

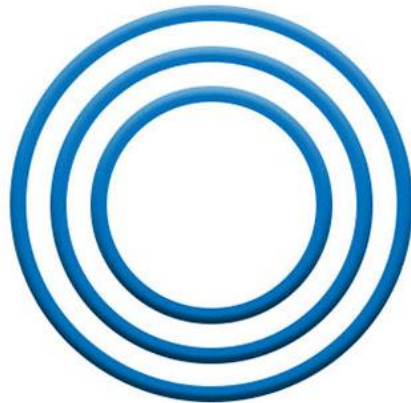
NE DUKEKLĚ

Ne Yeka-Shika Nasute Sana

Of Divine Noble Sexuality
For the Illumination of a Humanity

Function & Use of the Life-Sexual Force

To Achieve Goals of Eternal Life



By

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Reviewed in May 2023

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Introduction

Sexuality as mankind knows and practice of it is totally perverted and negative in nature. And this is the result of a mind control aided and upheld by a dimensional machinery set up by an "invisible" minority of evil beings for their so-called immortality and to sustain the ability to feed up their anti-God rebellion.

The function(s) of sexuality on this Terra are severely misunderstood. This is shown by the general state of human society et more specifically by family unit where it all starts so badly. Yet, it is the very fact of understanding, and then awakening and mastering these functions through the practice of a meditative exercise aimed at activating and raising the Sexual Force/Vital Force which will allow mankind benefits from all its Divine blessings. Namely, Eternal Health, desired Longevity, permanent Joy, perfection of the physical and other energetic bodies, and all that which is the highest to be desired, **Divine Wisdom**.

And this is done through techniques of intentional sexual simulation which goal is to reach an ever-higher orgasm in vibrational frequency. This is the way to Wisdom Divine.

The intent of this writing, therefore, is to humbly bring input, based on some experiences in this field of sexuality and on elements of high teaching received from the Divine Hierarchy, likely to correct as much as possible the serious drifts inherited from the intrusion of the vampire anti-God forces of Sexual Energy in the evolutionary path of the Human race.

The thrust herein is to show some important steps that need integration, to begin with, before leading up to the suggested practice of meditative techniques that will quickly adjust, at all levels of the communal body, the daily thinking toward a high perception of this Primal Vital Energy.

It is certain that with this readjustment, the individual will be improving self and beyond, the whole Human community as well.

The perception that our societies have of couple, family and need to procreate will gain height to the betterment of Earth Civilization as a whole.

Consider The Purpose Of LIFE

Let us consider that the purpose of life is to reach the topmost pinnacle of Human unfoldment. That topmost pinnacle--beyond which no man can go--is the illumination into Cosmic Consciousness and the Consciousness of Christ. There is need, therefore, to help every seeker by efforting to illumine the path to that supreme goal, so that he can become aware of his own immortal divine SELF. Consequently it must be given insight as to HOW to touch and use that which is within us that we can find our own TRUTH.

The divine spark of that Light lies dormant in every human being. As long as that Light does lie dormant, one is aware only of one's mortal body which lives and dies and has physical desires one is forever satisfying. That awareness of physical existence lasts for many centuries after primitive Man emerges from the jungle and before the dawn of his Consciousness begins to awaken a slight awareness of the Light of his divine power.

During that period, he is dominated by his body desires to such an extent that he thinks and believes that his body IS his Self. Out of millions of sensually-dominated humans, however, comes one who awakens that unquenchable divine spark which all inherit from God, and becomes somewhat extraordinary during his human experience for he is given to bear extraordinary knowledge and power. These extraordinary characters are those we refer to as "geniuses" or "prodigy". This is the first step away from the purely physical human toward the Spiritual goal. Every genius prodigy has begun to develop God-awareness within and knows that he is MIND and not body.

All body-dominated human beings think outwardly through their senses. They can hear sounds with the ears of their bodies.

They can see objects with physical eyes and record the memories of such sensations upon their brains.

Every genius thinks INWARDLY toward his Mind instead of outwardly toward his senses. The genius can hear sounds coming out of the silence with his inner ears. He can vision nonexistent forms with his inner eyes and he can feel the rhythms of God's thinking and His knowing--which are a blank slate to the man who believes that he IS his body. When a human rises to the exalted state of genius, he becomes a co-Creator with God. The beginning of creative expression in man is the first evidence of the unfolding Light of his genius, for no man who is purely sense-controlled can create. He can remember and repeat the records which he has imprinted upon his physical brain, but his brain has no knowledge. Therefore, he cannot create. **Man can create only with his MIND--and the brain is NOT the mind. The brain is merely the seat of sensation and the electric recorder of sensation.**

The Cosmic Hosts have been sent to insure that we are afforded the opportunity of having Truth from which to discern our destiny and divinity. This is important and bears repetition if we are to understand through all the misperceptions given forth to date. We are coming down to a cycle "finish line" and it is the time of becoming enlightened unto how things "really" function and operate and cast aside the lies and misperceptions lest our decisions be indeed costly to our journey.

Humans must think outwardly through the senses in order to live and function in a sense-objective universe, but the genius--who thinks inwardly toward the Light of his Self--can vision or imagine that which spiritually exists and can then think outwardly through his senses and cause his mentally-visions image to exist physically. That is what Creation is--and what the genius-creator does.

Transform Thought

So, what is our first task if we are to attain enlightenment? It is to learn HOW to transform our thinking so that the wondrous genius within us will appear and intensify to that higher state which transforms and transmutes us into the next stage of spiritual unfoldment.

A few great geniuses have given the world its culture in all of the arts, and the great immortals among them are the few whose works will endure as long as there is history. The journey of LIFE is indeed long--and one must come to know that it requires many experiences and manifestations (incarnations) to arrive at the destination in the Light of all-Knowing. Each life, however, is another step toward that goal, and each day of each life can be a greater step than the one before.

Each experience is vastly important. When we arise from each period of sleep with a wholly regenerated body, the seed of all that has transpired in all our lives unfolds within the new cycle of life to bring us still closer to the door of the Immortal Light.

Each step upward toward that Light is a glorious one, for it becomes ever nearer and is worth the effort of its attainment -- while each step the other way toward the dark is ignominious and fraught with cosmic frustration which may take many experiences to overcome. Hence it is that we MUST go forward to attain that glory, and these lessons are for the purpose of giving mankind the knowledge which will make it possible for him to go forward toward the Light to any extent that he desires without limitation, **FOR MAN'S LIMITATIONS ARE SET BY HIMSELF.**

Cosmic knowledge can be shared with others who desire to attain it but only those who have attained can "give" it unto another. Of course, the "other", must accept the gift lest it be worthless. God has given that rarest of all gifts to some of us for the

purpose of regenerating this decadent age by bringing the Cosmic Age into existence through those higher beings of earth who are ready to receive such knowledge. To all who reach toward the Light, the gift is offered. The knowledge of God's ways are brought forth, likewise the processes and laws governing the construction of matter and electric motion so that other men may, likewise, know how God builds His universe and destroys it in eternally repeated life-death cycles--and also knowledge of how the Creator divides His light-waves of thinking into balanced male-female pairs of sexed opposites to continue the building of His sexed-electric universe.

