

LESSON 28

DNA ACTIVATION



Recoding Our DNA

As the process of rebuilding your light bodies continues you will slowly begin to notice the effects of becoming fully conscious or multi-dimensional. This state will come about when your 12 strands of DNA have finally been re-fused, reconnected and activated. You will then experience life within the consciousness of multi-dimensionality. In this level of consciousness you could live in the third dimension while retaining your connection and relationships with beings in the higher realms. You will no longer be cut off from other dimensions as you presently are and you will operate from a state of heart centered compassion, (Christ or Cosmic consciousness). This will happen regardless of which dimension you find yourself inhabiting. Eventually we will all learn how to live successfully in a galactic society and ultimately in a universal society. Currently most people are functioning with two active strands of DNA, as represented by an intertwined double helix. Some persons have developed and integrated three or more strands and a large number of new babies presently being born have many strands of active DNA. A simple blood test can verify this fact.

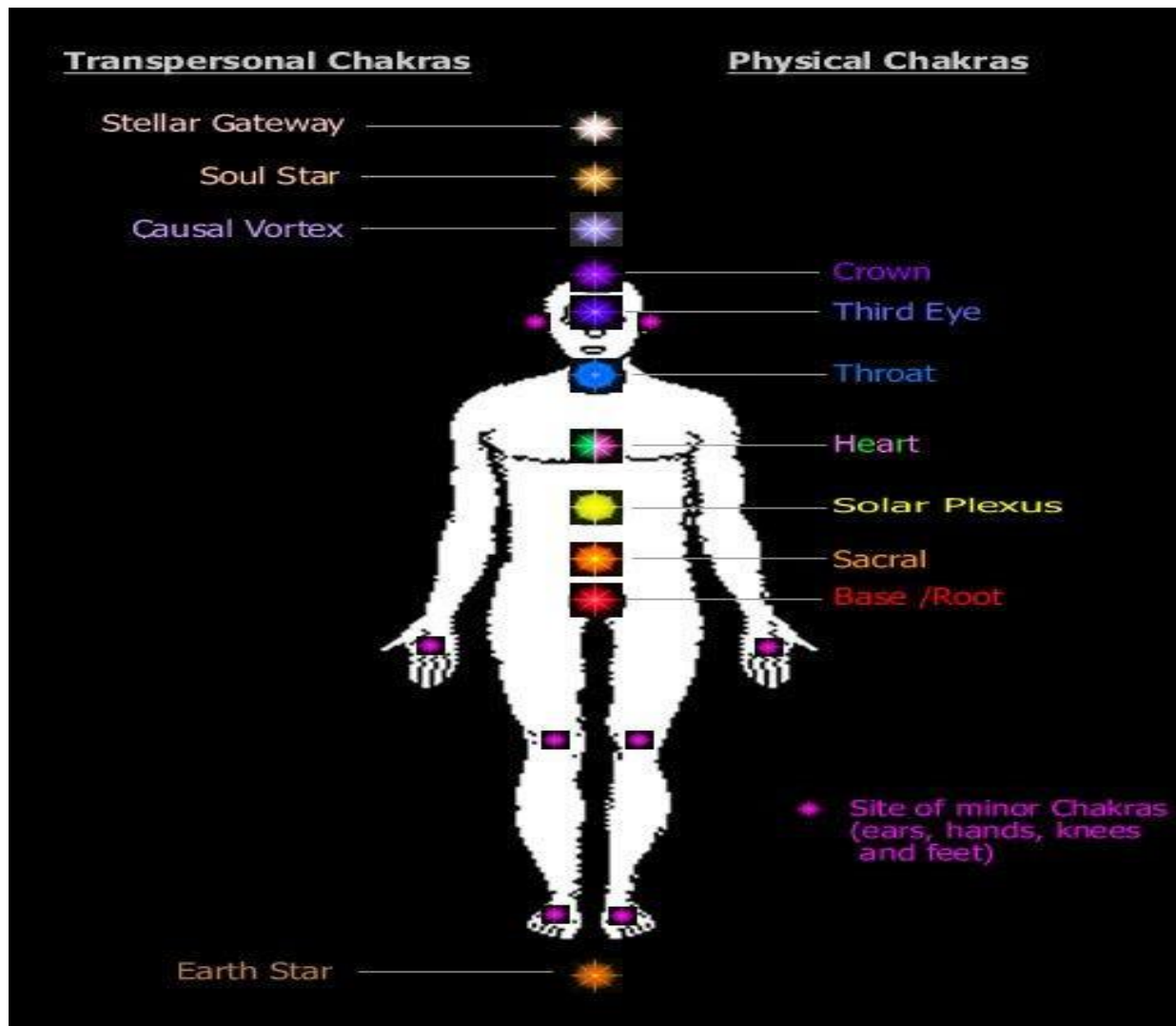
Each of the 12 DNA strands represents one of the twelve aspects of multi-dimensional consciousness. Three DNA strands represent and govern the physical body, another three work with the emotional body another three with the mental body and the remaining three with the spiritual body.

