



section one

PROGRAM OVERVIEW

*There is no mistake you are here.
This is what you incarnated for.
Now is your time.*

Program Vision

- » Bring the Divine Feminine healing energies of Mary Magdalena to Earth
- » Balance masculine and feminine energies to usher in a new era of humanity
- » Create a strong, coherent grid to anchor the energies
- » Train practitioners to embody and be conduits for these frequencies
- » Create a sacred community of practitioners dedicated to each other





Promise of the Magdalena Practitioner Program

- » Awareness of/ability to transform limiting patterns into liberating patterns
- » Become an empty vessel to embody Magdalena healing energies
- » Possibility to be certified to offer Magdalena Energy Sessions to others
- » Special initiation ceremony
- » Sai Maa will determine those who are ready

Your Commitment to the Program

This is a program unlike any other.

- » Impeccability with your time and attendance
- » Attention and full devotion in all you do ~ breathing Mary Magdalena
- » Integrity and commitment to transform mediocrity
- » Daily Sadhana practice, no excuses
- » Commitment to each other, to creating a community



Sacred Commitment in Action

- » Sadhana (20 minutes daily)
- » [Pillar of Light meditation](http://sai-maa.com/pillaroflight) (sai-maa.com/pillaroflight)
- » Be with your Guiding Inquiry



section two

EVERYTHING IS ENERGY

Just because you have taken a physical body does not mean that you are no longer energy, that you are no longer Light. You carry divine consciousness within you.

~ Sai Maa

We are Divinity in Human Form

Incarnating as a human does not mean we are no longer energy, that we are no longer *Light*. We carry divine energy and Light within us in this physical form. This divine energy exists at multiple levels. We can receive and accept guidance from this divine energy, from these higher frequencies (levels) of our existence.

Denser energies may begin to arise within our energy field from our thoughts, emotions and actions—directed by our conscious, subconscious, and/or unconscious minds. We may decide to shift these energies to a higher frequency at any time.

We have the key in our hands. This key is the Light of our essence, the Light of the Divine. Surrendering to the Light within draws our conflicts, chaos, and darkness into the inner Light, bringing all the energies into divine coherence.

Allow Your Sacredness to be Revealed to You

We are multi-dimensional beings living simultaneously across a vast spectrum of energy frequencies. We are energy, and different energetic frequencies can co-exist in the same time and place.

For example, cellular wireless waves and television broadcast waves are energy waves of different frequencies that co-exist in the same time and space, and each can be accessed individually at the same time with a receiver that corresponds to each frequency.

The bands of energy frequencies that comprise human beings can be labeled and illustrated for easy reference. Each band shares common attributes that are employed when describing any person's energy. For example, there is a band of frequencies that corresponds to what we experience as our physical body.

What is most important to know is that we are a continuum of energy; there are no distinct bands with distinct qualities, only a gradual fading from one set of qualities to another.

How we label and define the bands is arbitrary and differs among models. However, each model fulfills its purpose, and none is more accurate than another.

One visual representation of our energetic bands is shown in Illustration 1. The lowest frequency energy band is the physical body. The next band is the energy of the *Higher Self*. In this representation, the *I AM Presence* is the highest frequency band of energy that is distinguishable from Source.

The Higher Self

Our Higher Self is the middle level in the illustration. This is also referred to as the *Christ Self*. The Higher Self vibrates in a range of frequencies higher than that of the human self and lower than that of the *Presence*. The Higher Self serves as a type of “step-down transformer” regulating the energy that flows down and through the *antakarana* and into our subtle and physical anatomies.

Among other things, the frequencies of the Higher Self maintain the vision of our perfection that emanates from the Presence. It is the birthright of every human to manifest this perfection in the physical world. The Higher Self may be called upon by the personality to assist in the manifestation of this perfection.



Note: Although the illustration shows the frequency bands as independent layers stacked one on top of another, this is due to the limitation of a two-dimensional diagram. All bands overlap, existing simultaneously in the same time and space. Although only some of these frequency bands are visible to the human eye, the other frequencies do exist and we can use them to create transformation in the energies of our human selves through the universal laws of energy.