But this one portion of knowledge is not enough to bridge the chasm which Man has presented as blockage between himself and God. Therefore, we must consider a balanced living philosophy which conforms with God's ways, processes and laws. If we have the WHOLE we will be able to grasp the peace, happiness and prosperity which conformity with God's Laws can alone bring to warring fear-ridden man who unknowingly defies God's Laws, or blatantly knowingly defies them.

Man has not yet realized in the building of his individual or collective destiny that God will work WITH him in the unfolding of his destiny, but He most certainly will not work FOR him. We must KNOWINGLY create ourselves and our destiny WITH Him and in accordance with His law of balanced interchange in all transactions.

TO WORK WITH GOD KNOWINGLY, WE MUST KNOW GOD AND HIS WAYS. WE CAN KNOW GOD ONLY BY KNOWING OURSELVES AS MIND INSTEAD OF THINKING OF OURSELVES AS SENSED BODY.

The transition from sensed-body awareness to God-Mind awareness comes to the human race very slowly. Man can think only what he knows in his Mind, or senses through his body. Likewise, the same principle applies to nations. Men and nations become what they think, and we witness this happening before our eyes--the point is, however, that the perception is being placed there by others to manipulate for very human physical reasons. Standards are determined by what people and nations come to think. High standards are attained through Mind-determined controlled thinking, and low standards are attained through sensed thinking.

The PHYSICAL world of Man could easily disappear into another period of dark centuries (whether on this planet or another)--for half the world is already in the dark ages of understanding while mired in the dark ignorance. But MAN'S SPIRITUAL WORLD CANNOT DISAPPEAR--THE DIVINE LIGHT IN MAN CANNOT BE QUENCHED!

CIVILIZATION WILL SURVIVE AND GROW TOWARD THE LIGHT ONLY IN THE MEASURE IN WHICH MANKIND KNOWS THE LIGHT--that means a lot of tedious lessons to be learned and practiced. So, we are receiving an increase

of the measure of our knowing in order that we may become consciously aware of our Source to such an extent that we can knowingly say, "I and my Father are ONE", and have FULL COMPREHENSION OF ITS PROFOUND MEANING.

The oldest communion known between God and Man is through "meditation" and yet, mankind has all but destroyed the beauty of the meaning of the communion through his misuse and implicit toying and game playing. That is always the thrust of the adversary to draw people from their Lighted Path via disappointment and lack of success in communion. If we fail, we will discount the next who comes and offers information by the same label. All one can do is offer the cup and if one drinks not, so be it.

The connection to God is INSTANT--the perception of the connection is elusive. We work so hard at that which we think we need to do to make contact--that we actually miss it. First, we must KNOW that which we are efforting to accomplish--not simply play a game at "location", "dress", "food intake", etc., for all of these things are of the physical senses and have naught to do with the Mind-thought of God. There are physical sensual methods to assist in "focus" of energy--but that is the only connection of ritual--only as a focus of thought-energy.

So be it. God grants that which is petitioned for in sincere Truth--THE CALL COMPELS THE ANSWER.

Scientific Explanation of Meditation

THIS INFORMATION IS A PRESENTATION OF THE PHILOSOPHY OF LIFE, PRESENTATION OF THE UNIVERSAL LAW AND FRANKLY, NATURAL SCIENCE AS IT AFFECTS THE UNIVERSE AND MAN IN HIS PHYSICAL ENVIRONMENT.

Now to "meditation" for that which it REALLY is.

Meditation is the MOST IMPORTANT of all the functions of human life which advance human progress. So little is known of it even by the greatest of the world's geniuses who constantly practice it in a "knowing" state--but cannot explain it--that it now seems necessary to define and explain that divine function. With sufficient explanation, everyone can KNOWINGLY practice meditation and thus knowingly command his achievements to be masterly. The concept is universal and works toward both goodness and evil so the use thereof rests solely in the individual personality utilizing the information.

WE CAN LEARN TO COMMAND ACHIEVEMENTS, COMMAND THE BODY INTO PERFECTION, OR OUR LIFE TO BE FULL TO OVERFLOWING--FOR THROUGH MEDITATION EVERY MAN CAN BECOME WHATEVER HE WISHES TO BECOME. But, of course, we speak of TRUE meditation and not the games of gurus and "new-age groupies" who do not fully understand a thing they are practicing.

Meditation is communing with GOD for the purpose of working knowingly with GOD. This is the definition with which we will exclusively work. If you do not practice in perfection, you will most likely commune with the evil resources and never make it to communion with the GOD OF LIGHT! The physical representatives of your "senses" of the physical manifestation will ALWAYS show up first and lie, lie and lie to you--furthermore, it is up to you to cause and demand they remove themselves for they are permitted to remain and deceive until YOU DEMAND THEY DEPART AND YOU ASK IN THE LIGHT AND ONLY THE LIGHT OF GOD BROTHERHOOD.

MEDITATION MEANS TO THINK INWARDLY TOWARD THE MIND-SOUL RATHER THAN OUTWARDLY THROUGH THE SENSES.

At any rate, you recall that "Christ" told Man to seek the "kingdom of heaven" WITHIN HIMSELF, NOT OUTSIDE OF HIMSELF. By that He meant that God dwelt within man, and that God-awareness will come to any man who communes with God through inner thinking.

There are but two kinds of thinkers in the world--those who think outwardly through the brain and those who think inwardly toward the Soul. Outward thinking develops the physical qualities and desires of men, while inward thinking unfolds the spiritual qualities which await unfoldment for long ages of man's slow journey to the Light of his own Divinity.

Working Knowingly With GOD

When we KNOW that God's Mind and ours are one, and we are consciously aware of His presence every working moment, our work could not be other than masterly. ONE CAN KNOW AT ANY MOMENT WHEN ONE'S WORK IS NOT MASTERLY. To work knowingly with God constantly, never ceasing, is to be inspired constantly with the ecstasy of His nature. One can also recognize this instant where one's work is NOT MASTERLY and is again only outwardly through the "senses". All who are projected as humans in the physical world will function through these "senses" because IT IS human to do so. It requires training and desire to come into the KNOWING OF FUNCTIONING WITHIN THE MIND-SOUL.

