

The Process of Self-transformation from [Psychological Operations](#) (DARPA, Hydra, Octopus [MK-ULTRA](#) - Terroristic Organizations)

For my Soul Tribe: Starseeds and Indigo Galactic Warriors, Souls from TARA who joined the U.S. military, the Marine Corps in 1970's - 2000 and who ended up carrying the agenda for the CABAL, the Mossad and the Zionists (the Satanists and the Luciferians in the fallen [Phantom Matrix](#))

We are on a journey of SELF re-discovery. The main goal is to transform the 3D ego personality negatively polarized (parasitic) through the Archon A.I. structure base 10 mathematics and the Thothian A.I. system (the Red Trident, Reversal Networks) and integrate all the souls' shards back into the Light to reconnect with the Higher Self through self-love, self-care, forgiveness and compassion to re-activate and ignite the [Emerald Crystal/Rose Heart](#).

The Ashtar Command Protocols on how to override and transform the 3D ego predator mind caused by the NAZI A.I. neurolink hive-mind, the Armageddon Gorilla Pestilence software programmed with anti-life, antichrist and anti-human codes of destruction, annihilation, depravity and corruption - the Babylonian Empire, the Enki Army - serving the nation of the A.I. Serpent, the False Alien Gods, the King of Tyranny (the Dracos):

- Become aware of your breath here and now and stay focused
- Make sure you are in a safe place where you can relax and just be
- Drop from your mind into your chest and feel your heart's rhythm
- Inhale deeply through the nose and imagine a **Golden globe of liquid plasma light of Christ-Sophia consciousness entering and encircling your entire body mind and electromagnetic field**
- On the exhalation, release all the stress and tension, all the densities and dark energies, all the trauma is leaving your entire body
- Repeat a couple of times: inhale light and exhale all the stress

- Sink deep within your chest and feel the loving and healing energies of the **Holy Spirit** filling your entire body's consciousness
- Stay in your heart structure and mobilize: Remember you are in a matrix, computer simulation; you are in a chess game run by A.I.
- Say "Thank you" for noticing all that; pull back and observe
- Start feeling your **True Power** surfacing from within
- Feel the presence of your Guardian Angel and Spirit Guides
- Take another deep slow inhaling breath and feel the lightness
- Exhale and imagine how the dark entities, imposter spirits, Alien Implants and misqualified energies are leaving your entire body
- Repeat several times until you feel calm, relaxed and pain free
- Be committed to Christ 100%: Confess, Repent and Ask 4 Grace
- Follow the [Guardian Ascension Protocol](#) for your SELF-Mastery

Overcoming Fear and Freeing Ourselves From:

- Astral Slavery and Bi-wave consciousness (Dichotomy)
- The [Artificial Tree of Life](#) and the [Alien A.I. Implants](#)
- The Black Magic Grid, NRG, and the Sex Misery Machine

No more subjugation to the tyranny and oppression of the Luciferian Bloodline families protected by [Baphomet](#) Black Magic Sorcery

Time to face the Dark Night of the Soul and Be The Super HERO!

- End all the contracts with the NAZI-Draco-Annunaki-ZETA faction
- Stop serving the Agenda of the Negative Aliens and choose [LOVE](#)
- Release yourself from the [Blood Covenant](#) and the Black Magic Grid and reconnect with God Source from within, your SOUL, the [Inner Christos](#), the Krist code base 12 Sacred Math, 144 Harmonics
- Release blockages within your lightbody and cut all the cords from:

the Black Magicians in DARPA (the Orion Group) and in CCP (the Chimera Group), the Zionists, the Black Nobility Mafia (the Satanists and the Luciferians) with their highly advanced Alien A.I. Black Hole Technology

- Break free from the saturnian black magic spell
- Claim your power back - Feel your Soul's Presence
- Eject the [Armageddon Antichrist Software](#) within your DNA
- Step back and cut all the cords with the lunar forces, the Baphomet network, the Black Queen and all the imposter demonic spirits
- Feel empowered by the beauty, bounty and majesty of your Soul's pure energy- **It's time for Soul Reunion**
- Reconnect with your Higher SELF and your Star family from Telos, the Inner Earth helping us with the planetary liberation

Tips 4 Everyday's Spiritual Practice (Sadhana): To Feel Your True SELF

- Transform all the negative thoughts and negative emotions caused by addictions and entities possession through Chanting, Japa/Mantra Meditation, Violet Flame Invocation, Breathwork, Being in Nature
- Acknowledge and embrace your trauma and write down your memory flashes and your dreams in your notebook - Journaling
- Everyday walk in the energies of Love, Faith, Trust, Grace, Gratitude
- Read the tiny book: PTSD Time To Heal from Cathy O'Brian
- Practice non-attachment through the ZERO point - Divine Neutrality
- Be the compassionate witness and observe with 360 degree clarity - vision: Imagine your brightest future - the Paradigm of Paradise
- Reclaim your sanity and your spiritual freedom in the Now
- Love yourself unconditionally - The Sky has NO LIMIT