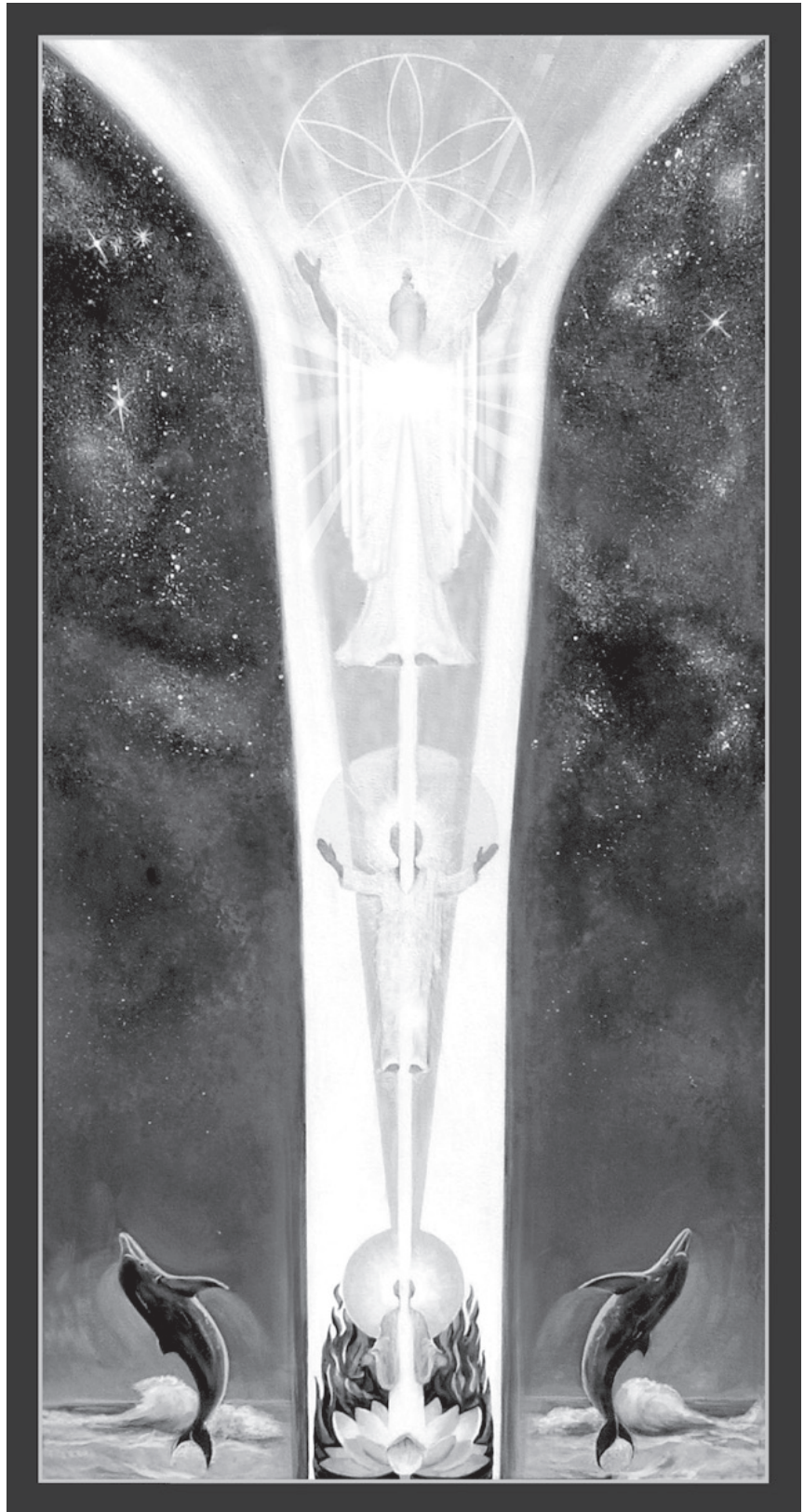


Illustration 1 - I AM Presence

The Presence

The Presence, I AM, or Spirit, is our individualized aspect of the perfection of *Source*. Presence is the perfect manifestation of Light, divine love, joy, wisdom, divine power, and divine intelligence. The Presence is the top illustration in Illustration 1. It represents the highest dimension of our being labeled in this illustration. Presence represents the first projection of individuality from the unity of Source. Thus, Presence holds all the pure qualities of Source in their original perfection. As the Presence is an aspect of who we are, these pure qualities are also the natural state in which we are created.

The Antakarana

The Presence emanates the full spectrum of Light in all directions. As illustrated, this Light is projected from the Presence down through the Higher Self and into our brain before entering the heart center of the physical body through the *antakarana*. This passage allows the physical body to be filled with higher frequency Light, and anchors these energies in the heart center before the Light radiates out to our subtle and physical anatomies.

We are always surrounded by a column of Light that radiates from Source as a constant offering of high-frequency energy and grace. We can consciously call on this Light to raise the frequency of the energy manifesting in our physical and subtle anatomies. The antakarana can be likened to an elevator. We can go from this floor to another floor at any time. This means we can consciously live in multiple dimensions, and move from one dimension to another dimension. There is no separation.

Source

The aspects of our being outlined in Illustration 1 are individuations of the one universal Source from which all creation arises. This Source is pure potentiality before manifestation into form; that is, the formlessness that underlies all form. It is our true essence. It is who we are at our origin before our illusionary separation into human form. This oneness continues even when it manifests as many forms.

The first pure manifestation of Source is *love*. This love is the highest frequency energy in creation; it is a fundamental substance from which all creation is built. The universe comes from love, the universe is sustained by love, and the universe merges in love.

Because love is the first emanation from Source, it is the essential energy that brings us back to the awareness of our oneness with Source.

As humans, we have a physical body and an energy body composed of higher frequency vibrations. The term subtle anatomy refers collectively to our higher frequency energetic structures and the vortices and channels that define and conduct the flow of energy throughout our entire being.

