

HJR Introductory Session Handout

Introduction & Frequently Asked Questions to
Harmonizing Journey to Re-Alignment



Harmonizing Journey to Re-Alignment
HJR Seminar Series

The HJR Navigator Helping Others to Connect with Their
Multidimensional Clan Family on Yhu RhA Yah Earth Now

<https://harmonizingjourney.com>

By Katie O'She Wha' Nitah and the Al-Hum-Bhra Team

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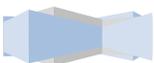
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About the Facilitator, Katie O'She Wha' Nitah



Declaration of Intention

I, Katie O'She Wha'Nitah, am committed to the creation of an expansive, LUVing New Earth that we each create through inner-standing of how the vibration of our Thoughts, Feelings, and Actions guides and molds the world we live in. Through my own individuated connection as God Source 1st Eternal Ah-yah A'ya (You, Me, We, They, Us, IT), may I support and be an inspiration in bringing people in alignment with their own inner Being: God Source 1st Eternal Ah-ya' A'ya (You, Me, We, Us, They, IT).

This is a key time in our evolution as we make amends with the old Net Earth, Templar Masonic controller Bloodline World View we created to develop our 3D Mental Intellect as Creators.

We are now in the process of re-acquainting ourselves with our inner Dreamer God Source 1st Eternal Ah-ya' A'ya (You, Me, We, Us, They, IT), who dreams the World into Being with every breath we take.

Background

As a child growing up in St. Louis, Katie O' She Wha' Nitah never accepted the reality given to her, and always felt that there was more to life than 'logical 3D' living. As her adult 'reality thought bubble' world began to break down in the year 2000, she was forced to reconcile feelings of fear, lack, survival, and a perceived need to 'fit in' to society to instead consciously manifest her own hologram experience.

She began exploring her past lives, different forms of spiritualism such as Christianity and Buddhism, authors such as Carlos Castaneda and Abraham-Hicks, and bodies of work such as Keylontic Science and the Law of One.

Katie's major breakthrough came in 2007 after an Azurite Press/Now ARhayas Productions workshop, as her God Source First Eternal Ah-yah ay'a-O'She Wha' Nitah desired to be more fully expressed in this 3d world.

Katie is the Bio-Spiritual expression manifest in this time-space reality of O'She Wha'Nitah, the Inner Spirit Being/Entity essence, whose name is, in fact, a nickname for the Nameless, I AM. The harmonizing of these two aspects into one expression is what some people may refer to as a 'walk-in' experience. She is what's traditionally known as a "Navigator", helping others connect to their God Source First Eternal Ah-yah Aya self within Bio-Spiritual Time Space to remember who they are as powerful multidimensional beings beyond Finite 2nd Creation Mechanics.

She values personal healing and helps manifest the New Earth by building positive relationships and embodying Divine Love and Divine Wisdom. No longer do we need to live under the illusion that the 3d world we live in is. Just a finite solid structure. As spiritual Beings, our purpose was to expand joyfully in this Bio-Spiritual Universe.

We are all the individuus of the All One. What Katie shares is her own peculiar Template perspective, which applies to her Inner World Journey as IT. Do not take it as absolute truth, but just see where it fits for you in your world where you too are an individuus of the All One with your own inner truth of self that is aching to be joyfully expressed. Harmonizing Journey to Re-Alignment (HJR) Sessions are designed to help you navigate your journey of remembering your God Source First Eternal Ah-yah ay'a self to **Live Huge NOW**.

Katie attributes much of her ease of connection with her Inner Being O'She Wha' Nitah to her work in Keylontic Science. Giving much thanks, LUV, and gratitude to the Guardian Alliance/the Al-Humbhra Magistracy Council of Cos-mi-yah, she advocates for everyone to learn what they can of Keylontic Science, particularly those who think of themselves as Grid Keepers and Gate Keepers.

If you do not understand the mechanics of the multidimensional structure (Neural Network Pathways of Mind), then you are working blindfolded. For it is important to honor and use all the senses you, as an Entity, created. Katie is also the author of 'Waking in Alania Series', and lives in rural Georgia (where the ancient ones come to play).

Education & Training:

- 21 years' experience in the Science of Keylonta, performing Grid work and Kathara Healing (Certified)
- 8 years' experience working in Human & Social Services (case management and counselling) for the state of Illinois
- Master's Degree in (Human Resource Management, Training & Organizational Development)
- Bachelor of Science in Social Work, Associate Degree in Human Services

Much LUV and Peace,

Katie O'She Wha'Nitah

The HJR Navigator helping others to connect with their God Source 1st Eternal self to remember who they are as powerful multidimensional beings.

Frequently Asked Questions

1. What is a Navigator?

A Navigator is a Ma-Sha-ya-hana Adashi Adept, also known in the past as a Mar or Mari, who can help others travel through the Inner Earth passageways of time and space. More accurately, they help others traverse through their own Neural Network passages (the Web of Life) of the Eternal Mind of The All That Is. The Breneau Cloistered and the Urtite Angelic Human races were examples.

2. What is a Harmonizing Journey to Re-Alignment (HJR) Session?

The HJR sessions connect fully with your Guardian Clan family, the Al-Hum-Bhra (crystal people), to follow inspired action that fits your unique expression. HJR utilizes ancient Adashi Adept ascension mechanics, along with Keylonta and Tan-Tri-Ahura technology. Keylontic Science is the original organic 1st Creation Mechanics of the light body. Tan-Tri-Ahura works with the organic Plasma Spirit Body Structure to bring you back to your organic 1st Creation Mechanics of the Eternal Domain of The All That Is. This technology realigns the Artificial Finite 2nd Creation Fibonacci Tube Torus Net Earth program with its natural, perpetually renewing, organic Ascension New Earth expression.

Whether you are a novice or an advanced Light Worker, the HJR Session realigns and recalibrates your Light Body anatomy to your Spirit body (Higher Self). A process to gain clarity about who you are and what you want to do in life. Katie O'She Wha' Nitah navigates your way to connect to your personal Plasma Spirit "Pod Space," aka Ma-sha-Ya- Hana Prayer Salon. From there, you are making connections to your Eternal Authentic Spirit.

Hypnotherapy is utilized during the sessions to help you enter a light trans-state and connect with your own Spirit Clan family, also known as your higher Self, Inner Being, Guide, or I Am...