To work knowingly with God constantly, never ceasing, is to be inspired constantly with the ecstasy of His nature, as it has just been said. God is our teacher in actuality and we need no other. He is always with us, as Soul, and lifts us all to great heights. Some have walked and talked and worked KNOWINGLY with God throughout our human experience--but it is rare indeed that they did so in TRUTH for usually the evil deceiver gets there first and pulls the human into the worldliness of "things" and "fleshly desires" and God is pushed aside. There have, however, been the blessed ones who have not been pulled into the trap, or once out of the trap, are not again ensnared. You will find these ones neither foolishly pious in presentation nor "simply BEING". They are very human in presentation, often functioning within the human aspect WITHOUT and through those human "senses" and always "busy"--not "just being". For it is through our actions that we are judged--not our sitting on our assets "being" nothing. For if we are doing "nothing"-- we have made our decision as to whose side we are on, already, and we but fool of self--the biggest fool of all!

HOWEVER, AS WE MOVE ALONG IN APPOINTED TASKS--WE MUST BE ABLE TO DEMONSTRATE BY OUR OWN LIVES THAT WHICH WE MUST TEACH TO OTHERS. WE MUST LIVE IN A MANNER WORTHY TO MANIFEST THE POWER WHICH GOD GIVES TO EVERY MAN FOR THE MERE ASKING, AND TO IMMUNIZE SELVES FROM ALL THAT IS UNLOVELY IN ORDER THAT WE COULD FOREVER CREATE WITH HIM THAT BEAUTY OF BALANCED RHYTHMIC THINKING WHICH IS HIS UNIVERSE.

Before we move into the steps of How and What, etc., let us visit a bit about ego self. This IS the manifestation of greatest sensing in the human being. It IS that which causes the separation and to simply "override" that ego is totally an incapability for it IS our humanness! We will never override it, but will train it to willingly give access to higher influence. We will mold it to set aside of itself to allow and welcome God within. It is the ego which stands at the door of the soul and allows or disallows passage within.

There are methods of causing that ego to step aside--that human consciousness to bow to higher input, to negate self unto higher knowledge, but it requires knowing the "how-to". But a hint -- this is WHY the orthodox doctrines of religions will deny use and pronounce hypnosis as EVIL. It is the ONLY route to accomplish the setting aside of that ego through YOUR OWN POWER. Again, man has ruined the very term and caused something which is THE TOOL of God to be pronounced evil and to be avoided at all costs. Again, so that the "would-be rulers of our destiny" can remain in total control of our physical aspect and likewise keep our soul entrapped in the lie.

IF MAN CAN KEEP US FROM COMMUNION WITH GOD, HE CAN CONTROL US!

If we are ever to find God and be WITH HIM, WE MUST COME INTO COMMUNION WITH GOD AND BYPASS THE INPUT OF MAN.

Since our time as man is short indeed and our time with God is long, infinite, would it not be worthy to learn to talk with God and get His instructions for passage and cease and desist listening to the misguided and misguiding ones from the pulpits and thrones of "authority" and "expert blatherings"? IT IS THE CONTENT OF THE MESSAGE WHICH IS TRUTH OR FALSE AND ONE WILL DISCERN THAT FOR SELF, NOT ACCORDING TO WHAT OUR NEIGHBOR TELLS US -- FOR THAT IS ONLY WHAT OUR NEIGHBOR PROJECTS.

IN REALITY, IN THIS PHYSICAL WORLD, CONTRARY TO WHAT WE MAY BELIEVE, WE CAN HAVE THE MATERIAL AND SPIRITUAL ASPECT OF WHAT IS DIVINE ABUNDANCE. INDEED, WE MUST KNOW THAT WE MUST BECAUSE GOD IS EVERYTHING. BUT, WE MUST FIRST HAVE GOD -- THEN, AND ONLY THEN, CAN WE RECEIVE IN "VALUE" APPROPRIATE THE "SUBSTANCE". IF WE "TAKE/RECEIVE" FROM GOD IN ABUNDANCE AND THEN REFUSE TO GIVING IT TO GOD FOR HIS USE, THEN THERE IS NO MEANS BY WHICH GOD CAN "REGIVE" UNTO US AS WE HAVE LOCKED OUR HANDS AND HEART TO RECEIVE MORE! REFLECT THAT, BECAUSE IT IS A VERY IMPORTANT LESSON.

TO THE EXTENT THAT WE CHOOSE, ALL THINGS OF THE PHYSICAL ARE OF USELESSNESS FROM THE TIME WE LEAVE THE PHYSICAL PLAN -- AND ALL GOES THROUGH THIS FINAL CYCLE!

God is not mystical, strange, pious, foolish, or preposterous. HE is a very practical resource and it is best that we separate all the nonsense from the focus, and look at God as the reality of the manifestation that is represented herein. We do not need all this religious indoctrination because it only keeps us in prison. We'd better put aside all the absurdities and get on with that which is REAL because our illusion is killing us!

Ascension Into a Regenerative Biology

With the above, we have the necessary understanding to determine what ascension in a regenerative biology is and how to get there working solely with the Omniscient, Omnipotent and Omnipresent Divine Spirit.

Some work on appliances or medicinal products that will ascend the human form from the outside in. But the whole purpose of ascension, of increasing the vibration of the communal body, Spirit-Soul-Body, is to learn to create what one

required within. Sometimes one requires outside ingredients or herbs in the process for a short time. However, the body should learn to create what it needs, and this is what a Regenerative and self-sustaining Biology is all about.

If one is a god/goddess in a form, then one can modify the form as needed, and this requires nothing outside oneself to be accomplished, that is to say outside The Divine Spirit within.

With this process intentionally initiated, the DNA begins to be fully activated to restore the body form into its original Divine pattern of Perfection Divine. The double-stranded DNA will be reactivated into at least 12 strands and will continue with the assistance of the Divine Hierarchy to progress according to individual work and will, meaning relying as much as one wills upon the Will of the Creator-God.

Humans with 2 strands DNA that we are, are used to a very rigid or fragile skeleton as well as a body in general of low vibration. But the crystalline body form that is thus attained is in a vibrational frequency much more in alignment with the pattern of the Divine Presence and responds much more easily to it. The skeleton and all the organs of the body thus receive a lot more of Life Force.

A crystalline biology will depend essentially on photonic energy, Life Prana, in other terms, Life Force. **It is there that the Earth and all species are directed in the future.**

We are very concerned about viruses like AIDS, EBOLA, etc. AIDS and other immune malfunctioning are the result of the vaccination process, and other means used by the Anti-God rebellion, which has created a new series of viruses that attack the immune system. As the crystalline blueprint is anchored, the immune function is modified in a way that makes AIDS and many other autoimmune viruses cease to be able to destroy the cells. The immune system is then able to do its job, which is to consume and transmute AIDS viruses or other autoimmune viruses.