The subtle and physical anatomies are in constant communication with each other. Although many of us are not aware of our subtle energy system, it sets the tone and pattern for our life experiences. Due to the nature of our dualistic language and how we perceive the physical and subtle anatomies, we discuss them separately, but they are one interconnected system of energy.

Our Chakras

In Sanskrit, the word *chakra* means “wheel” or “circle.” Chakras are vortices of energy spiraling within our subtle anatomy. These energy vortices are storerooms of information holding our karma in the form of energetic impressions created by our prior actions. These impressions can be life-enhancing or restrictive and contribute to why we act or react in certain habitual ways. The more Light contained within our chakras, the more this stored information resonates with the Light, and the more our life becomes filled with divine grace and healing.

The chakras are points of connection to many other structures in our energetic body, and the quality of energy in our chakras determines the spread of Light throughout our energetic field.

When the chakras are clear and open, the etheric body receives the life force, or *prana*, essential to a healthy body. When these vortices are restricted, the flow of prana is also restricted. When this occurs, our energy field contracts and weakens. In this distorted state, dis-ease (and eventually disease) can begin to manifest in the physical body.

Human beings have many energy vortices and chakras, but we primarily focus on the seven major chakras that are located in seven areas of the human energy system.

The *first chakra*, or *root chakra*, is in the region around the spine and is associated with the energetic experiences related to fear and survival. The color associated with the first chakra is red. When this chakra is distorted, our experiences tell us we are not safe, we are not whole, there is not enough and other similar beliefs. When in its perfection, the first chakra supports us to walk in the world with trust, a sense of security, and the knowledge that all is well no matter what may appear to be happening around us.

The *second chakra*, or *sacral chakra*, is located in the pelvic region below the navel. The

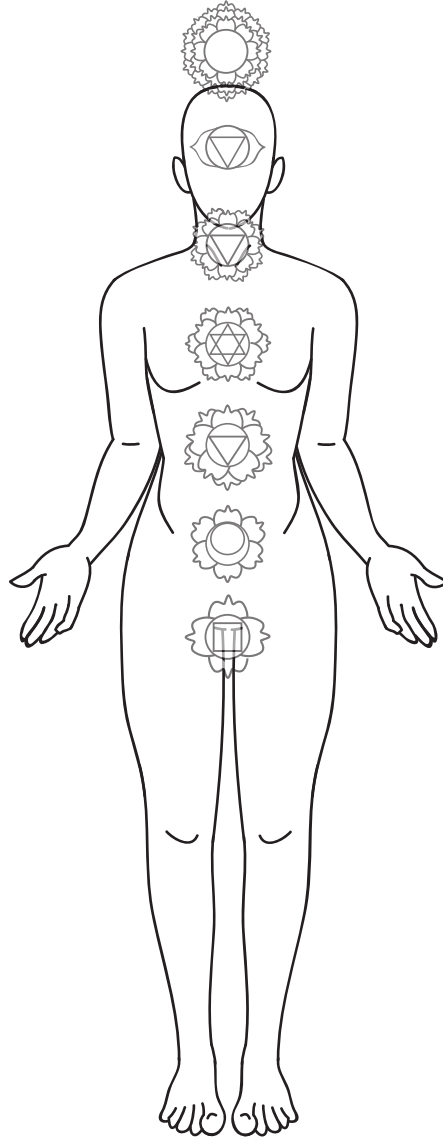


Illustration 2 - Seven Major Chakras



color associated with this chakra is orange. The sacral chakra is the seat of our creative expression, sexuality, and sensuality. As the energy of this chakra becomes greater and more stable, we become stronger and unshakable emotionally. We freely express our creativity. We become the uninhibited creators of our life experience on Earth, and we begin to serve one another from this sacred place.

The *third chakra*, or *solar plexus chakra*, is located in the region around the solar plexus above the navel. It is the seat of our divine power and will and its color is yellow. Due to past actions over many lifetimes, many of us experience fear of our own power. This fear limits our self-expression and confuses our human, ego-based power with divine power, causing suffering for ourselves and others. When this chakra is radiating freely, we move into power that is guided by divine love.

The *fourth chakra*, or *heart chakra*, is located in the center of the chest. The color associated with this chakra is green. The focus of the heart chakra is love—anchoring love within and allowing us to know love, walk as love, and be divine love in action. When distorted and blocked, we are not available to ourselves and others. When the heart chakra is vibrant and strong, we anchor love within ourselves and know ourselves to be divine love in action.

The heart chakra consists of two chambers separated by an energetic membrane. One chamber is *human love*; the other is *divine love*. Human love involves attachments and emotions that commonly arise when we “love” another person or thing including grief, judgment, criticism, jealousy, and possessiveness. This human love changes constantly. Divine love is pure and has no conditions. It just is, and it remains unchanged no matter what happens.

As we learn to transform energy from a lower, contracted state to a higher one, it is necessary to access this divine chamber. The more we love without conditions, the thinner the membrane becomes until at a point the membrane dissolves and divine, unconditional love takes over. This divine love naturally absorbs and dissolves all lower frequencies.