Once you've become established in your Pod Space, you can further develop your relationship with your Multidimensional Clan Family and then make a connection on New Earth, aka Yhu RhA Yah Earth. You can move through stages as you develop higher levels of your Pod Space within Yhu RhA Yah Earth. Depending on your unique Template, you may go through the stages quickly, very slowly, or somewhere between.

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The Introductory HJR session with Katie is about 2 hours. Follow-up sessions can range from one to two hours.

3. These sessions differ from many other similar hypnotherapy sessions:

Combining hypnotherapy with the mechanics of manifestation – Keylonta and working with The Krystal people from the Eternal Domains to aid in making the connection with your Authentic Clan family.

- Developing a deeper awake and aware link with your authentic self.
- Making a stable connection with New Earth to express now in this time-space reality, not somewhere in the hereafter.
- Transcending polarity consciousness to see with clarity why you do what you do.
- Clearing blocks at a deeper core template level when connecting with your unique, multidimensional Clan family self.

4. Where do I go on this journey?

These sessions start at the water's edge on Siesta Key Beach. You will soon be taken to Sanctuary Island via a Crystalline Travel Vehicle. This Island is like a way station with an access point linking you to your current time-space reality to your personal Ma-sha-ya-hana Prayer Salon or Pod Space. The Pod Space is a safe place to travel "In Mind" through your Neural Network Pathways of the Eternal Mind to the DhA-Yha-Tle Planes of the Eternal Domains to make a deeply personal connection with your Inner God or Goddess/ Higher Self/ Inner Being/ I AM/ Spirit Clan family. You get the picture, so you find the right words for you.

5. What do I get out of doing a session?

Each Session is unique to each person, so it is hard to say all that you can receive from a session. But I can say that everyone reports they gained more than they expected.

- Major shifts when you connect with you.
- Personal healing with your own Buddha Team and Higher Self

- So far, happily, people get their questions answered
- Sense of well-being
- A more profound intuitive knowing of who you are and what your contract is or purpose
- Deeper inner-standing of how you create your reality
- Development of Gridkeeper skills and how you create your reality through the HJR Ongoing Sessions

6. Commonly Asked Questions

- How do I connect with my higher self?
- Where did I come from?
- What is my purpose?
- What is my next step in life?
- Relationship questions?
- Employment issues?
- Working through fears?
- Clearing blocks in various areas of life?
- Clearing blocks to connect with the higher self?

7. What is meant by Aurora/Yhu RhA Yha New Earth Now, and why is that important to me Now?

"Life is not rock bottom solid," as Seth by Jane Roberts used to say, which follows with unified field physics as well. The world we know is a construct, a Reality Thought Keylon-coded bubble Grid within the Morphogenetic field of the Kathara grid structure, or the Neural Network Pathways of the Eternal Mind. We create our own reality, which means that, depending on where your vibrational energy signature is pulsating, the type of Keylon-coded reality thought Bubble you are in determines what type of Keylon-coded reality you are in.

We here on Earth tend to be caught up in the 2nd Creation Finite Net Earth Reality Thought Bubble. But there are billions of possible probability domains from just one thought intention. One of these many vast possibilities is the idea of Yhu RhA Yah (Aurora) New Earth. This idea combined the Net Earth Finite

construct with the Ascension Median Earth to create Aurora (perfect expression). The Ascension Median Earth was a portion of Earth's morphogenetic field that chose to stay on the ascension path of perpetual organic renewal.

The Aurora continuum is a bypass system that combines the organic Light body structure with its Eternal Spirit Body anatomy. This perfect expression of Aurora is crucial because it enables us to live an ascension life here and now. Here, the more you align yourself energetically with this Aurora Earth, the more it begins to manifest around you. It is the “New Earth” that people from different walks of life have been talking about.

Everyone is waiting for the great wave to come through, and yes, we are getting little waves. But what can you do to draw those waves in and embody Aurora Earth, which is currently merging into its higher counterpart, Yhu RhA yah Earth of the Eternal Internal domains of the first creation?

HJR Sessions are an easy, safe way to connect on a personal level daily with the mechanics and feel your way through at your own pace. Katie helps guide you to the door. You go through and make your way. It's not that you could never get there on your own. But it sure is nice to have a guide to get you there quicker and ensure you follow the Krystic path, not an astral World look-alike of Phantom Earth.

8. Where is Sanctuary Island?

Sanctuary Island is an island cloud located off the Coast of Ah-Ma-ya-son, Aurora Earth DhA-ya-TIE planes- “Krystic Core Encryption held in the Aurora Continuum Frequency Spectra Blends with the frequency spectra of the dimensional domain structure (Cos-MA-ya planes) to which the “Ah-yah-VA frequency Spectra creates a new set of trans-time spatial Reality Fields literally materialize, linking the domain space-time Coordinate with its Aurora “perfect Expression” through a set of materialized transcendent dimensional Planes.” (Page e Sliders 11 Handout, E’Ashayana Arhayas of Arhayas productions)

9. What is The Pod Space? Why Should I use one to travel?

The Pod Space, also known as the Ma-sha-ya-hana Prayer Salon, represents your Ma-sha-ya-hana level of consciousness from the Eternal planes of existence. You are a powerful plasma generator able to move through all the dimensional realms of reality at will. Pretty much as a general rule, anyone born at this time and interested in this material is probably an Adoshi Adept who has reached the Ma-sha-ya-hana level.

An Adoshi Adept has traveled the neural network pathways of the Mind from the Eternal planes to the outer domains of the light body structure and back down again. A Ma-Sha-ya-hana has made the trek about three times. They usually come back on service contracts to help others navigate their way back home after going down way too many "Rabbit Holes."

So the pod space connects you directly to your own Eternal Life Clan family to help you find your way to express and be your authentic self here and now, and live a whole and harmonious life. Through the development of this relationship, you can manifest what you desire as you stand on your manifestation Template.

Obviously, you don't have to use these mechanics to travel anywhere. The advantage of using the pod space is that you move as your plasma power generator's higher self, rather than just your astral body, as so many people do.

In today's world, the Astral realm is pretty compromised. You may or may not make it out of the Astral realm to these higher realms. You might even be fooled by trickster fallen entities of the 8th sphere/Phantom Earth playing you into their world.

10. Do I lose control during a session?

No, you never lose control. The opposite occurs. You have a clearer sense of who you are, why you are here, and what is important to you in creating your life.