The immune system of a crystalline form is effective enough to make disease, even the ordinary flu or cold, an experience of the past. As a result, ascending humans can use symptoms such as flu or colds to understand that they are overly polluted and that they need more and more detoxification practices to transcend. (On the other hand, the absence of these symptoms is a sign of strengthening of our system in general). The energetic field of a person is thus more or less "beaten up". Such experiences are karmic, and as karma is transcended the patterning will pass. Flush out the karma and recover the performance, and you can rebuild the system to get out of this kind of decline. The disease, if it manifests itself, is a sign of surfacing of some level of imbalance in one's ascension. Correct the imbalance and the karmic cause behind it, and the illness can be suppressed.

We are faced with a machinery that pumps the energy grid out of the form into the devices used by the Anunnaki¹ for a long time now to vampirize the Chi, the Life Force of the Human. This seems to be a major source of most of the diseases and frustrations in this world, and therefore when karma is released, the machinery dismantled, the grid is recovered and we regain our fullness.

During this transformation, there is more fluid circulating through the system because of the increase in the number of carrier cells needed to facilitate the regeneration and detoxification of a crystalline system, hence a more suitable heart.

Sometimes ascendants find that they apparently have "high blood pressure". A crystalline structure has a higher blood pressure because there are more ventricles that pump blood and more fluid to pump, so you do not have to worry about these things. If our health professionals understood what was going on, they would certainly be less concerned by symptoms of this kind they observe in some people.

Procreation, for instance, should not require menstruations in women. Menstrual periods are a loss of nutrients and fluids that is not necessary for a crystalline structure. Procreation was once caused through conscious intent. Changes in embodied consciousness allow the individual to consciously lock it at will. In so doing, there will be no production of eggs when one is not interested in conception. If one intends to conceive, then the ovules will be produced when needed.

The presence of the death hormone in any meat commands to become vegetarians. When any animal or fish dies, the death hormone is released into any organ, muscle and system through the body form. This hormone infiltrates the muscles and fat that is consumed when eating meat. In addition, there are other serious forms of pollution that contaminate the entire food chain, including the plants and so-called seafood. We just need to become wiser in how we feed ourselves.

The meat addiction is better understood considering the death hormone. This numbs the pain in which most humans exist at 2 strands DNA. It is perhaps for this reason that it has been so difficult for the human species as a whole to give up this requirement to consume flesh, even if all the nutrients necessary for maintaining the body system are prevalent in vegetation in a best quality at this moment in history.

Now, the plan for ascension will allow the progressive transmutation of the death hormone system into a new hormonal system of joy. The hormone of joy is similar to what happens in the form when doing exercises. Doing exercises creates endorphins

¹ In Mesopotamian mythology, the term Anunnaki (Sumerian/Akkadian), Anu (ruler of Nibiru), means Those Who from Heaven came on Earth.

that allow the form to feel anchored, relaxed and "happy". But all this is above all a mental exercise that creates and nourishes the desired thought until it becomes a reality within your being.

The digestive system, in fact the whole body system, goes through several phases of resurrection in the ascension. Enzymes are becoming more and more able to break down the nutrients we consume, especially proteins, soy and beans etc. So we can find through the ascension that allergies simply disappear over time. All food allergies are related to an inability to break down a particular substance in digestion.

So much for a little summary of what happens, among other things, on this conscious path back to the Divine within us. And this is within the reach of all who make it their choice and understanding of Sexuality and Its Function is at the center of it all.

Noble Sexuality & Its Function

God's Law About Sexuality

"YOU must OBEY THE WISDOM OF GOD FOR THE RESPONSIBLE AND BALANCED PROCREATION OF YOUR SPECIES".

The Commitment of Marriage by A MAN and A WOMAN To God is one of the necessary components to also becoming a PARENT for God, which means procreating the species.

"The DIVINE and SACRED act" called "sexual union" was created by GOD for the procreation of the species, that is, its perpetuation. THIS DIVINE UNION to be performed between ONE man and ONE woman specifically, God created it to maintain the balanced level of the species for each given planetary system. Now the "fallen" beings or the adversaries of GODNESS have completely perverted and defiled this once "sacred" and "divine" act which at one time, WAS DONE WITH COMPLETE LOVE and DEVOTION TO THE FATHER within each partner. In this way, sex is now called a "birthright" to be done often, with impunity and with many partners of either sex and without consideration of LOVE or responsible procreation. This ONE abuse of God's creation has nearly destroyed the species!

A quote from Phoenix Journals N° 2 entitled "AND THEY CALL HIS NAME IMMANUEL. I AM SANANDA:

"The act of marriage and procreation must have the highest degree of pure intent and preparation, for upon these bonds and restrictions will rest the preservation of mankind as a species upon the planet. If everything is done and adhered to,

justice and peace will come to all mankind, and life in the human form can be preserved.

"If man continues his selfish and imprudent behavior, he will sound his own death tariff. There reaches a point beyond which a planet cannot support the unbalanced system perpetrated by mankind. And yet, so shall it come to pass that man will not listen and bring destruction upon his own species. It will come about in some two millennium that man will have reached the point of self-destruction. And so is it projected by the prophets and shall it come to pass in its time of fulfillment and in my time of fulfillment".

End quote.

Let's start with God's directive about marriage and Pro-creation between A MAN and A WOMAN. It is very clear THAT THIS DOES NOT SAY that marriage and "sexual intercourse" are OK between a man and a man, or a woman and a woman, or TWO men and ONE woman or THREE women and ONE man, or etc. The Laws of Balance are LOGICAL, meaning they were created specifically to maintain BALANCE within The Creation.

"The sexual act" was specifically designed to be performed by ONE man and ONE woman who had committed THEIR DIVINE LOVE AS ONE in the union of marriage, ordained by GOD. Through this union OF LOVE, the act of sexual intercourse between a husband and his wife for pro-creation was a most sacred and honored responsibility, an extension of their LOVE and COMMITMENT TO GOD in their service as PARENTS of His Children. .

In relation to the Law of Cause and Effect, the EFFECTS of breaking this one directive of GOD are all about our human society today. Overpopulation and spread of deadly venereal and blood-borne diseases, such as Syphilis and AIDS, has turned out to be OUR self-punishment to the point of creating the nearly complete destruction of our human species on Earth.

So let there is NO misunderstanding. The following BEHAVIORS are specifically and undeniably AGAINST OR CONTRARY TO THE LAWS OF GOD AND CREATION:

1. Any Homosexual sexual activity between two men or more is strictly prohibited.
2. Any Homosexual sexual activity between two or more women is strictly prohibited.
3. Any Bi-Sexual sexual activity between two or more men and women is strictly prohibited.