All these aspects are represented in your body as new neural pathways to the brain. They are connected and nourished through the endocrine system of ductless glands. These glands work in tandem with the energy vortexes within your body known as the chakra system. When all your neural pathways are working freely with your chakra system they will provide the conduit to the higher realms, resulting in your direct experience of multi-dimensional consciousness.

Our physical body is also controlled through a vastly complicated neuro-electrical circuitry, with a number of special locations where these circuits converge. Each of these locations is monitored through the central nervous system to the brain. It is these specific locations that are called chakras and each fulfills several functions. As well there are certain endocrine glands associated with the

functioning of each chakra. And since the vibratory field of light also activates color and tone, each of the chakra centers produces its own specific color and sound. There is much written on exactly how many chakras we have. We all know of the basic seven, however there are believed to be 33 or more, for the sake of this work I will discuss the thirteen associated with awakening. I have also included a correlating note for each chakra.

Below Is A Diagram of Chakra System



Earth Star Chakra - Is your grounding point where body energy is transformed into earth energy and the reverse. A good healthy foot chakra will help you to more easily manifest things physically, as it is the transformer of your thought energy into the earth system and is the anchor to the physical plane. The Earth Star Chakra locks the individual's energies into a harmonious relationship with the planet and anchors the body into the time and space coordinates of the planet. The Earth Star Chakra connects us to the Earth's Core as well as the Earth's Electromagnetic Fields.

AFFIRMATION: "I am in harmony with Mother Earth."

Root Chakra - (endocrine gland: the adrenals), links us to the physical world and serves as the foundation to build and evolve our personality. This is the chakra of acceptance, allowing us to feel grounded, stable and secure. When it functions fully we feel present in the here and now and connected to the physical body. To feel rooted try toning the sound of note "C".

AFFIRMATION: "I am accepting of myself."

Sacral Chakra - (the gonads: ovaries/testes) is the center for sexual energy and creativity, balancing the free giving and receiving of feelings and emotions in all your relationships, and your spiritual passion. The Sacral Chakra determines our reactions to both the inner and the outer world. It enables one to find the unique work that gives pleasure and makes life fulfilled. At the higher frequency and vibration the Power Chakra becomes the center of the Life Force energy. Its note is "C" or "D".

AFFIRMATION: "Within my being the divine masculine and divine feminine are balanced and in harmony."

Solar Plexus Chakra - (spleen) is where our honor, integrity and power reside. It is the essence of who you are. The wisdom of the Solar Plexus involves your sense of personal power and knowing, your personality and your sense of belonging. An imbalance might manifest as poor decisions, poor concentration, trouble taking action and getting things done, and an inability to judge a situation accurately.

When it is open you are in control and hold sufficient self-esteem. Its notes are "E" & "Eb".

AFFIRMATION: "I am confident in myself and I am able to make choices with great ease."

Heart Chakra - (thymus) is the center of the system. Known also as the great transformer it generates the ability to love freely without fear or self-consciousness. When it functions fully one is compassionate, friendly and able to work harmoniously within all relationships. The Heart Chakra is the Healer who recognizes the illusion of separation and the reality of wholeness in all Consciousness. The healer is motivated not by passion of the body, but rather by passion of the Spirit. Its tone is "A".

AFFIRMATION: "My heart is free to love completely."

Throat chakra - (thyroid) is where feelings and emotions are transformed into expressions. This chakra center helps you find the balance between silence and speech and assists you to say what you honestly feel. When it is open there are no problems with expressing yourself verbally or artistically. The Throat Chakra is the seat of the Higher Will and is the gateway to the upper Spiritual Chakras. The Higher Will Power Chakra is directly linked to the Soul and is a vehicle of the Soul's expression. Its tone is "E".

AFFIRMATION: "I easily express my desires."

Third Eye - (pineal) between the eyebrows and above the nose, connects you to your spiritual being and invites intuition and awareness into your daily life. This center allows us to experience our sixth sense of intuitive knowing and to fantasize. The Third Eye Chakra is responsible for the merging of the masculine and feminine energies into a unified whole and balances the higher and lower aspects of Self. The Third Eye Chakra is connected to higher wisdom and enables access to the Source of All Knowledge. It is the gateway to Cosmic Consciousness. Its tone is "I".