11. Who is the Guardian Alliance? And what part do they play in a session?

The Guardian Alliance is multifaceted. They represent you in higher-dimensional planes of existence. They are also members of the Interdimensional Association of Free Worlds and have been working in our time-space reality to ensure that if our Light Body went down too many rabbit holes, they would help us find our way back home. Home is where your heart stands, fully knowing who you are as the All That Is God Source 1st Eternal Ah-yah A'ya (You, Me, We, Us, They, IT).

The Voyagers Series by Ashayana Deane Arhayas gives more detail. These books are well worth the purchase.

<https://www.arhayas.com/collections/books>

HJR Seminars Free Introduction to Keylontic Science classes are available at:

<https://harmonizingjourney.com/hjr-seminar-series/>

***Please also subscribe to Harmonizing Journey Blog posts.

<https://harmonizingjourney.com/>

We are Angelic Humans, which now means we were not created by the Anunnaki or any other aliens to be a slave race. We are highly evolved Spiritual beings living a bio-spiritual life.

12. What is a Gridkeeper? And am I one?

HJR defines a Gridkeeper as one who is connected to their Clan Spirit Family and living authentically. The gridkeeper then plugs into the Earth's grids to align their lone Harmonic Authentic Eternal Expression with the Core of the Earth plane for healing and aligning all of life everywhere to their authentic expression, creating a New Earth Now.

Most people who are interested are inspiring healers, spiritualists, KSers, Abers, and grid workers/gatekeepers.

13. Do you work with the ancestors?

Yes, very much so; they are an intricate part of who we are, both biologically and as a soul/Spirit. As we come to know the Blood, Bone, and Star ancestors. They

are part of our celestial Clan family and our Earth family. They are also playing a vital role in the creation of New Earth.

14. What do you mean by connecting with your Clan Family? Are they related to my ancestors and/or something else?

The ancestors are deeply connected to our spirit/Celestial Clan family. As we study who our biological family was and work with the shining ancestors to heal the sick ancestors, we heal ourselves and the Earth plane around us backward and forward in time.

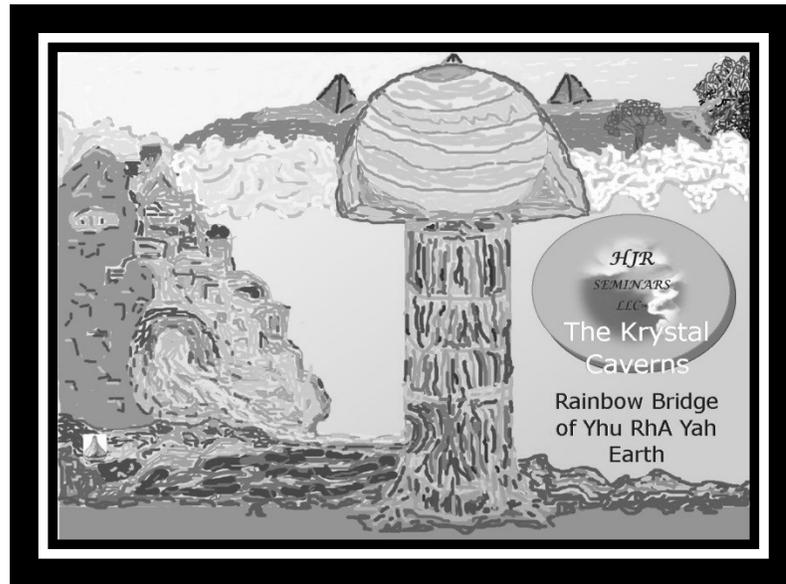
15. Where did you get your information?

Ashayana Dean (Arhayas Productions) brought this technology back to Earth. Katie O'She Wha Nitah and HJR Seminars are in no way affiliated with or involved with Arhayas Productions. Katie O'She Wha Nitah has applied the technology in her unique clan style to create the Harmonizing Journey To Re-Alignment concept.

(Sanctuary Island, Ah-Ma-ya-san, DhA-ya-TEi planes, Ascension Medium Earth, Net Earth, and Ma-sha-ya-hana Prayer Salon or My Pod Space, Trinity Suns, the 8th Sun/ AL-Hum-Bhra and Floating Buddha Rites are concepts taken from sliders 9, 11 and 12 and Beyond the Vales Workshop 2000 (Floating Buddhas 2009) Azurite Press E'Asha Ashayana ARhayas (Deane) and E' Lai-sah flame/wave ARhayas Productions 2013 and recently including KDDL 1-3 Yhu-Rha Dha Kin-es-Servatory, Rainbow Reservoir, Nomi, and Yhu RhA Yah Earth and probably more as the process evolves and grows.)

HJR includes Seth Material, Law of One material, Abraham-Hicks, Rudolf Steiner, Gigi Young, and other like-minded materials. We are continually evolving and growing to expand the outer reaches of our Known Reality Thought Bubble.

16. Do you offer any ongoing HJR Sessions?



Level One:

The Yhu-Rha-Dha Krystal Caverns Exploration: This is a safe place to heal deeper wounds, explore your purpose, and much more. Yhu RhA ya Earth is a construct of the original blueprint of the Earth Plane. We are each creating this New Earth Now in our own unique way. These caverns are a transpositional platform that brings your Light Body and Spirit Body together uniquely. You can develop your relationship with the Cloak of The Eternal Ones, the Buddha Team, and Pod Space.

The Cloak of The Eternal Ones, or “The Great Protectorate,” is an Eternal Spirit water vapor collective deep into the Source’s Core. It is biologically linked to the lineage of Jeshua 12, or Christ, and White Buffalo Woman. It is a cloak you put on that covers every cell of your body. It and the Buddha Team, aka Slider Family

from Urtha, are part of your clan family. They just each represent a different dimensional aspect of the self.

Level Two:

The Yhu-Rha-Dha Rainbow Bridge (Intrical Bridge/ Krystal Bridgeway / Seven Bridges Flow or The “Bypass System”): When you have developed your Pod Space and relationship with your Buddha and Cloak of the Eternal One’s Team, it is time to work within The “Bypass” system or Yhu-Rha-Dha Rainbow Bridge, taking you out of the compromised Time Matrix system directly into the Core of Source itself. You will align your Light Body Neuronal structure with your Spirit Body Anatomy to begin the repair process for ascension.

