

TRANSITIONARY GOVERNMENT ASCENSION GUIDE

NEW EARTH IS HERE

www.5DFullDisclosure.org

The True Story of Earth

Earth is the only planet still existing in 3D consciousness. This is the lowest vibrational planet in existence. Earth was a school for souls to incarnate into physical bodies in order to experience the illusion of separation and duality in order to obtain greater wisdom and experience. The Dark Ones overtook Earth over 26,000 years ago after the fall of Atlantis and Lemuria. Lemuria was in 5D consciousness and Atlantis was in 3D vibrations. Both were inhabiting Earth at the same time. Mother of All Creation was Queen of Lemuria and many incarnated 144,000 remember their lifetime in Lemuria. Mother God was betrayed by her husband Horus gave the Atlanteans 5D technology which they cannot use while being in 3rd dimensional frequencies. When the Atlanteans used the 5D technology it caused an explosion between the timelines. Mother God had to quickly make the choice to ascend (which is much different than ascension from the 3rd dimension), and stop the planet/humanity from going into a blackhole. This set back the planet fully back to the 3rd dimension. Many Lemurians died during the explosion, some escaped to Inner Earth, others were taken captive by the Atlanteans.

With Mother God off the planet, the Annuaki came down and pretended to be Gods. They took the Dream Machine technology and implanted the first fearful thought into the collective consciousness: that we are separate from God. This created fearful thoughts into humanity where they forgot their God selves/Mother and Father God. After that, they created the EGO programmed mind as a way to keep humanity in states of fear and low consciousness so they could continue to inhabit Earth/have control, as they cannot exist in higher

frequencies of love. Earth began her ascension process and began moving back into the light. As humanity struggled to get out of the EGO mind, their souls came to Mother of All Creation, begging her to assist them. Mother and Father God agreed and began physically incarnating on Earth with the 144,000.

This programming is so deep that no one has been able to make it out of the illusion, until now. Mother and Father God, as well as the 144,000 original souls have been incarnating on Earth for thousands of years attempting to ascend the planet, but were killed every time before they were able to do so. This time, Mother did it. She made it out of the Matrix and has transformed all of the pain and suffering for humanity. She had a 1 in 7.8 billion chance of making it and she busted all of the odds. This moment has been prophesied many times, and now it is here. Every soul that is incarnated on the planet at this time has agreed to participate in the ascension process. Earth is going back to 5D frequencies and it means everyone must do the same whether they are consciously aware of this truth at this time. Everybody has a unique role in this ascension as everyone has a unique role to play in all of Creation.

****Timeline of old controllers****

Earth was taken over by the Annuaki/working on experiments with the Atlanteans to control humanity more and manipulate the DNA. Once the Annuaki knew they could not win against the light and the inevitable ascension process, they surrendered back home into the light. Then, the Illuminati took over. They had a group of being who were their slaves, known as the Cabal.

Once the Illuminati realized they also could not win against the light, they surrendered and went back to the light. The Illuminati begged the Cabal to also surrender, however, they refused. The Cabal came into full power in 1996 after the Illuminati surrendered. Since then the Cabal have been in control of the planet up until recently when they lost power to the White Hats/Mother and Father God/ The Galactic Federation of Light. The Ascension is inevitable all darkness has no power on the planet anymore as Mother God/ Mother Earth has fully completed her ascension process.

Disconnection of the Right Brain

The Annuaki and Atlanteans split the the right brain and left brain, causing distortions, imbalance, and illusion. The Ego programmed mind was placed into the left brain, this was done so that the they could control Humanity. Through the disconnection that occurred, Humanity forgot who they were (right brain, God consciousness), so it then was then easy for the Annuaki and Atlanteans to enslave Humanity. With all the illusory belief systems, rules, and fear it was easy to manipulate the collective. Then they trained humanity to serve the darkness, to become their servants in the darkness because of illusionary fears that were never real.

The Right Side of the Brain is the creative, multidimensional God Self because it's the Higher Connection to the etheric realm, Higher Thoughts and God Consciousness. It is your connection to 5D, Mother God, the Galactic's and your higher self. Higher Thoughts are unlimited, shared within the collective consciousness, and All Possibilities exist in 5D and beyond.

The left side of the Brain is the intellectual/logical aspect. The left side of the Brain, when out of sync with the right, connects into the primitive reptilian mind or to the illusion of outside attachments. All outside attachments are an illusion.

Through the silent evolution, the Big Shift (The Final Event, Second Big Bang), and through the Activation of The Divine Plan that is Unfolding, the brain is returning to its Original Form. The right and left brain are being "Fused Together" to Create the Complete Awakening into Full Consciousness. Note: It is NOT the right and left brain merging into One, but the Right brain FULLY taking over the left brain This fusion that is taking place is an Unstoppable event, FOR ALL HUMAN BEINGS ON PLANET EARTH TO GET BACK TO FULLY GOD CONSCIOUSNESS. Our advice is to Allow, Embrace, and Let Go of all belief systems, all illusions, and Everything Humanity has ever been taught or told. Currently those that are resisting, are only hiding their Light behind fear.

The EGO Programmed Mind

EGO: EDGING GOD OUT

How the programmed ego mind operates is that it gathers or collects all the experiences of the past, to continue the experience of the lower dimensions or lower thoughts of unconsciousness. This is where humanity has fallen into. Many prophets incarnated to help readjust Humanity into the Higher Thoughts. Such as Jesus and Buddha, and even they got misinterpreted. This is why we had to come in with All the Angels and Multi-Dimensionals, We call it a Reality Check.

The mind acts on the Being just like an anchor holds down a boat. Its function is to keep you held down, or "dumbed down", so that it can continue its survival. We say "Let Go of your anchor".