AFFIRMATION: "I clearly see the truth in all things."

Crown Chakra - (pituitary) connects you to your total being with the awareness that you, the universe and the Great Creator are all one. When it functions freely we are unprejudiced and aware of the world, ourselves and other dimensions. The Crown Chakra transmits energy of enlightenment throughout the Collective Consciousness. This Chakra if open and clear connects to the Gateway or Ascension Chakras: the Golden Crown, the Causal Chakra, the Soul Star Chakra, and also the Stellar Gateway, a vortexing tunnel which transmits energy and information from Cosmic Intelligences and the Divine Source. Its tone is "ohm".

AFFIRMATION: "I and the Father are one."

Golden Crown Chakra - (Ethereic Body) is just above the Crown Chakra center and contains the Akashic Records of the Soul's incarnations. Once cleared and flowing, the memory of the Soul can be accessed through the Golden Crown Chakra. This center enables the individual to achieve advanced out-of-body projection, spiritual perception, and spiritual wisdom. I use the word spiritual here because these abilities and ideas are larger than the self and the earth and is where the ability of remote viewing resides. Its tone is "ee oh eh".

AFFIRMATION: "I see and know the truth of who I am."

Causal Chakra - (Astral Body) this important Vortex lies at the outer edge of the aura and in companionship with the Assemblage Point and the Heart Chakra regulates the flow of energy from the Soul Star Chakra to the body. It is this chakra that all of the Christ abilities lay dormant, waiting to be released and used in the outer and inner worlds. This chakra is known as the Upper Dan Tien. Its tone is "aah eee".

AFFIRMATION: "The Christ in me is now awakened."

Soul Star Chakra - (Mental Body) its name is self-explanatory for it is through this Chakra the Soul braids into the physical body at the time of incarnation, and it is through this Chakra the Soul leaves the physical body at death. As the tenth chakra starts to open up the individual will begin to manifest many of the skills they have learned in all of their previous lives. These individuals will seem to excel

at anything they undertake and any project they are involved with will take off from their influence. Its tone is “eh ee eh”.

AFFIRMATION: “All of life now comes to me with ease, joy and glory.”

Stellar Gateway -This chakra is often depicted as a tunnel of Pure Light or a Portal that connects the Soul to the Divine Source. This chakra begins the ascension process on an energy level within the individual. This chakra contains the energetic connections necessary so the individual can manifest advanced spiritual skills, such as travel beyond the limits of time and space, teleportation, bi-location, telekinesis and instantaneous precipitation of thoughts into matter. Its tone is “oh aah ee”.

AFFIRMATION: “I am aligned with my full God potential.”

The DNA Strands

Each of the following twelve DNA strands represents one of the twelve aspects of multi- dimensional consciousness.

Strand 1: Courage to move ahead and integrate your fears

Strand 2: Ability to focus on something and follow it to completion

Strand 3: Maintaining gender balance between male /female power

Strand 4: Balance between your energy field and the physical body

Strand 5: Living peacefully in a state of acceptance

Strand 6: Strength to stand in one's truth regardless of the outcome

Strand 7: Ability to accept both your dark and light sides

Strand 8: Ability to hold personal boundaries regardless of outcomes

Strand 9: Ability to accept and live within a diverse community

Strand 10: Ability to tune into and listen to one's soul or higher self

Strand 11: Power to envision, create and manifest these visions in 3D

Strand 12: Ability to be accepting, kind and appreciate the value in all things

The Endocrine Glands

Hypothalamus - I translate what I believe

Pineal - I see or envision what I receive

Pituitary – I hear what I receive

Thyroid – I speak what I receive

Thymus – I clear and transmute what I receive

Heart – I feel what I receive

Gonads - I create and manifest what I receive

Adrenals – I hold true to what I receive

The recoding process of each strand must be individually reconnected to each gland and then activated. When each strand is also refused with one of the twelve crown chakra crystals and then energized, the circuit is complete. The DNA upgrade needed to sustain full consciousness and communication with the higher realms will begin to function. These aspects are represented in physicality as new neural pathways to the brain and when the connection is completed your multi-dimensional consciousness will be fully felt and accessed. The light from the Photon Belt entering through your pituitary and pineal glands is primarily driving this recoding process. Also you are being reconnected very slowly otherwise your physical bodies and your nervous systems could burn out and you would not survive intact. Let me add here, when my light body descended into me it truly felt like I would fry, there was so much electrical energy moving through me. You can actively co-operate in this process by trying to reach some understanding about what is happening to you. Your ability to interact with and absorb the new frequencies of light into your physical body, will determine how you progress in this next step of your physical and spiritual evolution. And by carefully observing

your belief systems and your actions, while using emotion and will as the fuel to advance spiritually, you will change and clear many undesirable old thought forms and patterns that no longer serve you. This is all happening in response to the Divine Plan for our universe, initiated by the Creator of All That Is.