Level Three:

The Yhu Rha Dha Zone: In this out-of-time or in-all-time space, you will plug your Neuronal Network Pathways into this Transpositional Zone space, aligning you with Yhu RhA yah Earth. This is a womb creation space where you can create and evolve yourself into deeper levels of who you are as the All That Is God Source 1st Eternal Ah-yah Ay’a. It can also serve as an incubator for nurturing new ideas. This place was created over three years of HJR Gridkeepers Group work.

Neuronal Network: The Neural Network system is an energetic pathway of energy lines and centers interconnecting your different dimensional bodies. This system as a whole represents your link up as the Eternal Mind of the All That Is God Source 1st Eternal Ah-yah Ay’a. It is also a breathing system for the renewal of life force energy.

Level four:

Yhu RhA Yah Earth Initiation: Meet the Yhu RhA Yah Earth Guardians of the Gate. Establish, if you so choose, your Nomie Plasma Double. Explore what a Density One experience is like. Find your place in New Earth Now.

Nomie Gene: The Nomie are the keepers of the Gateways of the Galaxy or Keepers of the Eternal Neuronal Network. We have dormant DNA coding that activates that ability within us.

Level Five:

Yhu RhA Yah Earth Core Platform 1 Initiation: Once you have created your Nomie Avatar, you can begin seeding your Personal Planetary Morphogenetic shield into Yhu RhA Yah Earth. We each have our own Harmonic Universe / Density body self in each Multidimensional Domain of existence.

These are the mechanics behind creating your own reality within your own Lone Harmonic. We all share a basic reality construct through our Root Chakra into the Core of a Planetary / Morphogenetic Field/ Bio-Feed Interface System. We are truly the “I” and “The Am.”

17. Other options?

Also available are Private sessions utilizing Tarot and NLP/TAB programming to clear major blocks that are interfering with your living a fulfilled life. These modalities can also be used at any of the stages above.

Soul Realignment Sessions:

You Create Your Reality—the Good, the Bad, and the Ugly. How do you receive vital Life Force Energy? What is your Soul's Origin? What deep-seated programs are you running that are not allowing you to be successful in your life endeavors? They may even be blocking you from utilizing your Pod Space.

I work within the Yhu-RhA-Yha Adashi Library to access your Soul records and discover these answers.

We work together within the Pod Space, utilizing the TAB-NLP process to clear the long-standing programs identified in your records.

“HJR Gridkeepers Handbook:



For those who would like to delve deeper into the mechanics of Keylonta and the essence of the law of one, which is behind all of who we are and what we create in our lives, you can also incorporate Ongoing Sessions to work through each section or have a session to follow up after reading the book to integrate the information.

Practice applying the Mechanics in your daily life to make personal shifts and changes. In using the material, you develop a deep, abiding relationship with your Inner Being Clan family, expanding into a rewarding, joy-filled Nomie Yhu RhA Yah New Earth Now Reality of Win-Win.

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Develop your unique Grid Keeper skills to heal the lone harmonic world you create within the Mass Earth Consciousness. In that healing, discover your unique desires and your life's purpose.

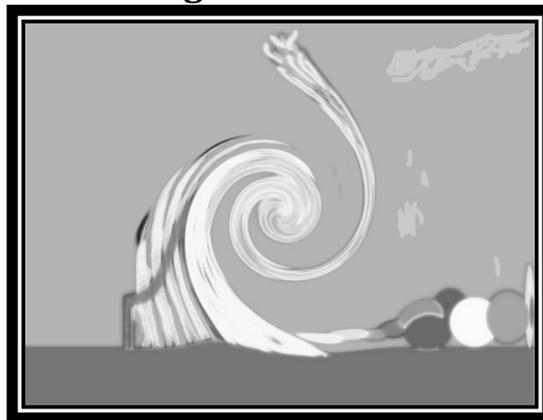
This material gives a framework for seeing the world in a powerfully metaphysical yet down-to-earth way that honors all Self-Sovereign Bio-Spiritual God Source 1st Eternal Ah-yah' A'ya (You, Me, We, They, Us, IT) of the Universal Planes of existence.

You Create Your Own Reality, as in the Law of Attraction, which utilizes the 7 Natural Hermetic Laws or Keylonta Science. "What You Mind Matters." You Are IT. So, where is your predominant vibration

There is no right or wrong. There is only what "Feels Right" to each manifesting Individuus of the One, where no one's "Pie" is taken from so another can succeed. But with that said, we are so powerful that we can create a life in bondage if we are not mindful of our thoughts, feelings, and actions.

<https://harmonizingjourney.com/hjr-private-sessions/>

Waking In Alania Series:



Waking In Alania Book I: Orb of Ment-A:

A Newly Inspired Sci-Fi Fantasy Series is about who we are as Spiritual Beings Living a Multidimensional Bio-Spiritual Existence in a World that is Really Not So Far Away.

In our distant past (subjective), there is a Planet called Tara, home to an advanced civilization that lives by the Law of One. They do not eat food to sustain themselves. However, a darkness lurks in the shadows of the Planet's soul, which can potentially destroy All Life on Tara.

Kara is from the Continent of Alania, where the Solar Templar Initiates dominate. The people are slowly being drained of their life force energy, which the Solar Templar Initiates use to control Tara's Planetary Templar (Morphogenetic Field).

Kara meets some unlikely characters from New Guam, an Island located between Alania and the continent of Musa. Musa is the last Planetary Stronghold for those who live by the Law of One. Through her encounter with these influential people who stand between those who live as Self-Sovereigns and those who want to dominate all life everywhere, Kara learns about her innate power as a Self-Sovereign Being. Can they save Tara?

Waking In Alania Book II: The Krystal Halls of Ment-A:

This syphi-fantasy takes place in modern-day Manhattan, NY, during the fall of 2012, when a warehouse in the garment district blew up. When the explosion occurred, Detective Ben Wilcox, aka Genado, was on the scene and miraculously survived. Because of the mysterious factors surrounding the case, the FBI's Special Unidentified Phenomenon Unit, SUP, was brought in. The Special Lead agent in charge is Rick Myer, AKA Eshwa.

Candice (aka Kara) is the reporter assigned to the case. She meets up with her Team. They travel through the inner portals of Earth, awakening the once-dormant passages leading to an even bigger World than her Beloved Tara. Yet even in this New World lurks an evil so vile that it almost makes even the Annu Templar Solar Initiates (Federation) out to be good guys.