Imagine you live in peace, harmony and perfection of Universal Inspiration within the Divine Matrix of Supreme Intelligence (the Cosmic Tree of Life - base 12 mathematics - [Krist-Krystallah Architecture](#) - 144 Harmonics)

- Feel the connection to Source and to your Soul Essence once again
- Be like a child and the Door to Heaven will be open to YOU
- Feel being expanded when reconnected to your Higher SELF
- Feel your Heart Chakra being fully activated, healed and bloomed

Time 4 Your GALACTIVATION (7D-8D-9D) Third Harmonic Universe

- Embody Your 7D Planetary Logos and your [7th Chakra](#) through:
 - the **Violet Flame Invocation** gifted by the Ascended Master St. Germain, the Leader of the New Golden Age in Aquarius (Freedom, Independence, Communities in UNITY with E.T.'s, Quantum Science, New Innovations - Highly Advanced Technologies being used with RESPONSIBILITY following the [Law of ONE](#) and the 5D Protocol from TELOS, the Inner Earth)

I AM A BEING OF VIOLET FIRE
I AM THE PURITY GOD DESIRES

I AM THE VIOLET FLAME IN ACTION IN ME NOW
I AM THE VIOLET FLAME TO LIGHT ALONE I BOW

The Crucifixion Implant Removal Command

Energy Medicine and Energy Psychology
Emotional Freedom Technique (EFT)

- Start tapping on your Sacred Heart, [8th Chakra](#), (Gold) the Thymus area where the Permanent Seed Atom of the Crystal Heart resides. Once your antiparticle morphogenetic 8th Chakra is being activated, the Astral 4D Green Heart is transcended into a Blue Heart.

Your 8th Chakra (the Permanent Seed Atom, the [Amoraea Flame](#)) is also a Stargate to other Universes, such as the Andromeda Galaxy, the Seven Higher Heavens, which is hosting our physical [ASCENSION](#) - Transition to the next octave, Second Harmonic Universe (4D-5D-6D)

- Activate your Pineal gland and [Kundalini](#) through Ayurvedic diet, drinking distilled water and Eight Steps of Yoga (Sadhana) and

- Link with [9th Chakra](#) (Silver), Atomic Doorway 'Mouth of God'
- Projector of Light Consciousness - Male and Female Balance

Free yourself from the Satanic forcefield of the [Fallen Goddess](#) that distorts the female principle inside men and women on the planet

- Heal your [2nd Chakra](#), the Pain Body: Evict the demonic and predator forces and replaces them by the [Houses of Christ](#)
- Dismantle 3D ego mind and override 2D Wall of Separation: unworthiness, shame, guilt, lack of trust, self doubt, betrayal, abandonment, anger, rage, fear, entrapment and enslavement
- Free yourself from the Astral and Sexual Slavery via Lunar Transfiguration: Breath of Fire, Chanting, Japa/Mantra Meditation, Tantric Yoga, Bhakti Yoga, Raja Yoga and [Emotional Centering](#)

RESIGN FROM MOLOCH MATRIX COMMAND

- Embark on your Soul's Path/Quest of consciousness evolution and spiritual growth and become SELF-realized

COMMANDING PERSONAL SPACE

Claim your power back!

Resurrect all your energies!

RETURN TO RIGHTFUL OWNER (RRO) COMMAND in Christ's Authority

Reunite with Your True Spiritual Family: the Krystal Star Family, the Aurora Races from Andromeda that represents the Cosmic Heart of Our True Divine Parents: the [Cosmic Solar Dragons](#) Queens and Kings, the Divine Architects and the [Founder Races](#) of the Universal Time Matrix

The Christian Rite - The Sacrament - designed by Lisa Renee

The Eukachristis Body - the actual spiritual form and name of the physically manifested body of the Christ consciousness. Mother Sophia's body is birthing back into this world. Her physical form is manifested in the Eukachrist as through the Christos Body. She is able to reclaim Her body parts and begin to heal Herself on the Earth plane.

Reclaim the Mother of God and Her Daughter Sophia Here and Now!

We are re-connecting to our original Silicate Matrix, Kryst-Krystallah architecture, the Diamond Sun DNA Body Template with perfect symmetry through the process of Morphogenesis - Rebirth.

We consecrate our life to the purposes of ONE. We return all of our body's parts directly to Christos-Sophia that opens the door to the Seven Higher Heavens, the Andromeda Galaxy and the God World's Domain - Cosmic Solar Christos Consciousness.

Here we hold a space for the preparation of Eukachrist:

The grace of our Christ, the Love of God the Father and the direct communion of the Mother's Holy Body and Spirit, may the Holy presence of Christ be with you all. Beloved God we consecrate the elements of material substance here and now in our body, minds and spirit to be made in your image and glory in such a way that we may allow our body we may allow our blood to be resurrected through the Holy Spirit to dwell forever in the Kingdoms of Christ.