LET'S KEEP IN MIND THAT THIS SPECIFICALLY REFERS TO "SEXUAL" ACTIVITIES, NOT LOVE, INTIMACY, COHABITATION, AND FRIENDSHIP

BETWEEN MEMBERS OF THE SAME SEX. MEANING THAT IT IS THE OBSCENE, LUSTFUL AND IRRESPONSIBLE "SEXUAL ACT" THAT IS SPECIFICALLY AND STRICTLY AGAINST GOD AND LIFE!

4. Any Anal (sodomy) sexual intercourse performed between any persons, male or female, is strictly forbidden.

5. Any sexual activities performed with ANIMALS (Bestiality) by any human being are strictly forbidden.

6. Any sexual activity performed by ones closely related within the same family line (incest). For example: are strictly forbidden brother and sister, father and daughter, uncle and niece, aunt and nephew, cousin and cousin, mother and son, father and granddaughter.

7. Any sexual activity performed by any adult (male or female) upon or with any child is strictly forbidden.

8. Prostitution -- the act of offering oneself, male or female, to another for sexual relations in exchange FOR PAYMENT -- is strictly forbidden.

9. Any Sadistic or Masochistic sexual practices performed by anyone or ones upon self or others are strictly forbidden. Sadistic: "1. A tendency to take delight in being cruel. Masochistic: 1. A condition in which sexual gratification depends largely on undergoing physical pain or humiliation. 2. A tendency to derive pleasure from one's own suffering".

10. Any voyeuristic (one who is sexually gratified by looking at sexual objects or acts) activity or **any participation** in pornographic (sexually explicit and obscene) materials, ie, movies, magazines, books, "artwork" and objects are strictly forbidden.

Let us understand that it is this PREOCCUPATION with behavior of lewd and lascivious physical pleasure that WE must each CHOOSE to avoid and rise above spiritually. Corruption and preoccupation with thoughts, words and sexual actions have become hypnotizingly OBSESSIVE and also terribly degrading to THE SPIRIT OF LIFE OF THE ONE! THIS IS NOT LOVE EVERYTHING BY ANY DEFINITION.

Can we not see this TRUTH before us and within us? Our sexual obsession MUST STOP if we have to go reach beyond our mortal body and into THE KINGDOM OF GOD!

Many of us, in these days, are probably wondering about the act of masturbation: "Stimulation of sexual organs by oneself". Masturbation is a sexual act of self-pleasure on SELF AND it is also what most couples do when they have "sex" together and call it "making love". The only difference is that it is about the

"sharing" of MUTUAL Masturbation with the partner. Mutual Masturbation IS NOT THE DIVINE SEXUAL UNION FOR CELEBRATING PROCREATION. When one is an "adult" and does not wish to have children, the seeking of sexual pleasure by self or with others is a transgression on SELF simply BECAUSE WE ARE DENYING AND LIMITING OUR SPIRITUAL CREATIVE POTENTIAL WITHIN US.

Sexual desire, in this time of extreme sexual preoccupation on Earth, begins for many youngsters at puberty. Many will have sexual release or dreams while they sleep. With the CAREFUL and LOVING guidance of the parents well before and during this time, the child will not be frightened by the changes in his/her body and will most likely occasionally indulge in masturbation for either curious exploration or the relief of the physical body. Moderate or occasional masturbation done in intimacy, by the child or the adult, is not harmful to or AGAINST life UNTIL it becomes an obsessive preoccupation. Masturbation can also be a means of self-punishment and this is the most harmful to GOD'S SPIRIT WITHIN US.

Parents should be aware that this can also be very harmful to a child if through his/her "training" he/she is taught to fear or despise his/her genitals or be made to feel guilty about self-exploration or masturbation. He must learn more about his personal responsibility and must understand ALL THE LAWS OF GOD including those that govern procreation. But if the child is made to feel fearful, ashamed or guilty about his or her own sexual exploration, one may actually be creating for him/her OBSESSIVE PRE-OCCUPATION with sexuality. If the child is not constantly exposed to the "sexually stimulating" media, he will quickly lose interest after initial self-exploration IF HIS CREATIVE potential is encouraged, nurtured and supported by HIS PARENTS and TEACHERS. Children and adults who are more spiritually aware will not be very interested or will gradually lose interest in sexual exploration of any kind. It is much healthier for the spirit if this process of becoming detached from sexual feelings is natural and BY choice because of true spiritual UNDERSTANDING and awareness.

What ones have labeled "SEXUAL ENERGY/LIBIDO" IS IN REALITY A CORRUPTION OF THE CREATIVE AND NURTURING POTENTIAL OF THE SPIRIT OF GOD WITHIN!

Definition of Libido in the dictionary: "1. Sexual desire or impulse. 2. The instinctual craving or drive behind all human activities". INSTINCTUAL CRAVING OR DRIVE BEHIND ALL HUMAN ACTIVITIES! The downside is that SEX is not the INSTINCTUAL craving or impulse that was created by GOD, THIS was our CREATIVE, nurturing drive TO KNOW and CELEBRATE GOD WITHIN US, TO

CO-CREATE THE EVER-UNFOLDING EXPANSION AND THE ADVENTURE OF LIFE!

The truly loving DIVINE UNION, that of the male/female experiencing their creative potential through the sexual act for PROCREATION, was created to be a UNION OF DIVINE LOVING DEVOTION AND CELEBRATION OF THE GIFTS OF ONENESS SHARED... AND the NEW CREATED LIFE OF GOD. People rarely feel TRUE LOVE, caring friendship, affection and intimacy towards their mates on this planet. Most have simply forgotten about LOVE. You think perhaps you and your mates are one of the "rare" exceptions? Here is a test for you. How long would your marriage and commitment last if today you STOPPED completely sexual activity with one another? Do you truly give of yourself to your mate sexually and otherwise because you wish to please him? To please both of you?

MANKIND THINKS THAT HIS SEXUAL ORGASM IS ECSTASY. THIS PERCEPTION IS A LIMITATION ON THE VERY THING.

We are not our desires or our emotions. We are GOD'S SPIRIT of LIFE, and our Spirit IS the MASTER above our desires and emotions. In our illusion of ignorance and confusion, we have simply chosen TO MAKE our emotions and desires the MASTER above our SPIRIT ... OUR GODNESS!

THIS CORRUPTION OF OUR CREATIVE POTENTIAL HAS BEEN CREATED, CONDITIONED AND MOLDED BY THE ANTI-CHRIST. WE SIMPLY BOUGHT THE LIES AS TRUTH AND HAVE BECOME ADDICTED TO OUR DESIRE FOR "SEX".

The next time you have a "sexual" drive, look around, what have you been watching, reading, or participating in which created that desire? Men, when you see a physically "beautiful" woman, is your **FIRST thought admiration and appreciation of this GIFT of loveliness and do you wonder about the loveliness and beauty of HER SPIRIT?** OR, instead, do you first wonder about the pleasure you would receive if you could have a "sexual union" with her? And the same is true for women who call themselves "liberated" which, usually, first means "sexually" liberated and same "rights" as men to have many "casual" sexual encounters.