The *fifth chakra*, or *throat chakra*, is located at the region around the throat. The color associated with this chakra is blue. The throat chakra supports our full expression of the love and Divinity that we are. When the throat chakra is clear, we are free to express honestly what we feel, what we experience, and who we truly are.

The *sixth chakra*, *third eye*, or *first eye*, is located between the eyebrows. The color associated with the sixth chakra is indigo. This chakra opens us to our innate wisdom, intuition, and inner seeing. When it is vibrant and strong, the first eye chakra gives us clarity



and reliably informs our knowing of who we are. We become capable of seeing the Divine in all.

The *seventh chakra*, or *crown chakra*, is located in the area around the crown of the head. The color associated with this chakra is violet. It is our connection with Source and the higher aspects of ourselves, and is always open, always perfect. We are always connected to the Divine as we are never disconnected from the Light of Source.

The quality of energy in our chakras is closely linked to our emotional state. If we are angry, upset, or distressed in some way, the energy in our chakras will be similarly turbulent. If we are peaceful and content, accepting life with unconditional light and love, the energy in our chakras will flow in a natural spiral motion.

When we fully embody our Light, our chakras become bright and colorless until the chakras themselves can no longer be distinguished.

There are significant chakras located on the soles of the feet and palms of the hands, corresponding to each joint and organ. When humanity begins to function with a minimum of 14 to 16 open major and minor chakras, much ancient knowledge, wisdom, and enlightenment will be revealed.

Our Subtle Bodies

There are layers of energy, or *subtle bodies*, surrounding and interacting with the physical body. These are often collectively referred to as the *aura*. Each of these layers corresponds to particular frequencies of energy and has certain common characteristics. Moving outward from the physical body, the closest subtle bodies are the etheric body, emotional body, mental body, causal body, and spiritual body.

Everything we experience in the physical body is first experienced in our subtle bodies. The subtle bodies carry the energies of all our thoughts, emotions, feelings, and actions. The subtle bodies are interrelated and interact with one another, acting as both receivers and transmitters of information. The subtle bodies are open channels that allow us to receive high-frequency energy from our higher selves and from Mother Earth.

When the subtle bodies are in their pure state they are full of Light. When we repetitively engage in unhealthy patterns of thoughts, emotions, and actions, then dense energies, cracks, thinned areas, and dark spots begin to appear throughout our subtle bodies. These dense energies ultimately cause the subtle bodies to move out of alignment, diminishing our life force.

Because each subtle body affects all the other subtle bodies, when one is out of alignment it affects the alignment of all the others.