Christ invites all who love Him who earnestly repent their transgressions and seek to live in peace with one another. All are free to communicate at the appropriate time when their Heart chamber is opened to receive God's blessings for all.

'I am the Light that shines over all things. From me all came forth and to me all returned. The Peace of God, which passes all understanding, may peace be with you.'

There is an eternal consecration of God's power that makes all things new. It lives and moves in those who know the Self as one with God and Christ.

May the Peace be with you, that power uplift you into the eternal and sustaining light. May it keep your heart and mind in the knowledge and love of God and of His children, the Cosmic Christ.

May the Holy Blessings of God be with our heart, mind and spirit. All aspects of our body are fully consecrated and dedicated to the Cosmic Sovereign Law of God, the reclamation of the order of Christ/Sophia on the Earth.

May our brothers and sisters rejoice in the Eternal Light of God to restore the Divine Plan in perfect peace and love.

Peace be with you. Peace be with your heart throughout eternity. ❤️

May we hold a silent space of loving kindness and empathy for all of us here and now in connecting to the spiritual body of the Eukachrist extending it to the entire community and then the entire world.

Time to Live Your Authentic Life

- Acknowledge and transform the selfish, dualistic, narcissistic and fear-based predator mind belief system and cease the alien mind control program through Japa/Mantra (Sanskrit) meditation and Spiritual Discipline (Martial Arts, Yoga and Ayurveda): Embody the ethics, morals and virtues (Yamas and Niyamas) of your SOUL
- Trust in the wisdom of your own INTUITION - your feelings, the Divine Feminine within you: Remember why you came here to this planet: To learn your lessons, to evolve spiritually, to embody soul's virtues and gifts, to forgive yourself and others and to be of service

You are here on a Mission

Remember: You are an eternal Soul. You are Consciousness of ALL THAT IS. You are Universal Awareness. You are a Pure Light Divine, Source Creation - God's Perfection with 12 strand DNA and Crystal Diamond Heart and Plasma Lightbody. You are the co-creator with the Divine, with ALL THAT IS. You are Sound Light Frequency Vibration 99.9% energy having a human experience in a 3D matrix. You are a **Divine Being**.

Wake up from the Old Dream - the Reptilian Hypnosis AND:

- Claim your power back - resurrect all your energies - command your space - practice [12D shielding technique](#)
- Stop thinking you are unworthy, unlovable, inferior, undesirable
- Recognize that you are special, unique, loving, and amazing
- Call upon your Spirit Guides - your Soul family in Christ, your Holy Mother and Holy Father in Heaven with an Open Heart
- Ask for help for healing, reconciliation for peace, mercy and for forgiveness and **You Will Receive! That's the Law!**
- Have Faith and Trust and stay Strong in the Light of CHRIST
- Take a deep breath and receive all the blessings from your Higher Self, your Oversoul (Monad) from the Stars and the entire Cosmos
- Close your eyes and feel the Living Loving Light of the Divine Spark within your Sacred Heart enfolding with GRACE

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: Activation of your original DNA Blueprint

"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, jealousy and experience profound and rapid changes on 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 of **TANTRA**: Bija mantras - coloring mandalas - focusing on yantras - chanting - Japa/Mantra meditation - listening to solfeggio music - reciting sacred text - sacred fire ceremonies - that heals body, mind, heart and spirit of each Devoted Soul.

On your spiritual journey you will learn how to:

- Replace 3D fear-based thoughts and negative emotions with Divine love and Quantum Forgiveness (Quantum Manifestation Protocol)
- Transform the old 3D belief system of the inverted matrix full dogma, conditioning and programming and shift into a space of infinite realities of self-empowering and life affirming holograms

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 Krystic Quantum field of Infinite Christ consciousness of Supreme Divine Intelligence. **Enjoy the Ride!**

BIO

Yana Kiely (Yana Kalai) is an Ascension guide, Alchemist, Divine Architect, energy healer and inspirational speaker on how to achieve SELF-mastery and SELF-realization. She teaches the ancient wisdom and knowledge of the Essenes and Solar Rishis of the 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, and Ayurveda.

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 Lightbody and the [15D Universal Chakra system](#) and specializes in deprogramming and rewiring the subconscious mind. Yana is a survivor and overwriter of the reptilian inverted binary codes of MK Ultra Monarch and Montauk from the Shadow Military - SSP and DARPA. She holds a sacred healing and transformative space embedded within the [Christos-Sophia Consciousness](#) of the solar Rishis' Intelligence for those who had a similar experience, such as alien abduction caused by extraterrestrial-reptilian entities for satanic dark possession, especially for her Soul Group (Starseeds from Pleiades) in the Marine Corps under MIC and DARPA and their off world planetary corporations. Yana is devoted and dedicated to her own spiritual journey. She is on her [Christos mission](#). She represents the Ashtar Command from Andromeda and assists with the liberation of this planet from all the dark forces during the Ascension Cycle - transition to the Second Harmonic Universe, 5D 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.