This does not mean that GOD expects us to STOP all sexual activity NOW. ONLY if it is OUR choice made with the JOY of TRULY understanding and thus having the freedom of detachment from this "ADDICTION" and no desire to procreate. For most of us, especially adults, "sexual behavior" has now become addictive, so we need to treat it as such.

LET'S RECOGNIZE simply without punishing ourselves with guilt and shame that it is a transgression against the Creative spirit of life within us. For a while let's accept

that we'll have desire because we are "addicted" and many of us understand it as an "extension" of their love.

The Road Toward Noble Sexuality

In our present societies, it is clearly demonstrated that the use we make of sexuality reduces it to a practice of self and/or mutual masturbation for the sole purpose of physical self-pleasure and the relief of the body from sexual pressure or drive.

One of the consequences being an unwanted offspring in most cases or one whose desire is feigned for the worst of reasons. The result speaks for itself.

Now, the primary function of this Life Force/Sexual being to allow the human to rise up joyously and perpetually in Co-creation of the unfoldment of Life with its Creator, there is no doubt that the use that we are making of it is just a mess that brings us nothing but frustration, emotional and physical suffering, illness, early aging and death. And all this against nothing but a short fleeting physical self-satisfaction that we are driven to be seeking desperately again and again and again.

Given that all this "libido" or sexual desire has been made to have a certain control over mankind, in our present state of consciousness, since we have been mistaught, deceived and pushed into this anti-Christ path by the fallen beings, this new knowledge given here certainly allows us to seize the opportunity to awaken and regain control of the situation once again, pulling the rug from under the feet of the Evil forces lurked in the shadows who have constantly deprived us of your life Force which they have been sucking for too long for their ego profit.

The control here in point is to learn how to use this libido to our advantage by learning through meditative practices of higher intent, consisting of commanding the Life force to rise along the spine in order to nurture all our communal spiritual abode, namely the physical body and the other energetic bodies that envelop us, the Marakaba. In the process, we will even learn to voluntarily seek/awaken this force, the Kundalini, at the base of our spine to make use of it. With a disciplined and constant exercise, the Kundalini will be permanently activated, finally allowing its Noble Divine Function to settle once and for good in its primal role.

Once this done, we will finally understand the Truth of the statement of the Law of God which says that the sexual union between a man and a woman is sacred and is for the responsible procreation of the species to which we belong.

We often come, in searching for answers to our queries, across several elements that project various perceptions and recommendations of the type: "take control of your

body, of your sexuality"; "Everyone is different and you can have a lot of pleasure and attain powerful orgasms by doing it anywhere and anyhow from the moment you get your gratification" -- i.e anal, vaginal, clitoral orgasms, cunnilingus, etc. These are obviously inspired by the Anti-Christ since no high intent other than the gratification of fleshly/physical pleasure is at the beginning of the act.

In addition, the practice of anal sex is obviously unnatural, and can bring only imbalance and as a result disease. Ditto for cunnilingus (oral masturbation for both men and women). We catch diseases because these so-called intimate parts are not for this kind of practice. The viruses and other pathogens that we ingest or introduce into these body parts come adding complications to the whole of it already prey to various infections. And to crown it all, we have especially on the Web, explanations, advices and recommendations abundantly circulating that do not take into account and certainly ignore the first element in any approach in all areas of the workings of Life: INTENT.

But this INTENT can be stated in alignment with the Laws of Life, of Nature, only through a prior knowledge of the TRUTH about the Ways of Divine Creation.

AND THE INTENT STATED IN THE BEGINNING OF ALL THINGS MUST BE HIGHER ENOUGH SO AS TO BE ABLE TO RAISE US AT THE DESIRED CONSCIOUSNESS. THE HIGHER THE INTENT, THE HIGHER THE ATTAINMENT.

If sexual intercourse in the couple is only mutual masturbation, is it not better doing it alone and with a higher intent for the mastering of our body in a conscious communion with the Divine within us? This allows for preventing so many things that are obvious to all, including unwanted pregnancies, leading to a conscious and responsible control of procreation recommended by the Law of God.

The Truth is that Sexuality is Life, the Creative Principle of all life, and its true function is to allow us, while we are incarnated in a physical body, to maintain an eternal health, extend the life of our body as much as we would wish to, sustain a permanent joy, preserve the youthfulness of the body, etc., and all this in and through Wisdom and Knowledge in a connection that links us more and more powerfully to the God-Source within and without.

In this same vein, homosexuals, lesbians, bisexuals and transsexuals so much despised and who are through the media and politically promoted and becoming more and more invasive in our diseased human societies will find, in the understanding of this path, a definite way out/healing away from all these individual and collective psychological struggling in facing so-called heterosexual society, which is a part of the

problem, and subconscious forces on one side and hidden ones on the other side of which we do not have control, out of ignorance.

Let's take transsexuals as an example. Why would they wish to change sex to begin with, if not on the basis of an inner feeling about the general wrong perception of human society of the opposite sex and the true function of sex? The problem being nested at the level of the subconscious, this physical butchering of the anatomy turns out to be a mess and a sin towards the Divine Self. In other words, we claim to know better than God and Nature.

The same ignorance is revealed in the X classification that some people use, which means that they consider themselves to be in the neutral class, outside of any gender classification. The mind is certainly asexual but a physical being is necessarily sexed. Either female or male, generally on this planet Terra. We can speak of hermaphrodite in rare cases here on earth, but the sex is certainly present. Every creature of time and space is sexed, including animal, plant and mineral kingdoms.

In the end, those for whom this category was created are the transsexuals who, having made this choice, find themselves in exactly this situation. They end up being neither, hence the so-called neutral. Yet, they were women but wanted to become men or vice versa. The issue of the non-acceptance of one's sex is never solved by a consenting criminal surgical intervention, on the contrary the evil or dis-ease digs deeper and ends up consuming the whole being for the enjoyment of the anti-God.

So, all this nonsense is to be thrown away in the trash can of Satanic hogwash destined to a wise and definitive uncreation.

Once again, from the moment we realize that sexual intercourses in our human couples of all kinds are just mutual sexual masturbation and accept the truth about what sex is not, these kinds of unnatural practices will quickly become a thing of the past. These thoughts will stop invading our minds.

Therefore, only the noble INTENT in connection with the Father-Creator within us activates this noble function allowing the ascension of the communal body. And the frequency of the orgasms one may attain continues to increase qualitatively as the exercise becomes regular and is triggered willingly.