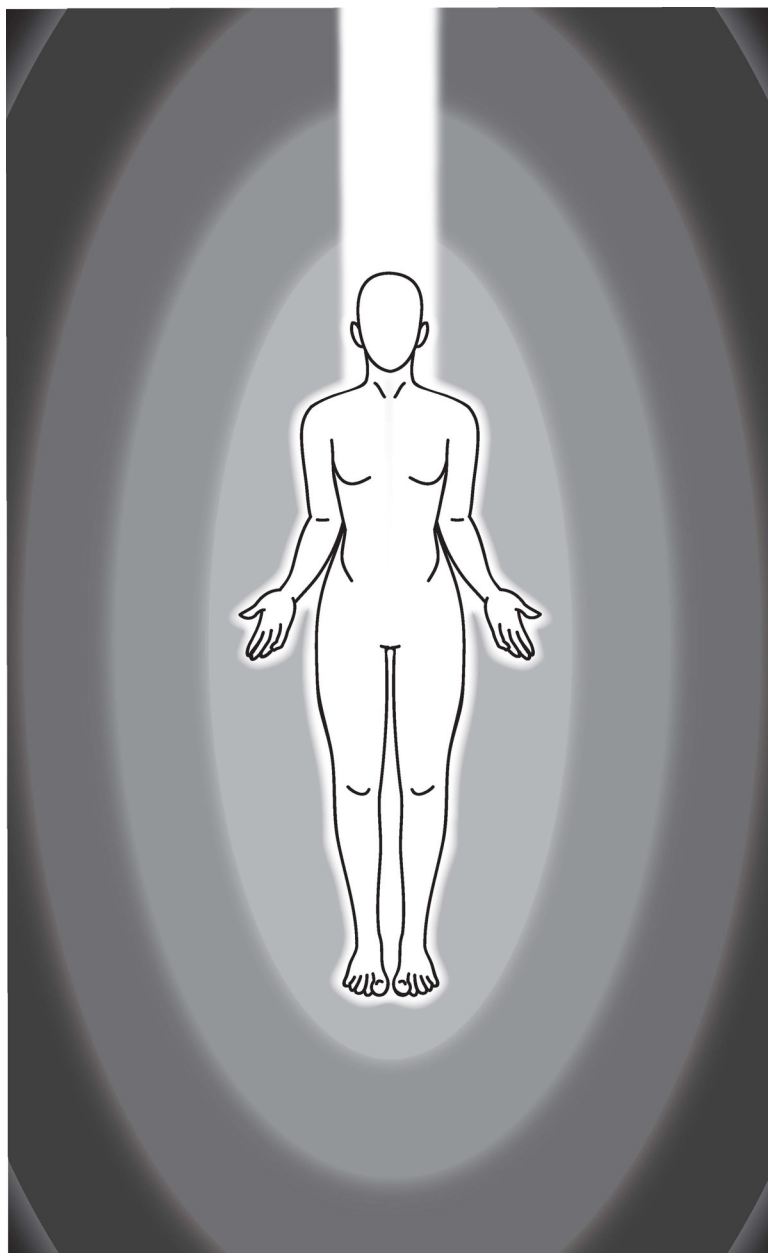


Illustration 3 - Our Subtle Bodies



It is by keeping the subtle bodies clear and aligned that we can maintain balance and harmony. By choosing to remember the purity and perfection of our subtle bodies, we can move into our inherent perfection and live as the masters we truly are.

In Illustration 3, the subtle bodies model includes five distinct bodies, although there are many more that can be identified in the higher frequencies. The higher frequency bodies are always perfect and do not require transformation. As we progress outward from the physical body, each layer becomes more refined, naturally vibrating at higher frequencies.

Within each subtle body there are seven identifiable layers (“sub-bodies”) and each of these layers has seven more identifiable sub-layers (“sub-sub-bodies”). The five major, lower frequency subtle bodies are discussed below:

The *etheric body* can be imagined as an “energetic envelope” that duplicates the outline of our physical body and extends outward from the skin. It is in this body that life force is channeled and distributed throughout our entire being. The etheric body serves as the primary interface between the physical body and the more refined subtle bodies.

The quality of our etheric body depends on our emotional and mental states and reflects the quality of our vitality and life force. The size, thinness, color, brightness and condition (whether there are holes or craters, off-center alignment, density, etc.) of the etheric body are indicators of the condition of the physical body. Therefore, information about the state of our etheric body can provide guidance on necessary changes in our lifestyle relating to food, exercise, self-care, and nurturing that may be required to strengthen and maintain overall energy and vitality.

The next higher frequency body is the *emotional body* which closely reflects our emotional state. All emotions are forms of energy: love, peace, serenity, jealousy, hatred, anger, control, possessiveness, etc. When we hold onto low vibrational energy, this energy stagnates in our being (brain, body, and energy field), and blocks the flow of natural cosmic vitality.

As human beings, we have many “normal” needs including food and water, warmth, to be held, to be loved. When we find ourselves emotionally in a place where these needs are not being fulfilled, we can create beliefs around these unfulfilled needs such as “I am not worthy” and “I am not lovable”. As a result, our emotional body gets thinner and thinner, and can eventually crack.

It is important to take the steps to meet our emotional needs, that we know how to ask for these needs to be met, and that we build the strength within our emotional body so that when we encounter situations where our needs are not met, our emotional body

remains untouched.

Our emotional body becomes clear and radiant when we release patterns of dense emotions that were stuck in this body, allowing pure joy and love to flourish. Any emotions that we do not allow to pass through us completely will leave imprints in our emotional body. In turn, these imprints affect our etheric and physical bodies.

Continuing in ascending frequency, the next subtle body is the *mental body* which carries within it patterns of thought, belief systems, concepts, judgments, etc. When we become attached to a thought, it becomes a belief that leaves an imprint on the mental body.

For optimum health, we must take responsibility for the thoughts that occupy our mind. We are the ones managing our thoughts. Do we choose low-frequency or high-frequency thoughts?

Our mental body affects our emotional body, just as our emotional body affects our mental body. This means our emotions can create thoughts, and our thoughts can create emotions. When our mind is full of darkness, pain, and low-frequency thought forms, the mental body becomes contracted, crooked, and thin.

The mental body becomes clear and radiant when we transform our beliefs and thought patterns that limit us and allow the pure creativity of Source to shine through. When our mind is in oneness, our mental body is full of bright Light, expanded.

Moving outward and upward in frequency, next is the *causal body*. The causal body carries the imprints of the causes and effects of *karma*. Every thought influences our state of being and has cause and effect which is stored in our body.

The energy of the causal body flows interactively into our mental, emotional, etheric, and physical bodies. This is why we say, “We create our destiny at every moment.” For example, the moment we think, “I am tired,” we will instantly feel tired. We will have manifested the result of our thought. Have you noticed how frequently we think a thought and it instantly manifests? This is because we are moving at such an accelerated speed on this planet that everything we think now manifests very fast. It is now even more imperative that if we think a thought we do not wish to manifest, we “cancel” such a thought.

The causal body becomes clear and radiant once we have moved through the lower frequency karma of previous experiences and begin to make choices that reflect the truth of who we are as a being of unconditional love and Light.

