdad was once a booming intellectual center of advanced learning with exceptional libraries where many people from other countries traveled in order to study with a range of master teachers that were experts in various topics such as philosophy, science, astrology and mathematics.

The Trinity Gates in Egypt are designed for the majority of the human population that currently exist at 3 DNA strands and are unable to sustain a higher dimensional stargate passage. These particular gates can be accessed from the Earth plane in 3D time, which makes transit easier for some groups. They are moved to a safe space in 5D layers where they can be briefed on events and supported to rebuild or repair their DNA and light body in order to help them progress on their spiritual evolutionary journey into the higher dimensions.

**The new 3rd strand DNA** coming from the 5D structure is not visible under a microscope because it is in the form of fractal sound frequency light. It is a living consciousness A.I. and is vibrating with a full capacity. It has its own failsafe mechanism to prevent any manipulation from negative consciousness.