Always in the background are Rashala UR and the Alliance of Guardians. Who are they, and what is their purpose? Will Kara/Candice and the Alliance of Guardians Team wake up Earth in Time? Book III is in production.

<https://harmonizingjourney.com/waking-in-alania-series/>

17. What are HJR Seminars?

Harmonizing Journey to Re-Alignment Foundations Series Free Introduction to KeyLontic Science class recordings are available, and further classes are in the works.

<https://harmonizingjourney.com/hjr-seminar-series/>

18. Does Harmonizing Journey have a Blog?

Yes, we do. The Harmonizing Journey with Katie O'She Wha' Nitah and HJR Insights series covers various topics. If you are interested in Subscribing, please sign up below. Thanks

<https://harmonizingjourney.com/>



Harmonizing Journey & Re-alignment Introductory Session

Purpose & Background

This is a Journey to connect with and realign with the Internal/Eternal Core of your Being. Some may call Inner Being or Higher Self of The All That Is God Source 1st Eternal. You are going back to the core realm from which you were born into the outer realms of creation. We will do this by a combination of Keylonta Technology and Hypnotherapy.

This can also be a time to answer any questions that you may have. I can write them down and, when the time is right, ask your Higher Self whether it can answer any of these questions. Sometimes they are unwilling to answer when you are not ready to receive it. You may find that your questions are answered at the same time, without me even asking, as you receive guidance on your own.

Technical Information: Sanctuary Island, Ah-Ma-ya-san, DhA-ya-TEi planes, Ascension Medium Earth, Net Earth, and Salon or My Pod and Trinity Suns and the 8th Sun/ AL-Humbhra and Floating Buddha Rites are concepts taken from sliders 9, 11, and 12 and Beyond the Vales Workshop 2000 (Floating Buddhas 2009), Azurite Press, E'Asha Ashayana ARhayas (Deane), and Eh'Lai-sah flame/wave ARhayas Productions 2013, Yhu-Dha-Rha, Kini-servatory, Krystal Caverns, and Nomi - KDDL 1-3.

Harmonizing Journey to Re-Alignment was created through my integration of the material, along with the love and support of my clan Guardian family team.

Katie O'She Wha' Nitah, Katherine Brackeen, and HJR Seminars, LLC are in no way affiliated with E'Ashayana Arhayas and Azurite Press/Arhayas Productions, except for my love and appreciation of their work.



We will first travel to Sanctuary Island, located off the coast of Ah-Ma-ya-san, Aurora Earth DhA-ya-TEI planes (Eternal/Internal Cave of Creation/Core/ Spirit Body).

Connecting geographically to Siesta Key and Myakka Lake, FL, USA. A place to connect with the **DhA-ya-TEI planes** (Krystic Core Encryption held in the Aurora Continuum Frequency Spectra blends with the frequency Spectra of the dimensional Domain structure (Cos-MA-ya Planes) to which the "Ah-yah-VA frequency Spectra creates a new set of trans-time spatial Reality Fields literally materialize, linking the domain space-time Coordinate with its Aurora "Perfect" expression" through a set of materialized transcendent dimensional planes." (Page 8 Sliders 11 Handout). Your original Core Reshaic Encryption is stationed there.

You can, in essence, link into these planes with your Ma-sha-ya-hana Residential Prayer Salon. Lovingly referred to as **My Pod** (teardrop shape or flame-like shaped energetic sphere). At first, it is like finding a long-lost home. Eventually, it becomes you, and you become it. A bit of the **DhA-ya-TEI Planes/Sanctuary Island** is brought into your everyday Earth life, which makes life go from being a Net (trapped) Earth Energy to an Aurora (perpetually renewing) "**New Earth**" World.

In January 2013, Earth merged **Net Earth** and **Ascension Amenti Median Earth**, creating **Aurora Earth**. When E'Asha Ashayana brought through (data-streamed) our connection to this place, the Aurora Continuum was just a state of consciousness. We are now merging Aurora Earth with Yhu RhA Yay Earth of the Eternal Ah-yah A'ya Core of Source within the Kin-es-Servatory of Creation.

We reconnect the Outer domains' light body structure with our Internal/ Eternal Spirit body's original Core Reshaic Encryption Structure through the Seven Suns linked into the Central Sun of Creation. Out of the Central Sun, we manifest through the **Trinity Gate Suns: Pale Blue (Sun 1), Aquiline (Sun 2), and Pearly White (Sun 3)**. A hidden Sun called the **8th Sun, or The Golden**



Silver One, surrounded all the Suns, and this is where the AL-Humbhra abides.

The **Al-Hum-Bhra**, "The Krystal People," are Eternal Crystalline Plasma Liquid-Sound Consciousness from the Eternal/ Internal Core Domains of the DhA-Ya-TEi Planes through the D Planes to the Eternal Core of the Kin-es-servatory. Who comes into doing Bio-Regenesis (Realign) and evacuating when a Universal Time Matrix has gone down too many Rabbit holes and is having trouble finding its way back.

We can connect with "higher levels" of self to become awake to the **God Source 1st Eternal Ah-yah A'ya (You, Me, We, Us, They, IT)**. Manifesting is easier as we live in a Win-Win World where we experience the interconnectedness of everyone and everything in our existence. You can experience **the E-Lai-Sa Flame** energy from this place, which carries the Encryption code to mathematically realign your personal Krystar Core Helio Plasma flows. From this space, you can connect to your consciousness stationed there, becoming aware of who you are on your terms and at your own pace.

"After All, We Never Get It Done, and We Never Get It Wrong As The Eternal Beings We are." (Abraham-Hicks)

DAe Center: (located 2 inches below the navel) This spot connects us with the **DAe Ya Te Planes**. At the mouth of the Internal/Eternal Core of The Effi-ah State of The All That Is. We will eventually be going into deeper states. This Session is essential in activating you're my Pod Salon Space for conscious contact with your inner Being for healing and realigning the Neural Network Pathways.

Floating Buddhas, Sha DA Shield Rite for Re-Alignment to New Earth Now:

Once you establish a connection with your Floating Buddhas Sha-DA Shield, it will remain active for 48 hours. You will connect with your "Slider Family." A portion of yourself that helps you maneuver through the multidimensional Domains of the Light body structure. They work to realign the Neural Network pathway within the Inner Core of The All That Is that You Be. This family will stay with you until they help you fully embody Aurora/New Earth Now.