The most refined and highest frequency subtle body is the *spiritual body*. Past-life experiences relating to spirituality reside in this body. Like our physical body, the spiritual body cannot be expanded and bright without nourishment. If we do not feed our spiritual body, it becomes thin and dull without life force. We nourish our spiritual body by giving

it “spiritual food” and maintaining awareness of our Divinity in every moment. This awareness is enhanced through daily spiritual practices such as meditation; mantras; japa; reading sacred texts; and prayers or devotion to any spiritual being we feel ourselves drawn toward such as Jesus, Allah, Buddha, Shiva, the ascended masters, or angels. The more we bring Spirit into our life and act from a state of grace emanating unconditional love, the more we nourish our spiritual body.

Alignment of our Subtle Bodies

When we are living a life that nurtures our vitality and raises our frequency, all our subtle bodies come into alignment with each other. The subtle bodies are strong and vital, and the energy flows freely and naturally across all frequencies. When our energies are coherent with Source and the antakarana, our connection to Source is strong, vibrant and free. Living in this state we are vertically aligned to Source, meaning all our subtle bodies are aligned with Source and with each other. To visualize this, imagine an analog clock with its hands at exactly six o'clock.

When we are living a life that is contrary to our essence, this alignment becomes compromised. At first this may be subtle and we may not be aware it has happened. The hands of our clock may move to 6:01 or 5:59 which is only a tiny variation, but over time this misalignment becomes greater and greater. The misalignment affects the integrity of our subtle anatomy and the purity of our energy, and therefore our thoughts, words, action and feelings.

Our alignment can become compromised in many ways. Drugs, both illegal and pharmaceutical, and alcohol change our perception of life and shift our vertical alignment. This shift is immediate and noticeable. Depression, anxiety, all addictions, judgment, grief, criticism, panic, and rage are examples of conditions and behaviors that affect the alignment of our subtle bodies and our alignment with Source. Any reaction or emotion that is not centered in the heart can also bring us out of alignment, off-center.

When our subtle bodies are aligned and we are aligned with Source, we are automatically in a position of strength. When we are off-center, we naturally become more emotional, reactive, and resistant. Everything begins to irritate us, frustrate us, overwhelm us. We may feel angry for no reason, unsatisfied, lost, empty. This indicates we have moved out of vertical alignment with Source and the flow of our life force from Source has become compromised. Whenever this happens, we can move instantly to realign to pure Light and Source using the techniques and principles taught in the Magdalena Practitioner Program. By moving back into alignment, we are once again able to distinguish that



which serves us from that which does not serve us, that which uplifts us from that which diminishes us, and live more fully in alignment with the Light.

Karma & Dharma

Karma and *dharma* are two concepts that influence our experience on Earth as well as our purpose in incarnation. They are energetic patterns that we carry into all our experiences and decisions, and they are an underlying influence in all that we do, and choose to do.

Karma is the energy of action. It is neither good nor bad, positive nor negative. Each action, thought, and emotion creates an energetic pattern that falls in the range from high to low frequency. Taking no action when action is required also creates an energetic pattern. Patterns are held in our energy field and carried from lifetime to lifetime by our soul.

When our actions are based in ego personality rather than Light, they create patterns of darkness, distortion, and fear. To clear the distortions that we create through ego, we usually need to experience the same ego pattern that created the distortion, either in the same life or a subsequent life. Therefore, when we experience this pattern again, we have the opportunity to be aware of this and respond differently, meaning to respond with love and high-frequency energy instead of ego. In this way, we create a new high-frequency pattern.

Dharma refers to our soul's contracted purpose for incarnation. We are part of a much larger whole, and each of us has our unique place—much like the pieces of a jigsaw puzzle. We have a purpose, a role, to be fulfilled within this incarnation that only we can fulfill.

When we are aligned with our dharma, there is a natural ease and flow to our everyday experience. When we are aligned with the divine energy of our Higher Self, we have a clear and strong avenue for expression, whether that is as a beggar, famous artist, statesman, or a housewife; one dharma is not better than another.



*You are going everywhere to get peace.
You go here and there because you
do not know your true value,
your own perfection.*





section three

PURIFYING THE PERSONALITY

*This work is about
creating an expanded capacity
to take life to the next level.*

Definitions

- » Patterns: Energies we consistently feed over time that fuel our thoughts, feelings, and behaviors.
- » Liberating Patterns are love-based, expansive.
- » Limiting Patterns are fear-based, contracting.
- » Judgment: Fear-based labeling in a way that creates duality/separation.
- » Resistance: The refusal to accept what is.



The Patterns Method

Dissolve Limiting Pattern

» Awareness

“I am aware that I have _____ in me.”

» Acceptance

“Yes, I welcome that I have _____ in me.”

Welcome _____ into the heart

Activate Liberating Pattern

» Activate

Take a breath, activate _____ in your heart.

Feel _____ spread throughout system.

» Action

Embody _____.

Declare “I AM _____.” (three times)



Core Patterns Method

This impacts many areas of our lives.

Dissolve Core Limiting Pattern

» Awareness

“I am aware that I have _____ in me.”

» Acceptance

Express gratitude (acceptance) for how the pattern has served you.

“Today, I end my relationship with ___ and I send you back to your source.”

Activate Core Liberating Pattern

» Activate

Take a deep breath, activate _____ in the heart.