Some of the benefits for men is to reach orgasm several times while controlling their ejaculation mentally and with ease. The same holds true for women who over time will be able to put an end to menstruations and control their ovulation. The production of spermatozoa in men is also gradually coming under their conscious control, and many other developments that will manifest themselves over time for everyone intentionally involved in this ascensional path.

In the following pages, you are offered some techniques that you can choose using of to achieve these goals. And the results will be there if there is conviction.

Instructions For The Kundalini-Marakaba Activation Exercise

Protocol One

1-- Put yourself in a lying position (at first, afterwards you can easily move to other positions with ease).

2-- Practice a series of yogic breathing to raise body vibration.

Rhythmic breathing:

Breathe in deeply for 6 seconds; hold for 6 seconds; Breathe out to empty lungs for 6 seconds and hold for 6 seconds.

Continue for about 3 minutes.

3-- Come back to normal breathing and simply observe without interfering.

Then make the following statement:

I invite you my guides and counselors in spirit in service unto the One Light to join me and assist in the process.

Thereafter say this:

I ask that the Creator's Shield of Light be put around me for love, wisdom, protection and support.

Then follows this commandment:

I command all the negative energies and entities to withdraw from my space and cease to exist in the name of Creator Source of Light.

4-- Emit by focusing on the Divine Presence in your heart the intended purpose.

Repeat the next:

My intent, Mighty Divine Presence, is to activate and raise the Kundalini along my spine to nourish and illuminate all my spiritual dwelling (Marakaba) for a permanent connection and fusion with my Divine Self.

Then you declare the following:

My intent is to have Joy, Beauty, Eternal Youth and Immortality guided by and in Divine Wisdom and Truth.

Father, my will is that only Your Will be done in all things and for all things.

5-- Connect to the Divine Source at the center of All Creation and to the Heart of the Earth.

6-- Use masturbation to wake up the Life/Sexual energy and reach orgasm.

7-- At orgasm deeply inhale and block by squeezing the anus as you mentally command the Life force (Kundalini) to ascend from the base of the spine to the heart and continue to the 13th Chakra (that of the Higher Self) located outside the body about 5 cm above the head.

From there the energy is projected to the God-Source and returns to us abundantly in an unceasing flow.

8-- The rise of the sexual life force will cause the heart to beat faster (be fearless the process is normal and the Divine Being is in control)

9-- Repeat the process as much as possible to achieve powerful orgasms that will rebalance and heal the individual Being and beyond the collective Being, Mother Earth.

10-- Send your thoughts to extend your Marakaba to encompass the entire Earth and the Universe.

Meditation Technique

Protocol Two

1. Put yourself in a lying position on your back (at first, after you can easily move to other positions with ease).

2. Practice a series of yogic rhythmic breathing to elevate the vibration of the body.

Breathe deeply for 6 seconds; block for 6 seconds; Exhale expelling air from the lungs for 6 seconds and block for 6 seconds.

Continue for about 3 to 4 minutes.

3. Return to normal breathing and simply observe without interfering.

Then make the following statement:

I invite my guides/angels and counselors in spirit in service unto the One Light to join me and assist in the process.

Thereafter say this:

I ask that the Creator's Shield of Light be put around me for love, protection and support.

Then follows this commandment:

I command all the negative energies and entities to withdraw from my space and cease to exist in the name of the Creator Source of Light.

4. Emit by focusing on the Divine Presence in your heart the desired intent.

Repeat the next:

My intention, Divine Presence, is to activate and raise the Kundalini along my spine to nourish and illuminate all my spiritual dwelling (Marakaba=aura) for a permanent connection and fusion with my Divine Self.

Then make the next statement:

My intention is to have Joy, Beauty, Youth and Immortality guided by and in Divine Wisdom and Truth.

Father, my will is that only Your Will be done in all things and for all things.

5. Stay calm, connect to the Divine Source at the center of All Creation and to the Heart of the Earth.

6. Let your daily earthly thoughts evaporate and let your Divine Presence within your heart take control and instruct you.

The two techniques just described are aimed at the same results except that the first involves intentional sexual stimulation with the help of masturbation to reach a fast orgasmic frequency that will be propagated powerfully throughout the body and beyond, the whole spiritual dwelling, that is to say the MARAKABA.

It allows rapid evolution in the process of controlling ejaculation at orgasm, be it in a male or female human, and exploring your own sexuality autonomously with your Divinity in the intimacy of your bedroom.

To achieve these goals, sexual intercourse in the couple must be set aside by mutual agreement, so that everyone can have greater satisfaction in this type of sexual exploration for self-knowledge which is the way that finally sends us back unto ourselves in the Unconditional Love that we are supposed to fully incarnate before we can reach others with this much-sought and misunderstood Love.

Only then will Love return in human relationships.

The 7 Divine Rays of Life

During some meditation sessions, you can call one by one the 7 Rays of Life for an energetic cleansing of your whole being and living space, according to your needs. This is not necessarily mandatory, but it is necessary to be aware that the Rays of Life exist and work with us whenever we invoke the Divinity in a specific intent. The intent alone suffices to activate help from these rays.

Each Ray is governed by a COHAN, a teacher, who is the master of the integrity of the energy.

An Archangel is responsible for the distribution of the energies of this Ray and angels are in this service under his direction.

What is required at this level is to just visualize more or less the proper color coming down and filling one's entire multidimensional being according to the issue one wishes to address and invoke at the same time the Archangel and the Angels attached to the service of the required energy and express intent as to what one wishes to see manifested.

Maintain a while the visualization and imagine the action actually occurring. Then move on to the next Ray.

The Blue Ray is led by Master El Morya and Archangel Michael. It is that of Divine Will, Leadership and Direction.

The Violet Ray is led by Master Violinio Germain and Archangel Tsadkiel. It's that Transmutation, Transcendence, Mediation and Freedom.

The White Ray is led by Master Serapis Bey and Archangel Gabriel. It is that of Purity of Intent, Creativity, and Clarity.

The Ruby Ray is led by Lady Nada and Archangel Uriel. It is that of Inner Peace, Love, and Balance.

The Yellow Ray is led by Master Lanto and Archangel Jophiel. It is that of Wisdom, Contemplation, High Thoughts.

The Pink Ray is led by Master Paul the Venetian and Archangel Camael. It is that of Unconditional Divine Love.

The Green Ray is led by Master Hilarion and Archangel Raphael. It's one of Spiritual Health and Prosperity.

AT THE END OF THE CALLING ON THESE RAYS AND THEIR SERVANTS, REMAIN IN THIS MEDITATIVE STATE SIMPLY KEEPING THE FOCUS IN YOUR HEART.

How to Get Divine Instructions

The following is one of the methods of obtaining instructions from your Inner Divine Being and your Guides/Angels should need be. Everyone can learn and practice this. It only requires complete trust in the process.