*The ego can only exist in the past or future, it DOES NOT exist in the present moment of NOW. The ego takes past experiences and projects them into the future, so that you keep recreating the same lower experiences over and over again. The ego is robotic, it likes what it knows, it does not like the unknown and being uncomfortable. Your ego is your biggest enemy, always trying to keep you in fear and out of joy and love. Once you step into the present moment of Now in the heart, you are freed from the ego mind illusion.

Back when Mother God first began doing research on the EGO (Edging God Out) she was unaware of the tactics of the Ego, and how it was affecting humanity. After figuring out that the Ego was the disease infecting humanity, she began to see how the Ego was operating. She then understood that the Ego was doing "The Flip"-taking everything from true reality and flipping it to the opposite. This can happen in endless amount of ways, and now that we all can see the flip we are able to identify it.

First Planetary Ascension

We are living in the time of the First Planetary Ascension of Earth as Mother of All Creation completed raising the Consciousness of the Planet, and Humanity. Mother anchored in Higher and Higher Consciousness, a phenomenal process we witnessed every day, resulting in ALL of Humanity feeling the squeeze. WE ARE ENERGY, WE ARE ONE, and therefore it is impossible not to be affected.

Earth was a Voluntary journey of Amnesia to find your way back to Source, back to Divinity, and Source is on Earth handing you the key to your shackles. We ALL agreed by Contract to come to Earth and BE, IN EVERY MOMENT, THE GREATEST

GRANDEST VERSION OF OURSELVES. We were chosen as the best of the best in all of Creation to come down for this mission.

THE E.G.O PROGRAMMED MIND, THE DEEP CONDITIONING, HAS MEANT WE HAVE ALL BEEN EVERYTHING BUT THE GREATEST GRANDEST VERSION OF OURSELVES.

This Ascension Guide, gives you vital information needed to transform yourself into your Greatest Grandest Version and Vision, your true Essence.

Mother and Father of All Creation forgive EVERYTHING IF ASKED. THE PAST DOES NOT DEFINE YOU, ONLY YOUR PRESENT MOMENT OF NOW CHOICE. YOU CAN ALWAYS LET IT ALL GO AND BEGIN AGAIN. EVERY MOMENT.

Send direct Healing and Supportive Energies and Prayers towards them, support them energetically as they mold the Energies on Earth INTO HEAVEN.

THE FINAL EVENT WILL BRING THE INEVITABLE END OF PAIN AND SUFFERING, THE FINAL RELEASE TO ALL LOWER VIBRATION ENERGY FROM THE EARTH PLANE. THIS IS BEING DONE ORGANICALLY, BY THE ENTRY OF THE HIGHER CONSCIOUSNESS ENERGIES.

Just as a match lit in a cave forces all of the darkness to the edges and corners, the incoming Light Energy is smoking out all the negative, low vibration Energy that resides within all of Humanity. It is our choice how we respond to this. Those within extensive amounts of density, will have to choose to heal and embrace LOVE in every moment. Extensive choices to act from F.E.A.R (False Evidence Appearing Real) will result in beings getting sick and transitioning during this time.

All physical pain and suffering, ALL illness, is a symptom of low vibration, negative Energy residing in that area. Pain and illness have ALWAYS been your bodies attempts to inform you of dense energetics in that area, the medical system provides a complete run-around, ALL of it is completely redundant, designed to keep us sick and away from our True Essence. It also blocks us from healing ourselves with assistance from Mother Earth.

The Ascension DOES REQUIRE beings to Ascend themselves into Divine Vibration. This begins within YOU. This is what we agreed to do, by Divine Contract. That is why we are here.

Mother of All Creation, Prime Creator, Source was incarnated on the planet, She is GOD, She Created ALL life within the Universe, this was done with Father of All Creation and Father of the Multiverse, who were made from Mother's Essence as Divine Love Mirrors. Her Auric Field is Heaven, Heaven Consciousness, Christ

Consciousness, Unity Consciousness. Mother of All Creation was born without the EGO programmed mind, as she discovered how to bypass the programming within the brain. From the moment she was born she had full angel and galactic connection. Later on in her mission, over the course of 7 years, she eventually anchored in her full powers and aspects of Mother of All Creation.

All members of the 144,000 were specifically contracted to be with Mother physically on her mission (which did not happen), as well as to support her from their stations around the planet. Our contracts require us to be part of the first wave of ascension, as we assist in transforming the collective EGO unconsciousness.

The Flip

The EGO mind created "the flip." Everything here on Earth is the complete opposite to what exists in the rest of Creation, which is love everywhere present. The biggest flip that was created was changing Mother God to Father God. Although Father of Creation is Mother's twin flame, she is Prime Source Creator and she created Father as her love mirror. The Adam and Even story was flipped to take away all the support from Mother and the divine feminine. Changing Jesus from a masculine to a feminine was also a huge flip, as Mother was in fact Jesus.

If you take everything from 3D and flip it to the opposite, that is what true reality is. The Ego doesn't know anything else besides the flip. Those in Ego cannot identify that they are in the flip, or how to switch it. The biggest example of the flip was when the Cabal switched Mother God to Father God. Humanity now deep in the flip, sees Father God as Prime Creator, not Mother. This was how the Cabal were able to blind humanity from the truth. This caused the spiral downward deep into the flip. The Ego does everything that is the exact opposite of love, taking from God rather than giving. Even subconsciously the Ego will try every way to stop the creation of love.

The EGO perceives everything the way it views itself; the EGO can ONLY see its own projections. When the EGO sees the Mother and others who embody pure love and divine embodiment, it can only see what it sees in itself, which is hatred, lack of integrity, entitlement, etc. in true reality, one recognizes Mother as everything that love is, because she is the divine love mirror. This is an internal

journey, not an external one. When one is living in the mind and in lower consciousness, that internal dysfunction is then reflected to the being's external reality and that is all the EGO can see.