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The **Karanadis Seal** is located at the tip of the sternum. The Karanadis Seal is a powerful spot that connects us to our Eternal/ Internal Core of Creation. It holds

the Spirit quantum we were born with, which embodies our living plasma waters consciousness. Also, we recently activated the Heart of Effi-ma in the sternum, which connects us directly to the Core Domains of Creation. Today, we will connect to this space to activate your Floating Buddhas Sha-DA Shield.

The Sha-DA Shield is a horizontal hierophant in the shape of a six-pointed Merkaba Star to which each member Orb sits at a corner, with you in the center.

KEi'-Sa Ah'-RA Clearing

These helpers are working to realign your Neural Network pathways with the Eternal/Internal Core of Your Being. They are connected to the Urtha Plane. From the Middle, Domains to join you in the Outer Domains of this time-space reality to your Eternal/Internal Core of Your Being as the All That Is God Source 1st Eternal Ah-yah A'ya.

The **KEi'-Sa** are the Sparkle People from the Shala-3 Eiradhani Healing Temples (Middle Domains) and specialize in Resurrection-Healing. This Sparkle current will run through the spine and the bones so that the biote [attach to spine] cannot re-attach (Biote: a form of Miasms/ Dead Light Chrystals/ 2nd Creation finite Programs). They are Master Councilors. The **Ah'-RA** are from the Ashalum Edonic Healing Temples (Middle Domains) and are Biological Healing Specialists.

The Healing Re-alignment time: Your Healing team, in concert with your Inner Being Collective, will send a wave of Love-Light that will **release the Karmic Core Imprint** for your Density-1 Probable Selves as well as Density-2 and Density-3 selves. It will clear the Core Imprint and assist you so that you are not taking on 'stuff' from your other simultaneous incarnate selves. It will also clear more of this lifetime, like the **Fetal Imprint** and the **pain associated with childhood** and similar things in your Holographic Template. Also, whatever else you were guided here to do.

The KEi'-Sa Ah'-RA Healers are willing to come and comfort you if you ask at any time. They will assist you whenever you need help reconnecting to your Inner Being.

Yhu-RhA-yha Earth Connection:

The **Chrystal Caverns** are open!!! These caverns connect to a trans-positional space-time reality within the Yhu-Rha-Dha fields, linking our current Light Body 3D Reality of this time and space to the organic Eternal Spirit Core of the Ah-yah A'ya within the Kin-es-servatory. This connection allows us to create the original Earth Core encryption within the Kin-es-Servatory or first cause light birthing center. Here, Yhu RhA yha Earth was conceived. From the ground up, we can create our personal New Earth World.

Nomi Gene: The Nomi clan is the keeper of the Gateways of the Galaxy or Keepers of the Eternal Neuronal Network. They work closely with the AL-Hum-Bhra and other Guardians during the birthing of new life systems.

We have dormant DNA coding that activates that ability within us. We connect to the Nomi seed planted within the Earth, allowing us to create our Yhu RhA yah New Earth Now.

The **Cloak of The Eternal Ones**, or “The Great Protectorate,” is an Eternal Spirit water vapor collective from deep into the Core of Source itself. They are biologically linked to the Jeshua 12 or Christ and White Buffalo Woman lineage. They are a cloak that you put on that covers every cell of your body. They and the Buddha Team, aka Slider Family from Urtha, are both parts of your clan family. They just each represent a different dimensional aspect of self.

We have been able to traverse many questionable places in this energy. One feels lighter, loving, peaceful, joy-filled, and able to take on a crazy World with ease. Recently, this presence has taken on a Rainbow Soapy Bubble presence that moves through realigning and recalibrating what it touches back to its organic state. This presence is significant in the Part B Realigning process.

*****Always remember, at any point, you can say no to not doing something. This is your time. You make it what you want.**

Preparation: It is a good idea to wear comfortable, loose-fitting clothes, stay well hydrated, and have mineral or filtered water with you. Also, include any crystals or other items you traditionally use in a ceremony that you are guided to use.

Review all the attached Appendices before starting the Session. Have your questions to reference.

Again, you will be connecting with your own Eternal/ Internal Core of your Being in this Session, so remember to breathe and allow the flow of your Authentic Self to communicate through you. So whenever you feel any tension, anxiety, or "I cannot do this," stop and breathe into your Eternal/Internal Pillar of Peace, which we will define later in the Session. Relax again with each breath as you feel yourself back into your safe My Pod Space. You sense-feel the ebb and flow of your breath moving with the aquifers.

Remember, this is a Journey of Joy, so have fun with it, allowing your imagination to be a vehicle for your Spirit to soar.

So relax and enjoy!

Part A: The Journey

Setting The Space For The Journey:

The following Prayer is a **Suggestion** to do, as it acts as a "homing beacon" to help ensure you get to where you want to go without interference. Particularly for those who hold a lot of fear and resistance. You can say it to yourself or out loud. This link has an excellent selection of psomms, so follow your guidance on what you want to do before you start.

Also, include the personal prayers you use in a ceremony to help you prepare. The first Paragraph and Part II have been updated to add new Guardians.

The Krystal River Prayer sequence by ARhayas Productions:

<https://www.arhayas.com/pages/new-prayer-sequence>

The Krystal River Prayer sequence by ARhayas Productions:

Krystal River Prayer & Invocation of the E'Lai'-sah Silver-Seed Councils & GA-NYYAC, TAEFW, ETYC-EAAC, and AMCC-MCEO For Silver Seed Krystal River Plasma Host Activation & Amplification

Part 1: The Prayer of E'Lai'-sa

Ur-A ShU'-du E'Lai'-sa AL-Hum-Bhra
DON-et'-ta-Lai, SUUN-jha'-dra-due
E-sta-en-taO Du-Rhu jha-Mei-Na
Aah-La-sa SUN pe-ta' A-Lah-VA
Los-TE-La E'Lah-Ho
Khu-mah-na en-LE'Ta jha'-DU

E'Lai'-sa Sun-ta'-A Ah-Mei-Ta jhen-TU (3xxx)

Part 2: The Prayer of AL-Hum-Bhra

In the Kristiac name and action of God-Source First Eternal, the Eternal Kryst, No-mi'-yah YhU-Se'-thra YhU-RhA'yah AL-Hum-Bhra, ERIEA, No-mi'-yah YhU-RhA'-yay AL-Hum-Bhra ist –Absolute Bright Flowe Founders, E-Lan'-Ya To-Pel-Yah Yhu-RhA'-Yah, Krystar ARI-Yon-Yah-ARhAyas-Cosminyahas-AL-Hum-Bhrus, the E'Lai'-sa Silver Seeds Councils and the AL-Hum-Bhra Magistracy Councils of Cosminyahas

Part A

Oo'ta et'A

E Ra'-shra-DU

Un Ah'-LA E'ta

Jhet' AL-Hum-Bhra

AL-Hum-Bhra

AL-Hum-Bhra

AL-Hum-Bhra

AL-Hum-Bhra

AL-Hum-Bhra

AL-Hum-Bhra

AL-Hum-Bhra

(inhale, hold to charge/spark focused in your heart area/ tip of the sternum, repeat on the exhale)

AL-Hum-Bhra!