LESSON 28: EXERCISES

LIGHTBODY MEDITATION

It is essentially a seated meditation that first focuses on breathing to relax the body and focus the mind. After a few minutes of this, attending to your breathing until you are relaxed and calm, awareness is moved to the soles of the feet. Starting here, visualize white light radiating from them as you feel the vibrant tingling of the life-force. From the feet, this awareness is moved up the ankles, the legs, throughout the body, all the way, eventually, to the crown of the head. Eventually, your whole body is filled with light, radiance, vitality and strength. To complete the meditation, give thanks, and gradually become aware of the physical self-grounded in the here and now.

NADI SUDI – Alternate Nostril Breathing To Calm Nervous System

Prana is the vital life force that animates each living cell in our bodies. The yoga tradition states that when prana flows unimpeded, the body radiates health and the mind remains sound. Conversely when prana is blocked, the result can lead to sickness, disease and depression. Pranayama will aid you in returning balance to the body, clarity to the mind and will help to relieve stress

Take in a deep gentle breath, close your right nostril with your thumb or index finger, pause briefly then exhale slowly through the left nostril. Inhale through the left nostril, close it with your finger, pause for a moment, open your right nostril and then exhale through the right nostril. Inhale right, switch then exhale left. The pattern is to exhale, inhale then switch nostrils. Nadi Sudi calms the nervous system, balances the creative and logical aspects of the mind and is a short and simple breathing technique to use for stress relief.

You can do this exercise for 5 to 10 repetitions

The following activation was taught to me through the Theta Healing course given by Vianna Stibal.

DNA ACTIVATION

Part One: This is the first stage of the activation which entails activating your youth and vitality chromosomes. You may notice your system purging toxins or some sort of healing.

1. Ground and center yourself in your heart and visualize going down into Mother Earth, which is part of all that is.
2. Visualize bringing up energy through your feet, opening up all of your chakras as you go. Go up out of your crown, out to the universe.
3. Go beyond the universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. In silence, make the command: "Creator of All That Is, it is commanded that the activation of the youth and vitality chromosomes of (name) take place on this day. Thank you! It is done. It is done. Show me the master cell in the pineal gland."
5. Observe the virtual DNA strands stack in pairs on top of each other with a telomere cap at the ends. Sometimes this happens so fast that you may have to ask the Creator for a replay later.
6. As soon as you see that the process is finished, rinse yourself off (see yourself step into a light shower) and put yourself back into your space. Go into the Earth, pull Earth energy up through all your chakras to your crown chakra and make an energy break.

Part Two: Activation of the remaining chromosomes. Depending on your health, you may experience cold-like symptoms.

1. Center yourself in your heart and visualize going down into Mother Earth, which is part of all that is.

2. Visualize bringing up energy through your feet, opening each chakra to the crown chakra. In a beautiful ball of light, go out to the universe.
3. Go beyond the universe, past the white lights, past the dark light, past the white light, past the jelly-like substance that is the Laws, into a pearly iridescent white light, into the Seventh Plane of Existence.
4. In silence make the command: "Creator of All That Is, it is commanded that the remaining chromosomes be activated. (This awakens the mitochondria). Thank you! It is done. It is done. It is done. Show me the master cell in the pineal gland."
5. AS soon as you envision the process as finished, rinse yourself off and imagine your energy coming back into your space. Go into the Earth, pull Earth energy up through all of your chakras to the crown chakra and make an energy break.

THE COMPANY THAT YOU KEEP

DNA activation brings you to a higher spiritual vibration. You family and friends may not be on the same vibrational level, and the activation increases your awareness of the negative influences of others. So, if you have a friend or associate who is not for your highest and best good you will easily and gently gravitate away from them. You will also find yourself improving your or moving out of relationships, so activate your spouse!

AFFIRMATION:

"I AM a celestial being of violet fire!!!! I AM a celestial being of infinite purity. My central sun is one with my Divine Lightbody. Divine cosmic energy permeates my cells aligning my frequency to the Divine Cosmic Order. All my cells are aligned to the divine cosmic frequency. I am a celestial being of love and light harmonically in tune to the celestial spheres!"