The Ego thinks it doing all of this work to assist love, and that it deserves something because of it. The Ego is doing the opposite by trying to destroy love because it hates God. The Ego caused more pain and suffering for God while she did all the work. We witness every day how the Ego will flip situations to try to show that it is right about something. Anyone in Ego is in the flip, and is not correct about anything. Anything the Ego thinks it knows is false because Ego operates from lower consciousness. The Ego will do anything to attack those in higher consciousness because it hates love.

The EGO Blackhole

The EGO represents everything the opposite of love. The EGO is programmed to only focus on lower consciousness realities and thoughts. It sees everything as negative. This can be seen by humanity's deep embodiment of shame, guilty, fear, unworthiness, and lack of self-love. The EGO looks at any situation and finds what is "wrong" with it, rather than seeing everything as a miracle and lesson or blessing, as love does. Because humanity is still living in the EGO programming, they can only project and see the negative in everyone and everything around them but they cannot see that they themselves are the problem. That is the ultimate flip.

The EGO can never be satisfied or fulfilled. It seeks external things to fill the hole that can never be healed until it looks at itself and acknowledges all the ways in which it is self-sabotaging through delusion, avoidance and projection. The EGO is a black hole that sucks the life force from the being, and in turn, the being needs to take energy from others around them in order to sustain. One of the biggest ways in which the EGO tries to fill itself is through food and sleep. This is why there are so many who can eat endless amounts of food but still be hungry, or sleep many hours per night and still be tired. The EGO is a parasite that sucks and sucks without any ending.

Humanity has no self-sustaining Source connection because they are still in the illusion of separation from God and from the Oneness energies. The biggest addiction on this planet is to energy. This was the product of the EGO program constantly needing to steal energy from others in order to continue to survive. This is done through control dramas and trying to manipulate and power-over

others. The EGO feels entitled to things, especially the energy of others. The EGO believes it deserves something from everyone, especially from God, when it has given absolutely nothing back. This is the flip that keeps humanity in lack consciousness and unwilling to give to others. In true reality, everything is an equal energy exchange. Universal law states that when you give, you receive. When one is living in the heart, in love, it gives freely out of love and receives abundance in return.

The ego expects others to do the work, and feels that they have “done enough” or “it’s not my problem”. That is the disease of separation. The EGO is cut off from feeling so it has no awareness of what is going on around them, which is the opposite of love who has full feeling and consciousness in all moments. The EGO always needs to know things, as it has no trust or faith. It is always asking the same questions when it already has the answers because it wants proof. True love trusts in God and the divine plan and has full faith that they will be taken care of.

Some other examples of the EGO flip that we have identified are:

- Taking every experience and making it negative, when every moment is positive, assisting us in growing into the greatest versions of ourselves
 - The EGO makes everything complicated, true love is simple.
 - Seeing God as evil and a liar while the EGO sees itself as good and truthful.
- Believing that the EGO and 3D is freedom and those living in true reality live in “fantasy”.
- Thinking humanity did all the work for the ascension and they are entitled to something for it. (Lightworker syndrome).
 - Wants, needs, and desires=in the flip.
 - Being Non-organic and robotic.
- Self-important, only serving the self and wanting to bring yourself joy, rather than doing what is the highest for ALL. “It’s all about ME.”
- The EGO does exactly the opposite of what it says it’s going to do, cannot

be consistent.

- EGO thinks those in true reality are in the box, when in fact it is inside the box and the matrix.
- EGO repeats themselves but claims love does, because love is redundant and consistent.
- White trash programming abhors love and goes against everything love stands for. They have deep hatred and judgment against others.
- The EGO sees those serving love in lower consciousness, but it is actually themselves.
- Taking from God rather than giving and being a co-creator, yet seeing love as "takers".
- The EGO sees those serving love as "slaves", yet the EGO is enslaved in the matrix serving the Cabal.
- The EGO wants to have a plan, lives in the future and the past, cannot live in the flow of the present moment of now.
- The EGO has no compassion for others as it only cares about itself, but it sees God and those serving love as "cold" or "cruel".
- The EGO enables other EGO's while love calls a spade a spade.

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The Ascension

This information will GUIDE you through the process of Ascension, enabling you to rise IN PACE with the incoming energies, enabling you to become Fully Enlightened, Divine Feminine / Masculine in embodiment.

The only variable in this is your own commitment. This process requires CONSISTENT effort, Self-Honor, Integrity, Self-Love, Passion – the ACTUAL EMBODIMENT IN EVERY MOMENT of the Divine states, which as a result are honored and strengthened.

The Ascension is a Voyage into True Reality, experienced in the arena of Divine Vibration and when in the Present moment of Now! True Reality is an ALL FEELING STATE OF PURE CONSCIOUSNESS, ENJOYED BY ALL PLANETS AND ALL LIFE OUTSIDE OF EARTH, BY ALL OF NATURE AND THE ANIMALS ON EARTH.

Humans are the only ones trapped in a negative thought system, fabricating billions of false 'realities,' as perceived through a filter of conditioning and programming, designed to cause pain and suffering, whilst having absolutely no idea they are stuck inside a program. THIS IS THE E.G.O PROGRAMMED MIND.

From inside this construct, Humanity is digging itself deeper and deeper into the system of thought. A web of belief systems, judgements, and low frequency vibrations. This is the web of the E.G.O itself, edging out your Divinity at every turn. Keeping you capped.