Feel _____ spread throughout system.

» Action

Embody _____.

Declare “I AM _____.”



Resistance Signposts

- » Trying to get someone to believe something/agree with you
- » Knowing what you need to do and not doing it
- » Denial
- » Confusion
- » Avoidance
- » Excuses/Reasons/Justification
- » Zoning out/Numbing out
- » Not accepting situations or people the way they are
- » Need for change driven by contraction
- » Defensiveness
- » Being attached to what isn't



Limiting Patterns

- » Embarrassment
- » Denial
- » Delusion
- » Numbness
- » Depression
- » Sadness
- » Addiction
- » Distraction
- » Righteousness
- » Doubt
- » Guilt
- » Regret
- » Control
- » Victim
- » Martyrdom
- » Abandonment
- » Rejection
- » Pleaser

Liberating Patterns

- » Acceptance
- » Gratitude
- » Humility
- » Joy
- » Abundance
- » Service
- » Dignity
- » Worthiness
- » Liberation
- » Focus
- » Authenticity
- » Faith
- » Purity
- » Love
- » Trust
- » Innocence
- » Power
- » Compassion
- » Tolerance
- » Responsibility
- » Patience
- » Empowerment



The Brain

- » The brain likes what it knows
- » Memory is neutral
- » Trauma and shock impact the brain
- » We create habits, behaviors to avoid feeling the pain from the moment of shock
- » *Actions are the key to changing the brain!*

Relationship Tools

- » Take accountability
- » Be vulnerable
- » Explicit expectations
- » Make requests
- » *No vs. yes*
- » *Not for now* instead of *no*
- » Can't say *yes* until we say *no* and vice versa
- » Quality of listening
- » Selflessness
- » Gratitude