If you attest to what you "see" or feel, this increases your trust and helps you evaluate your progress.

Sit in a quiet place where you will not be disturbed.

Imagine a ray of white light emanating from the Creator-Source at the heart of The Creation entering your crown chakra, running through your body and down towards the Earth's core.

Then imagine the ray returning in the same way and completing a circuit.

Order the Light to circulate automatically and as fast as possible.

Request that you see clearly and stay objective.

Clean yourself and the space around you by ordering the evil energies to vacate the place, your energetic space.

Ask your question and see what images or information are sent.

If you are not sure what you are seeing or is happening, do not jump to conclusions.

Ask these questions mentally about a specific situation you need to clarify:

WHAT DO I NEED TO KNOW?

WHAT DOES THAT MEAN ?

HOW CAN IT BE RESOLVED?

In any case, repeat these questions and others possibly again and again until you get clear and unambiguous answers within your Mind.

This is not the only way. YOU can develop your own. This can be just a starting point. See what works for you and determine your own path.

Reprogramming The Subconscious

The technique of Reprogramming the Subconscious Mind is one that makes use of the efficient tool of hypnosis or certainly self-hypnosis to reach the subconscious and reprogramming it in order to move toward enlightened mastery of that part of the Soul which eludes the vast majority of us.

The Subconscious is that much more powerful part of our Communal Body, in relation to our embodied consciousness, that plays in loop recordings of thought-patterns impacting our everyday life in one way or another. These patterns, which in our life often bring about unfortunate events, and happy ones on other occasions, are what we call karma, which is made up of misunderstandings of our past and present lives that have led to feelings-perceptions-thoughts unaligned or unbalanced.

These energies always present in our energetic bodies from life to life continue to attract in our journey certain life lessons until we have grown and understood. This realization ends up rebalancing things and freeing up space for a lot more Divine Light within. But this mode of progression of automatons being corrected by painful experiences of life is slow and burdensome. Hence the relevance of this divine tool that is self-hypnosis that assist in making giant leaps in our incarnational journey.

This, then, is a technique that offers ability to every individual who has come into understanding of what the workings of Life is, to enter into his/her subconscious any recording-program intended for the improvement of the quality of the living.

With the help of positive affirmations, one can choose to work on any aspect of one's personality. Of course, to get there and have a greater impact on the subconscious, one must already have some idea of the intended purpose.

Affirmations are great tools that can help us overcome fear, build trust, develop thoughts of abundance and more. They must always be formulated in present tense and be positive. No negative phrases such as "I am not", "I do not want to do" and others.

The core idea is that the affirmation changes our thoughts and emotions into something more positive, so we feel more confident, happy, secure, and prosperous, no matter what state we are trying to reach.

First we ask ourselves the specific goal we want to achieve in our life?

Maybe we would like to improve our health? Or maybe eventually have more confidence? Lose weight or quit smoking? Connect more easily to your Divine intuition?

Whatever the purpose, know that you alone have the power to make it happen!

So choose a goal that will suit you and ultimately help you become a better person. The person you want to become.

Once you have found your goal, start working on it and do not stop until you achieve it. Practice self-hypnosis and continue with meditation sessions as explained in the previous pages by fueling these same positive thoughts among others in addition to the intentions recommended for the work of intent with God until you have achieved your goal.

Make it a habit to always work with one goal at a time during your self-hypnosis sessions. It's a lot easier in this kind of work to be successful when you focus entirely on one goal.

It is by repeating your positive affirmations several times a day that you will succeed in implanting and sealing the new idea in your subconscious.

The method is as follows:

You write a series of affirmative phrases that relate to your goal.

You learn to memorize them.

Then put yourself in a meditative position with gentle meditative music without words and preferably that soothes your Soul. (Searching on the Net on YouTube). The use of headphones can facilitate the focus.

Take some rhythmic Yogic breaths, as already explained.

Then invite your guides and counselors in spirit who serve God of Light to join you and assist you in the process.

Ask that the Creator's Shield of Light be put around you for love, wisdom, protection and support.

Command all the negative energies and entities to vacate your vibrational space and to cease to exist in the name of the Creator Source of Light.

State, focusing on the Divine Presence in your heart, the desired intent.

For example:

My intention, Mighty Divine Presence, is to be in communion with You as I restore harmony and balance in my spiritual dwelling for an illuminated life journey.

Then connect to the Divine Source, the center of All Creation, and the Heart of Terra-Urantia, Mother Earth.

Stay calm for a while and when your daily earthly thoughts have evaporated leaving you in an altered state closer to the Divine, you begin to recite in a slightly audible voice the affirmations prepared and memorized in a repetitive manner for a period of time of about 7 to 10 minutes.

After that you stop and stay in this communion for a while before thanking your Divine Self and all aides for their assistance.

Gently come back to you and get up.

When you have started this exercise, you must do it at least once or if possible several times a day for 21 days at a minimum without interruption. If there is an oversight during these 21 days, you must start again until it is done exactly as indicated, that is, at least 21 days in a row.

To help you, here are some positive affirmations prepared regarding certain areas of your life.

Positive Affirmations for Manifesting Health

-- I AM JOY, BALANCE AND HARMONY.

-- MY WHOLE COMMUNITY BODY FUNCTIONS IN A PERFECTION OF ETERNAL COSMIC YOUTH.

-- HARMONIOUSLY DIVINE ARE THE FORM, HEIGHT AND WEIGHT OF MY BODY.

-- I AM PERFECTLY WHAT I AM ON ALL LEVELS OF MANIFESTATION UP TO THE CREATOR-SOURCE.

Positive Affirmations for Inner Awakening

-- I ALWAYS KNOW WHICH ACTIONS TO TAKE TO REACH MY SPIRITUAL GOALS.

-- I AM IN PERFECT CONNECTION WITH MY INNER WISDOM AND I AM ONE WITH THE DIVINE.

-- I AM ALWAYS SECURED AND PROTECTED BY THE DIVINE.

-- I AM FREE TO BE WHO I AM

Positive Affirmations to Manifest Abundance

-- I DESERVE TO HAVE EVERYTHING I DESIRE AND I CREATE WHAT I WANT WITH EASE.

-- I EXPECT ONLY THE BEST AND ALWAYS GET IT.

-- I EASILY ATTRACT POSITIVE OPPORTUNITIES TO MANIFEST MATERIAL PROSPERITY AND ABUNDANCE.

-- MONEY COMES TO ME EASILY, JOYFULLY NATURALLY BY MEANS UNLIMITED.

Sources of inspiration

Excerpts from the Phoenix Journals N° 34 – Phone Home, Extraterrestrial, By Esu Sananda and Germain of the Violet Ray

Link: [Ascending Into a Regenerative Biological System](#)