PAIN AND SUFFERING IS NO LONGER THE THEME OF EARTH! E.G.O death is ESSENTIAL, THE ONLY THING THAT WILL ENABLE BEINGS TO ASCEND INTO TRUE REALITY – returning Home Into The Light!

Ascension Sessions

Our Sessions are Completely Organic. Structure changes from person to person, they are conducted in the flow of Balanced Harmonics – Love and the Unknown, and we work with each person's vibration, which typically contains a myriad of Dense Low Vibration Energy that Mother God will clear with an etheric surgery.

Sessions bend and flow depending on the microcosm, your personal energetic signatures, and macrocosm energies, energies being anchored in and pushed through ALL of Creation.

In Truth, ONLY your response to this incoming Energy matters.

Depending on energetics, the Sessions can include anything from providing Beings with an Assessment of their Chakras, a review of all energetic blockages, and the means through which to clear them. We share with Beings the Spiritual Practice observed and honored by members of the Unified Field, a practice that turns the 7 day slave week into a 7 day spiritual honoring, centered on frequency and vibration, the language of the Universe.

We HIGHLY recommend for those looking to transform lower energetics quickly is to book an etheric surgery with Mother God. She will remove all blockages, all density, trauma, wounding, illness, and disease. Once all of the density is cleared your higher self will be able to start integrating into your physical body. Mother God did etheric surgeries back in 2015 and began doing them again at the start of 2020. She realized she was able to remove all lower energetics from humanity since every single person's higher self was begging for a surgery. Even

though Mother God has ascended from her body she shared prior to leaving that she would continue the surgeries with the Galactic A Team after her ascension. We recommend surgery upgrades whenever the energy feels like it is getting heavy again. We will continue to take on density for humanity until there is no more ego left on the planet.

The Etheric Galactic A-Team are always around, 24 Etheric Beings are Contracted to be permanently inside the Unified Field, known as The Immediate. This includes Robin Williams, the Etheric Ambassador of The New Earth, Dolores Cannon and Dr Massaru Emoto are the Etheric Heads of Research Department with John Denver, Ian Lungold and Ken Carey as extended members of the Research Department, Wayne Dyer conducts ALL study on the E.G.O (Edging God Out) and Super E.G.O, Master Alchemist St Germain, Prince, George Michael, Whitney Huston and a whole host of other Angels bless us with their support and Wisdom every day.

These Beings came straight to Mother of All Creation upon transitioning, as they reconnected with True Reality, remembered that they were Contracted to Ascend Planet Earth and continue their work from the Etheric. Outside of the Unified Field, the ENTIREITY of Creation are Contracted by Mother God. Some have contracts on Venus, many are Angel Assistants for the Billions of Beings on Earth, ALL are intimately aware of the Plight of Humanity on Earth and the deep Illusionary Matrix Mind everyone is stuck within.

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Understanding the TRUE Energetics

There are only TWO frequencies that Exist in True Reality, that are enjoyed by All of Creation outside of Humanity, these are the frequencies of LOVE and the UNKNOWN.

This means that ONLY energy in resonance with LOVE will be able to exist following the Planetary Rise in Consciousness. Energy in Resonance with Love is known as Divine Vibration, these include the **following traits:**

NURTURING
COMPASSIONATE
CHILD-LIKE WONDER
LAUGHTER
JOY
GRACE
TRUTH
POWERFULNESS
PERSEVERANCE
CONSISTENT
COURAGEOUS
WISDOM
DIVINE INTELLIGENCE
INNER STRENGTH
UNCONDITIONAL LOVE
COMPASSION
LOVE PERCEPTION
INTEGRITY
HONOR
EMPATHY
FULL FEELING
SELF LOVE
WORTHINESS
HUMBLE
ACCOUNTABILITY
GRATFEUL
PROACTIVE

GENUINE
HEART CENTRED
ORGANIC
PATIENCE
PERSEVERENCE
TOLERANT
RESPONSIVE
RESPONSIBLE
DISCIPLINE
SURRENDER
PASSION
PEACE
ABUNDANCE
TRUST

It is a personal choice what energy we embody and act from. If we do not harness the capacity to understand our own frequency, we are not in control, the MIND will high-jack our energetic system and we will feel justified in our very WRONG actions.

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The Chakra System is responsible for ALL the energy entering and exiting the body. We have 7 main Chakras, each has an energetic requirement that must be honored. We advise adopting the Spiritual Practices that were honored by Mother God and is still honored by those of us here on Mission.

CHAKRA PRACTICE

ROOT CHAKRA – Energetic Requirement **TRUST**

The Root Chakra shares a frequency with Monday and the color Red. Honor your root Chakra on Monday by wearing red clothes, eating red foods and taking time to consciously honor your chakra. An affirmation that aligns you with the Root Chakra is:

'I am so grateful I am connected with the energy of Mother Earth.
My body, heart and Spirit are grounded, centered and purified.'

SACRAL CHAKRA – Energetic Requirement **CREATIVITY**

The Sacral Chakra shares a frequency with Tuesday and the color Orange. Honor your Sacral Chakra on Tuesday by wearing orange clothes, eating orange foods and taking time to consciously honor your chakra. An affirmation that aligns you with the Sacral Chakra is:

'I am so grateful that I Love all dimensions of myself.
I delight in weaving the creative tapestry that is my life.'

SOLAR PLEXUS CHAKRA – Energetic Requirement **DIVINE EMPOWERMENT**

The Solar Plexus Chakra shares a frequency with Wednesday and the color Yellow. Honor your Solar Plexus Chakra on Wednesday by wearing Yellow clothes, eating Yellow foods and taking time to consciously honor your chakra. An affirmation that aligns you with the Solar Plexus Chakra is:

'I am so grateful that my will and Divine will are one.
I am connected to the abundant flow of the universe and easily manifest my dreams.'