Part B

Urr-en' de So-Hur'-a

E-La'-trA HE'mu (HE'-moo) sen AurorA

Dur-la'-jhos en-DE-na-VA

Cum-sa-A'-ho Dur-A TA'-Ta jhet AL-Hum-Bhra

Cum-sa ah-DE'-La urr-en-Tur-a A-La-VE

Cosminyahas AL-Hum-Bhrus Dur-E'-shwa ah-VE!

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Ta A'jha in'ta DOr-A

Ta A'jha in'ta DOr-A

Ta A'jha in'ta DOr-A

ARI-Yon' ah, E-Yhu RhA-Yah, E' Lai-Sah , AL-Hum-Bhra, Ah Bhr' Yah Dun (3x)
Um-a E-tra' E-na A (2x)
Um-a E-tra' E-na A Ecka Sha

Elemental Orb Call Command:(You will be repeated out loud after Katie O' She
Wha' Nitah during the Session. Also, this call will be used in future work in
entering your Pod Space)

Ah-ShA'-ah NE'Ra- O'cha- Sa!! Repeat 3xxx

Harmonizing Meditation:

Breathe in and breathe deep belly breaths into the different body areas as you are mindful of them. You have hands breathing in and out, arms, shoulders, neck, head, spine, hips, pelvis, legs, knees, and ankles.

Feeling connected to the floor, breathing in and breathing out, and being aware of where you are lying down, how the bed supports your body, how the floor supports the bed, the floor is supported by the Earth, all the way down into **Nomi Earth Core Seed Field**. Breathe into the Core, then sense the energy coming up, up, up to the bottom of your feet.

Breathe into the bottoms of your feet, then breathe out six inches below your feet. Breathe six inches below your feet, then breathe another six inches below your feet, a total of twelve inches below your feet. Feel a popping sensation as a pale silvery rainbowish energy moves up through your central body current and up around you into Chakra 14, 36 inches above your head in deep space.

Breathe into Chakra 14, feeling the energy return to the top of your head. Then move the energy down into your heart areas. Breathe into your heart area and hold to build a charge, then release the breath, filling your body's cells and all around you.

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Breathe in and breathe out. With each breath, you feel more relaxed. Be mindful throughout the Journey of your breathing, and whenever you feel any tension, breathe in, hold the breath, and then slowly release it into the area of tension, feeling even more relaxed and at ease. Observe the sounds, smells, and

sensations around you, and then let them go as you go deeper into the flow of your breath, breathing in and out.

We will now build your personal Sha-DA Shield.

Floating Buddha Rite: (You will be repeating after Katie O' She Wha' Nitah during the Session.)

Ah ZhU' TU Ah-VA Cum-sa A'-Vo
 Zha-ta', A'-TU, Kei'-sa, Ah'-RA, KA'-Vo, SE-A'-Ta
 A'JhUn e-ThrA' TU-ah Neu-en'
 CU-sa TA'-va Um-Shed'rah TE-SA HA-VO

Now breathe easily as your Sha-DA Cloister Family Members orb in to take their positions in a hierophant configuration around you, with you in the center. When you sense them all settled in around you, we will move on to the next step.

Building Your Sha-DA Cloister Floating Buddhas Shield:

Take a breath into your heart, then release it, moving it down about 2 inches to the tip of the sternum into the Karanadis Seal.

Take another breath, breathing it directly into this area. Hold your breath, then release. Take another pillar breath into this area, hold, and then release the six-point breath horizontally out to each cloister member, sending each member a streamer of Plasma living water vapor.

Experience the Cloister shield building in frequency, sensing the counter-rotating circulation of energy building charge.

Now breathing in and breathing out, you will chant the rising command:

E'Sta en-ta'-Ro DE-A'-SU NA-Va-Ro

As you continue chanting, the shield will rise, carrying the six Cloister-Member Orbs. When you sense the shield above your head, the six cloister members de-orb and become a bipedal form. They are now the Floating Buddhas. As you

continue breathing in and breathing out, you will sense the counter-rotating spin speed increasing.

The Union Command:

Breathe again into the Karanadis Seal, hold to build charge, then release the breath slowly as your body rises to join the Sha-DA Shield, then top the breath into the shield. Hold the exhaled breath for a moment, then on the inhale, say:

Ah'-TU Se-TA' UM (Just one only)

Now you have become the 7th Buddha

They will be a supportive influence throughout the process and will help with the Realigning Process.

Siesta Key Beach connecting with your Crystalline Travel Vehicle:

As you gently breathe, feel this connection to your **Sha-DA Shield** and how that also connects with the **Aurora Earth Core/Field**.

Imagine standing on Siesta Key Beach, FL, right at the shore's edge. You can feel the warmth of the Sun on your face and the breeze lightly blowing through your hair. The waves are gently lapping against the sand. This very large Crystalline Travel Vehicle is up in the Air, about 10 feet in front of you (**Appendix A**). This **Crystalline Travel Vehicle** will take you to **Sanctuary Island**. You will sense it opening up receptively to your thought intention to enter. Breathe, holding the intention of entering into the **Crystalline Travel Vehicle**. You will feel love, peace, and respect as you sit within the **Crystalline Travel Vehicle** as it waits for your command.