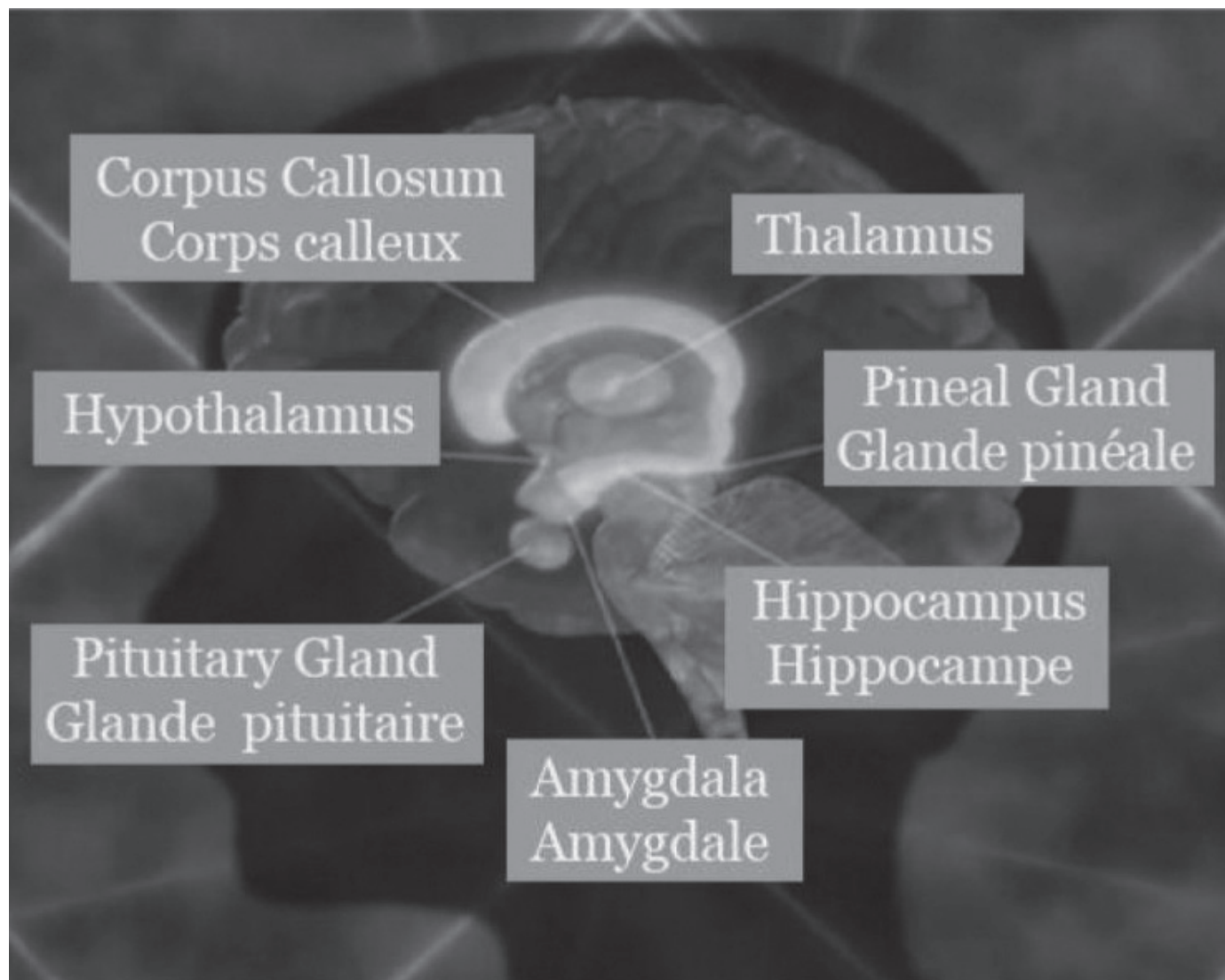


Illustration 1 - The Brain

Sacred Commitment in Action

- » Sadhana (20+ minutes daily)
- » Work with The Invitation
- » Practice The Patterns Method daily
- » Take one new action in your liberating pattern daily; repeat for 40 days
- » Be with your Guiding Inquiry

The Invitation

This is a Mary Magdalena practice that will help your system become more available and in alignment with the Magdalena energies. It is an opportunity to bring Mary Magdalena energies into your field, for you to become familiar with Mary Magdalena.

When we state our intention to do this, we are allowing; we are requesting and then we allow the Higher Self to bring this to us in whatever way it comes. There is no right, there is no wrong, you don't have to struggle for it. This is about moving into the heart, with the understanding that we have no idea what will happen. That is the joy of The Invitation, just the allowing the experience.

- » Sit with picture of Mary Magdalena
- » Bring your awareness to your heart
- » Set your intention to invite, be present with, Mary Magdalena (silence)
- » Activate "I AM Devotion" (silence)
- » Imagine your hands as the hands of Mary Magdalena (silence)
- » Bring your hands to your heart and allow the light and love from Mary Magdalena's hands to penetrate your heart on all levels— energetically and physically (silence)



section four

VIBRANT PHYSICALITY

*We are to be masters in all aspects of our lives.
Mastery of patterns is connected to mastery of the physical
body. Our patterns create the state of our body.*

Key Teachings

- » We are creating our physical body
- » The physical body is our greatest gift
- » The cells are to be deprogrammed and reprogrammed from “death” to life
- » The human body is transitioning to a crystalline body of Light

What is the Physical Body?

We have an ongoing invitation to use not just the mind as a means of gathering information. In fact the smallest portion of information is for the mind, the rest of it is for the whole of who we are. We are learning to *know* on a deeper level. The physical body is an *interface*. As a soul, as a being, we’ve made a choice to evolve in a very unique way—there is nothing like being a human on this planet. In the whole cosmos, this is one of the most unique opportunities for a soul. The physical body itself is conscious. The matter is

consciousness. And that consciousness, the conscious light that is the body, is an interface so that we can interact and engage in this world together. That's only one level. Go within. Feel what that feels like. Feel the knowingness that is there. Ask yourself: *what is the physical body?* See what answers arise for you.

The Mind

- » Mastery of the body > the body becomes what the mind believes
- » The vast majority of our thoughts are subconscious
- » The brain is wired for safety
- » Our patterns impact our physiology and our energy field
- » Low energy levels and contraction in our field reduce our receptivity to the Light

Thoughts & Emotions

- » Every thought generates a chemical reaction
- » Hypothalamus > neuropeptides > emotions
- » Thoughts are BIG actions

The Water of the Body

- » Liquid crystal
- » Accounts for 99% of our molecules
- » Its structure is directly related to our health
- » Storehouse of memory and information in the body



Cellular Addiction & Habits

- » Each cell is conscious and has a voice
- » Cravings we feel are a result of the molecular reactions at the cellular level
- » With time, repetitive limiting patterns may lead to functional dysfunction and physical disease

Crystalline Body of Light

- » Humanity is transitioning from a material body to a body of Light; from an unconscious body to a fully conscious/awake body
- » The body is the bridge to the supramental, to Truth, no death, to the new civilization, the Golden Age
- » The cells are programmed by genetic heritage; societal and mass consciousness; our own thoughts, feelings, and actions
- » It is all about deprogramming and reprogramming
- » Radical transfiguration of the cell consciousness

Being Receptive to the Light

- » Open yourself, just allow, breathe it in
- » Call the Light from above your head
- » Quietude in the mind, the cells, the DNA
- » Nurture your cells as the Divine Mother—*you are that*
- » Activate joy in your field
- » Have faith in the divine grace



Speaking Directly to Our DNA

- » The first thing we must do before DNA can fully embody the I AM is to deprogram all the false codes of the limited information that exists in the DNA.
- » Enter into relationship with your DNA and speak directly to it: “I do not believe in disease and death anymore.”
- » Deconstruct and deprogram the belief in death, provide new information and remove these barriers: “I do not believe in death.”
- » Fill the void created by choosing life: “I am life, I am eternal, I am everlasting.”
- » Creating an androgynous, bioluminescent body, a body of Light: “I AM Light.”

Engaging with the Body as Light

- » Nutrition
- » “Wet” water
- » Sunlight and circadian rhythm
- » Movement and exercise
- » Rest the body