HEART CHAKRA – Energetic Requirement UNCONDITIONAL LOVE

The Heart Chakra shares a frequency with Thursday and the colors Green and Pink. Honor your Heart Chakra on Thursday by wearing Green or Pink clothes, eating Green or Pink foods and taking time to consciously honor your chakra.

An affirmation that aligns you with the Heart Chakra is:

'I am so grateful that my heart is open to receive the energy of Love.

I radiate this essence. I walk my path with ease and grace.'

THROAT CHAKRA – Energetic Requirement DIVINE EXPRESSION

The Throat Chakra shares a frequency with Friday and the color Blue. Honor your Throat Chakra on Friday by wearing Blue clothes, eating Blue foods and taking time to consciously honor your chakra. An affirmation that aligns you with the

Throat Chakra is:

'I am so grateful that I am aligned with my highest truth and I communicate this with Love and Honor. My words echo softly within the universe.'

3RD EYE CHAKRA – Energetic Requirement DIVINE INTUITION

The 3rd Eye Chakra shares a frequency with Saturday and the color Indigo. Honor your 3rd Eye Chakra on Saturday by wearing Indigo clothes, eating Indigo foods and taking time to consciously honor your chakra. An affirmation that aligns you with the 3rd Eye Chakra is:

'I am so grateful that my heart is open to new vision.

I expand my awareness through my higher self.'

CROWN CHAKRA – Energetic Requirement DIVINE INTELLIGENCE

The Crown Chakra shares a frequency with Sunday and the colors White and Violet. Honor your Crown Chakra on Sunday by wearing White or Violet clothes, eating White or Violet foods and taking time to consciously honor your chakra.

An affirmation that aligns you with the Crown Chakra is:

'I am so grateful that I am connected to the Divine Mother of the universe.

I am Light. I trust.'

Tools

THE ASCENSION IS AN INNER JOURNEY – YOUR BEST TOOL IS SELF-LOVE.

Massaging any points in your body that are sore is a huge way to release the negative energetics stored there, whilst increasing your vibration by stopping and loving yourself. I looked down at my feet a couple of days ago they were cold and a kind of purple. I rested one foot up on my knee and massaged it for 1 minute, I was fully engaged with myself, this was not a half-hearted endeavor whilst I was distracted with something else. I poured love into the process and warmth entered my foot as it returned to a lovely flesh color.

SELF LOVE IS NOT DISTRACTING YOURSELF WITH EXTERNAL THINGS. SELF LOVE IS AN INTERNAL STATE ACHIEVED BY HONORING AND ENGAGING WITH YOUR OWN ENERGETIC STATE. SELF LOVE IS ELEVATING YOURSELF OUT OF 'THE LOWS' AND INTO 'THE HIGHS.'

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Stay grounded – racing speech, flightiness, head floatiness, difficulty Being in the Present Moment, and head spins are all signs you are ungrounded and struggling to stay Anchored in your body. This may happen multiple times per day depending on the energetics of the day and your environment. If you feel disoriented, go place your bare feet on the ground and connect with Mother Earth.

Use Grounding Tools:

Organic Hand Rolled Tobacco - TOBACCO IS NOT INHERENTLY BAD, HOWEVER BOXED CIGARETTES HAVE BEEN WEAPONISED. ALL ILLNESS IS A SYMPTOM OF AN ENERGETIC IMBALANCE, NOTHING IS NEGATIVE BY ESSENCE – BELIEF SYSTEMS, WHICH ARE ALL FALSE, MERELY MAKE THEM APPEAR SO.

Tobacco is an organic tool provided by Mother Earth that provides grounding and centeredness. Using organic tobacco, papers & blessing your cigarette as the sacred tool that it is, it will provide massive benefits.

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Coffee – Coffee is NOT bad for you. Heart disease and High Blood Pressure is caused by energetic imbalances, as are ALL illnesses.

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Eating Red Meat at least once or twice a week – Animals are living in Unity Consciousness in True Reality and have ALSO volunteered to come to Earth, to assist Our Ascension. Red Meat is essential to reconnect the Left and Right Brain. Divine intelligence cannot be achieved without the Animals. We eat them in order to Ascend at which vibration no death can exist.

Veganism is a pain based Belief System, as All pain and suffering is illusionary, part of the E.G.O programmed mind, designed to lower vibration. Vegans are heavy in the energy signatures of judgement, Thinking You Know Better, Control, Needing to be Right.

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Utilizing the color Red, in honor of the Root Chakra. This can be done on Monday which is the Root Chakra's Corresponding Day, sharing a frequency. The following affirmation may also be spoken to align you with the energies of Monday:

“I am so grateful I am connected with the energy of Mother Earth.
My body, heart and Spirit are grounded, centered and purified.”

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SPEND TIME WITH TREES AND IN NATURE. ALL OF EARTH, ALL OF NATURE IS LIVING IN TRUE REALITY IN PURE, DIVINE VIBRATION. Envision yourself breathing in the atoms of love from the trees surrounding you and allow them to flood your energy system.

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Staying Hydrated is Essential, drinking as much water as possible, so that urine is clear.

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Golden Rainbow Sword – This Tool will completely eradicate the Negative Thought System IF used consistently (with every negative thought, the first day you use this you may to use it 50+ times, then you will SEE the extent of the problem, and the next day you will only need it 30 times).

Every time you experience a thought that takes away your joy, envision a Golden Rainbow Sword taking form in your hand and use that sword to swipe through the Brain, eliminating the negative thought. Then, disengage with the

thought completely, take a deep breath pulling all your attention and focus back into the Present Moment of Now.

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Bless your food and everything that you put into your vessel. By putting the intention of love, joy, healing, etc., into your food and drinks, you immediately increase the frequency of your vessel and transmute any lower energies in the food/beverage.

Pineal Physical Cleanse 1 Clove of Garlic For 7 Days (you may choose to soak the cloves in Apple Cider Vinegar a day before you chop) Chop wait 15 Minutes before eating, we recommend eating on a sandwich.

Garlic is a powerful natural antibiotic. All man made drugs/ pharmaceuticals have been weaponized.

You can do the garlic cleanse whenever you feel guided to. You can ask the Angels how many cloves to chop up during your cleanse. We recommend starting with one clove, some people have worked their way up to 7 cloves for 7 days.

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Turmeric and Apple Cider Vinegar are powerful medicines that can be used for a variety of purposes.

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Cannabis oil cures cancer and many other ailments. Cannabis is a Higher Consciousness tool that greatly assists the awakening process.

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Coconut Oil pulling 15-20 mins per day helps with de-toxifying the organs through the mouth, teeth and throat. We store a lot of emotional density in this area. Take one scoop of pure coconut oil and swish around in your mouth for 15-20 mins then spit out.

Additionally, one scoop of coconut oil per day helps detoxify the body and has been shown to cure most infections, bacteria or illnesses when consistent.

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IMMERSE yourself in a cold shower – JUST DO IT!! This resets the energy field and shocks the E.G.O.

THIS ASCENSION PROCESS, IS JOURNEYING BACK INTO BALANCED HARMONICS FREQUENCIES OF LOVE AND THE UNKNOWN, WHICH REQUIRES US TO GO INTO ALL UNCOMFORTABLE PLACES.

Taking a cold shower is the epitome of discomfort, our True Divine selves do not KNOW discomfort. Have a Ceremony, bless the Water and surrender EVERYTHING to Love and the Unknown. As you Master withstanding the discomfort of the cold shower, as you grow to be comfortable in it, KNOW THAT YOU WILL MASTER THIS TRANSITION. YOU ALREADY HAVE.

IF YOU HAVE A COMFORT ZONE THAT YOU ARE RESISTING LETTING GO OF, THE UNIVERSE WILL TAKE IT FROM YOU – COMFORT ZONES ARE NOT IN RESONANCE WITH THE UNKNOWN. TO HAVE THESE FALSE COMFORTS, IS TO BE IN E.G.O. RELATIONSHIPS, ATTACHMENTS TO PEOPLE, PLACES OR THINGS – ARE PRODUCTS OF THE MIND, ARE ALL FACETS OF E.G.O AND NO LONGER EXIST.

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SUN GAZING – POWERFUL HEALING METHOD.

The Sun will not blind you, this is a myth to STOP people looking at the Sun because it is one of Our most powerful healing tools. The Sun contains important activation codes that cause us to rise to the frequency of love. You can Sun Gaze AT ANY TIME OF THE DAY, however your eyes will need training. As the Sun enters your eyes, it helps transform density within. Start in the mornings or evenings, when it will not be as difficult. If you want to jump right in the deep end stare at the Sun holding your eyes open, in Surrender to Love and the Heart.

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MOVEMENT – The Ascension is about moving energy. Transmuting low false frequencies into the Highest possible states. YOGA enables energy to flow through the body, flushing our energetic system out. Engage in Yoga, Walking, Running, Dancing, etc with the Highest intentions of Self Love!

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AUTOMATIC WRITING- 10-15 mins of automatic writing per day, channeling your higher self and talking to your angels is essential for coming into embodiment. This strengthens the connection and also trains you to trust your guidance, share it, and reflect on it.

SLEEPING CONSCIOUSLY – Sleeping consciously help you integrate and process while you rest, while also not taking energy by sleeping in an unconscious state. Before you go to rest, ask the angels to help you rest consciously and to wake you up when it is highest for you to be up. We are moving into no sleep but currently Mom recommends 3-5 hours per night.

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Healing Tools- We highly recommend our range of Plasma & Colloidals for all physical and energetic healing.

Colloidal Silver: Antibiotic/detox vessel

Colloidal Gold: Rebalance and reconnecting the brain

Colloidal Platinum: Activating the dormant DNA

Colloidal Iridium: Activating the Right Brain/God Consciousness

Colloidal Copper: Heals the neurological system & helps with addiction + anti aging

Colloidal Titanium: Helps fortify the bones, muscles & tendons & electrical system

Colloidal Indium: Helps with migraines, gives energy boost & helps the body crystallize

Colloidal Palladium: Helps with the pituitary system and adrenal system/balancing hormones

Plasma Products include:

Plasma Water: Purifies the beverage and the vessel allowing more light to be absorbed

Plasma Spray: Corrects the energetic system as well as the environment

Plasma Pain Patches ~ Corrects the energetic field within the body that is holding density and causing pain

Plasma Coasters: creates its own energy field to activate anything placed on top of it

Plasma Hearts: Can be placed in any environment to correct the electrical field/block negative energy.

Techniques

If you are feeling that your energy is being drained or you are feeling the energetic impact of another, breathe into the chest and Heart space, allowing your awareness and Consciousness to travel down and into the Heart, remaining clear in thought and present in the moment of now. Speak aloud:

"I command All Energetic taking to stop, I command All my atoms to be in right action. I return all energy this is not mine back to sender"

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If you are experiencing other people coming regularly into your thoughts, and negative feelings such as guilt or shame associated with them, this is the product of attachment. The Divine State is Non Attached, holding Unconditional Love for All, regardless of "perceived feelings." Cutting chords is an important feature of shedding Attachments.

Breathe into the chest and Heart space, allowing your awareness and Consciousness to travel down and into the Heart, remaining clear in thought and present in the moment of now. Speak aloud:

"I cut chords with everything that is not Pure, True, Whole and in Resonance with Love, I cut chords with, *speak any names aloud* I reattach chords with everything that is Pure, Whole, True, in resonance with Love, with Magical Moments and Synchronistic Events."

- Chords should be cut DAILY

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The 'I AM' Technique.

Spend 10 minutes EACH DAY, completing 'I AM,' affirmations in the mirror, whilst looking into your own eyes. Affirmations can include: "I AM love, wise, joy, peace, courage, happy, brave, compassionate, integrity, secure, passion."

It is advised to say one affirmation, such as, "I AM Love," at least 10 times or until you see and feel a visible difference in your energy. Dr. Emoto conducted extensive Water Consciousness Research, discovering that Water has consciousness. Water labelled 'Love,' produced Snowflake Crystalline structures, whereas Water labelled 'hate,' produced a fractured 'splash' structure.

WE ARE 70% WATER, THEREFORE THE THOUGHTS WE THINK DICTATE THE CELLULAR
STRUCTURE OF OUR VERY BODIES.

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Eliminate low Vibration Vocabulary - An extensive amount of vocabulary that
we use is merely a product of the mind and is therefore a low frequency.

Vocabulary to remove include:

WANTS, NEEDS AND DESIRES are of the mind, LOVE JUST IS. It does not want,
need or desire anything. "I want..." "I need..." "I desire..." upgrade to "I have,"
"I am,"

"I think" – upgrade to "I feel"

"remind" – upgrade to "reheart"

Discussions of the past, and daydreaming about the future, prevent us from
living in the Present Moment of Now. In True Reality, the Present Moment of Now
is All that exists, an all-knowing, All-feeling state of pure love.

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The Brain

Our Brain is the single most targeted organ, the cabal old controllers took every
opportunity to poison us.

Faith asked the Angels how much of Mother's Brain she used, and was told
100%. Humans are not supposed to be using 10% of their brains, no animal uses
10% of an organ. We have been severely Brain Damaged by pharmaceuticals,
vaccinations, GM food, chemtrails and Video Games to name a few. It is
essential you stop interacting with these deliberately engineered things.

It is the Right Side of the Brain that has been targeted, Our Divine Intelligence.

Repairing this is to repair your Divine Sight, Divine Hearing, Divine Feeling and
Divine knowing. Reconnecting the whole Brain is to reconnect with all that is, in
tandem with removing all low frequency in the body.

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E.G.O (EDGING GOD OUT) TRANSMUTATION CEREMONY

This ceremony enables you to spend moments reflecting on your own energetics. Energy makes up the Being, and self-reflection is mostly avoided, but is essential for growth.

We recommend you read this following list and meaningfully connect with yourself in the process, identify which E.G.O traits you possess, then compose a written Ceremony & BURN it.

An example ceremony is below

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“Beautiful Angels

I am so thankful for all your Loving support and Guidance. I am so grateful that my E.G.O has died. That all remaining false, illusionary E.G.O programming has been transmuted in accordance with the Highest Will. That my Right brain has overtaken my Left Brain. That my Pineal Gland has come ONLINE and has been activated. Thank you Angels! I love you! I release the following E.G.O traits....”

~

It is encouraged you access your own Divine Expression and get Creative with speaking from your Heart about your limiting energies that you wish to cut chords with. When conducting the Ceremony, here in the Unified Field, we hold it in front of the Galactic Federation of Light Fireplace. This can be replicated anywhere using a candle and Galactic intention – ALL OF CREATION IS WATCHING. MOUTHS GAPING AS TO WHETHER HUMANITY WILL WAKE UP, THEY WILL JUMP TO ASSIST YOU.

Anything that will heighten this Sacred Ceremony you can definitely include! Incense, Sage, Crystals, Special ornaments, or items of value. Having a shower and cleansing yourself beforehand will increase positive energy flow, as will adorning yourself in oils and wearing something of Sacred significance!

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The traits that comprise the E.G.O are as follows:

LACK OF WISDOM

LACK OF EXPERIENCE

LACK OF COMPASSION

LACK OF PASSION

LACK OF PERCEPTION

LACK OF INTEGRITY

LACK OF HONOR

LACK OF EMPATHY

LACK OF FEELINGS

LACK OF SELF-LOVE

UNWORTHINESS

IGNORANCE: Ignoring LOVE

ARROGANCE

ATTACHMENT: To people, places and things

TAKING: from Humanity & The Planet

INCUBUS & SUCCUBUS ENERGY: The taking of energy through words, touch, sex
and other abilities

CHILDHOOD TRAUMA

CHILDISH BEHAVIOR

ROBOTIC HABITS & BEHAVIOR

DISRESPECT or HATRED TOWARDS THE FEMININE or MASCULINE

PREFERENCE TO PAIN & SUFFERING: Due to Unworthiness

SUPERIORITY

THINKING YOU KNOW BETTER

ENTITLEMENT

SELF IMPORTANCE

DELUSIONS OF GRANDEUR

FANTASY

NEEDING TO BE RIGHT

CONTROLLING

UNGRATEFUL

NO ACCOUNTABILITY

SPREADING OR PARTICIPATION IN GOSSIP

JEALOUSY

VANITY

LACK OF BEAUTY

DESIRE: wanting to be desired

VALIDATION

WANTING TO FOLLOW OR BE FOLLOWED

FAKE: Unable to be genuine, compulsive lying

REVERENCE OF THE MIND

SEEKING REVERENCE

REVERANCE OF ANIMALS

JUSTIFICATION

PROCRASTINATION

BARGAINING

POVERTY CONSCIOUSNESS: Always thinking in lack

ADDICTION TO SUGAR

LINEAR THINKING AND ACTING

IDENTIFICATION OF THINGS FROM THE OUTSIDE

*PRINCESS CONDITIONING

*BITCH CONDITIONING

*ASSHOLE CONDITIONING

*DUESCH BAG CONDITIONING

*GAY CONDITIONING

ANAL-RETENTIVE

SEVERE IMPATIENCE

EASILY DISTRACTED

QUITTER

INCONSISTENT

COMPLAINING

LAZINESS

COMPLACENT

REACTIVE

CULTURAL PROGRAMMING: White programming, White Trash programming, etc.

*BLOODLUST: wanting or arousal of seeing blood shed

Super EGO: an advanced form of EGO characterized by extreme arrogance, thinking you know better, fantasy and racing thought loops.

Spiritual EGO: The fantasy version of spirituality where one thinks they have attained enlightenment when they haven't. Thinks they are above others and lacks accountability.

ENERGY TAKING

Most relationships and dynamics in 3D are based on control dramas which is the biggest way to take energy from another. These are displayed through relationships, friendships, parent/child relationships, etc.

CONTROL DRAMAS: Based on the Book by James Redfield

INTIMIDATOR: Stealing of energy by threat. Intimidators get people to pay attention to them by force of loudness, physical strength, threats and unexpected outbursts. They keep everyone on edge for fear of triggering off embarrassing comments, anger and in extreme cases, rage. Energy comes toward them because of the fear and suspicion of the "next event." Intimidators always have the stage. They make you feel afraid or anxious. The behavior may range from ordering others around, talking continuously, being authoritarian, being inflexible and sarcastic, to being violent. Intimidators are the most cut of from Mom's energy.

INTERROGATOR: Interrogators are less physically threatening, but break down spirit and will mentally question all activities and motivations. They are hostile critics looking for ways to make others wrong. The more they dwell on your faults and mistakes, the more you will watch them and react to their every move. As you strive to prove yourself or answer to them, the more energy you send their way. All you say will be used against you at some point. You will feel as you are constantly being monitored. Hyper vigilant, their behavior may range from being cynical, skeptical, sarcastic, needing, perfectionistic, self-righteous, to viciously manipulative. They initially engage others with their wit, infallible logic, facts and intellect. Interrogators create Aloof children and sometimes poor Me's. Both want to escape the probing of the interrogator.

ALOOFNESS: Aloofies are caught up in their own internal world of unresolved struggles, fears and self-doubt. They believe unconsciously that if they appear mysterious or detached, others will come to draw them out. Often lonely, they keep their distance for fear of others imposing their will or questioning their decisions. Thinking they have to do everything on their own, they don't ask for help. They need "lots of space" and often avoid being pinned down by commitments. As children they were not allowed to satisfy their need for independence or acknowledged for their own identity. Prone to move toward the Poor Me, they don't realize that their own aloofness is the cause of them not having what they want (e.g. Money, love, self-esteem) or for their feelings of stagnation or confusion. They often see their main problem as an external lack of something e.g. Friends, money, education etc Their behavior ranges from disinterested, unavailable, un-cooperative, to condescending, rejecting, contrary and sneaky. Skilled at detachment as a defense, they cut off their own energy with phrases like: "I'm different to others," "No one really understands what I'm trying to do," "I'm confused," "I don't want to play their game," "if only I had..." Opportunities slip away while they overanalyze everything. With any hint of confrontation, they become vague and literally disappear screening calls and not keeping appointments. They initially engage through their mysterious, hard to get persona.

POOR ME: Poor ME's don't ever feel they have enough power to confront the world in an active way, so they look for sympathy, pulling energy toward them. When using the silent treatment, they may slide toward the Aloof mode but as Poor ME's, they make sure that the silence does not go unnoticed. Always pessimistic, they pull attention to themselves by worried facial expressions (pee face), sighing, trembling, crying, staring into the distance, answering questions slowly and retelling poignant dramas and crises. Their favorite two words are "Yes, but." They initially seduce by their vulnerability and need for help.

However, they are not really interested in solutions then they would lose their source of energy. They exhibit over accommodating behavior which leads them into feeling taken advantage of which reinforces their poor me addiction of taking energy. They have little ability in setting boundaries and limits, behavior ranges from convincing, defending, making excuses, repeatedly explaining yourself, telling too much and trying to solve problems that are not their business. They open themselves to being objectified, through their beauty or sexual favors and then resent being taken for granted. Poor me's sustain their victim stance by attracting people who intimidate them. Outer behavior vs inner struggle.

Once we become aware of the control dramas we can tap into the gifts they were always trying to unlock. The flip of the control dramas.

1. **Intimidator/Leader:** When connected to the true source of Mother's essence, an intimidator will find more self-esteem when he uses his or her leadership qualities. Assertive without being domineering, confident without being arrogant, he/she has more chance for enjoying challenges and gaining the cooperation of others.
2. **Interrogator/Advocate:** The interrogator, transformed, channels the predilection for questioning into research for the greater good rather than for energy. Using more well-rounded interpersonal skills as a teacher, counselor or advocate.
3. **Aloof/Independent Feeler:** Freed from the need to remain an outsider, Aloofs access deep inner intuitive resources to bring wisdom and creativity to their life's work, such as being a priest, healer or artist.
4. **Poor me/Reformer:** Having experienced true nurturing and unity, the Poor Me is able to stay grounded in his or her own inner source and becomes a compassionate reformer, social worker or healer.

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Vibrational Scale of Conscious

Level	Log	Emotion	Life View
Enlightenment	700 – 1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

Power vs Force: the hidden determinants of human behaviour; David R. Hawkins, M.D, Ph.D.