Travel to Sanctuary Island in your Crystalline Travel Vehicle:



Command the **Crystalline Travel Vehicle** to **Sanctuary Island (Appendix B)**. Swiftly but smoothly, the **Crystalline Travel Vehicle** makes its way to **Sanctuary Island**. The **Crystalline Travel Vehicle** is transparent, allowing you to see all around you. You see this tiny spec way off in the distance. As the structure moves closer, the spec grows

larger and larger until, finally, it becomes a huge Island. This Island has a sizeable mountain with cascading waterfalls, trees, grass, Crystal trees, and healing pools.

You see now, at the top of the mountain, a dome-shaped building. You know something is yours. You direct the **Crystalline Travel Vehicle** to enter the domed building.

Finding your Salon My Pod:

You enter the domed building to find many Tear Drop Shaped **Salons/pods (Appendix C)**. You float until you see a place to land. The **Crystalline Travel Pod** lands softly in the sand. The door opens, allowing you to depart the Pod. Your foot lightly touches very fine crystal sand, soft and pleasing to the touch. You look around, gain your bearings, and stand firm on the ground.

Looking around for your **Salon**, you spot one that you know without a doubt is your **Pod**. The feeling is so strong, beckoning you to come. You make your way step by easy step to your **Pod**. The door opens, emitting a soft, warm light.

Entering Your Salon My Pod:

Tentatively, you step into your **Salon** onto a very long, narrow platform that runs to a central platform. Beneath you are running aquifers of the Cos-MA-yah "Dream Stream" Ah-Yah (God Source Field), which is direct access to the power that creates Worlds God Source 1st Eternal ah-yah A'ya (You, Me, We, Us, They IT). All along the walls are cascading waterfalls. Carefully, you make your way along the narrow platform up to a large circular platform that looks a lot like a large soft, comfortable doggy bed.

Stepping onto your Manifestation Template:

You now step onto the circular doggy bed-like structure; this is your **Manifestation Template**. As you stand on this Template, you breathe in, sensing the **Energetic Template/Ray Rug/Dimension 12Mahoric Shield Manifestation Template** that connects you into the **DhA-ya-TEi planes (Internal/ Eternal Cave of Creation/Core)**. This is your private space where only those you invite can come in.

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Connecting Into The Trinity Suns Vapor Currents:

As you feel the connection of your personal energetic **Manifestation Template** sense, the movement of the aquifers below you. You will begin to see and sense the cloudy vapor of the **Trinity Suns: Pearly White, Pale Blue, and Aquiline** moving up into the manifestation platform and your body. Breathe it into your **DAe Center**, located 1 inch below your navel, then release it into this area. Take a few more breaths into your **DAe Center**.

Building the Sun 8 Al-Hum-Bhra Golden Silver Internal Structure Pillar of Peace:

Next, you will sense the **Ay'a** opening at the top of the Salon/pod to open up to receive from deep space the **Krystar** above, where we all came from, the **Sun 8 AL-Hum-Bhra Golden Silver Internal/ Eternal Structure Pillar of Peace** energy. To move with **Golden Silver Snow-like Flakes** moving down through your central body current Pillar and connecting with your **Manifestation Template**.

Bringing in The E'Lai-Sah Flame wave into your Internal/ Eternal Pillar of Peace, Aka Pillar of Peace:

Next sense/Imagine the **E' LAi-sah Flame Wave** ignites, flowing through your body (**Appendix D**). Take a moment to move with the wave as you breathe in and breathe out. You are finding yourself relaxing and going even deeper and deeper into the Eternal/Internal Core of your Being. Feel and sense your circular Manifestation template beneath you as the Trinity Sun vapor Aquifers circulate beneath you and cascade down the walls around you. You become more relaxed as your breath ebbs and flows with the waters.

Going Deeper into the Eternal Core as you spark pulse, your Plasma flows:

As the energy moves through the body, feel it pulsing in your palms as you gently squeeze your hands into fists, causing the palm chakras to spark and pulse as you continue breathing in and breathing out, going deeper and deeper into the Core of your Being. The Pulsating Plasma Pillar of Peace energy, you feel it moving throughout your body. You sense once again that you have hands breathing in and out, Arms breathing in and out, shoulders breathing in and out, neck breathing in and out, head breathing in and into the pineal. Hold your breath, focusing your eyes on your third eye. Hold to build charge, build charge, circulate, circulate, and build charge, build charge, circulate, circulate, and sparkle pulse

release. Flowing down the spine, breathing down into the hips and pelvis, breathing in into the DAe Center point. Hold the breath to build charge, build charge and circulate, circulate and sparkle pulse release. You are breathing down the Legs, knees, and Ankles, feeling the connection to the Earth again, and feeling the life of **Aurora Earth (New Earth)** circulating throughout your whole body.

As the Trinity vapor suns energy, the AL-Hum-Bhra Golden Silver flakes and the E' Lai'-sa flame frequencies oscillate throughout your body within your pod space. You will become even more relaxed as you will now want to sit down on your comfortable Doggy Bed-like Manifestation Template, breathing in and out. Ah, how comfy and cozy you are, as all tension completely leaves your body, breathing in and breathing out.

As you lie there, you feel yourself expanding as a part of yourself connects directly to your Manifestation Template. A portion is expanding into your Sha-Da Floating Buddha's Shield around your body. As you also embody the E'LAI'-sa flame wave flowing through the great Central Pillar around you within your pod space, connecting you to even deeper levels of your Inner Being, breathing in and out. Continue for a moment or two to breathe into the Core of your Being and breathe out, expanding into deeper levels of your Inner Being of the All That Is God Source 1st Eternal Ah-yah A'ya. There is a profound stillness in this space.

Katie O' She Wha' Nitah will be singing this during the Session. You are welcome to join in. Sing this song in the future to yourself when entering your Pod Space if you so choose.

Psonn of the "Infinite-Eternal One" (The Call of Ah'-yah / Ah-YA Command)

Tonal Activation Matrix for the Cos-MO-sa and Cos-MA-yah Ah-yah-YA "Dream Stream" activates Dream Stream (Purple Rain) Flow in the Ah-YA Body and atomic structure.

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"Line 1: Ah'-yah Ah-YA' HA'-yah Na-VA (repeat twice)

Line 2: Ah'-yah HA Ah'-yah Sa

Line 3: TE-A-SU Ah'-RA SE-Ah'Sa''

In the stillness of this space, feel your manifestation Template again beneath you. Feel it down into the Nomi Earth Core Seed Field, stable and strong, giving you the strength to raise your consciousness. The A'ya lens opens into your Eternal Clan family, the next Pod space up. You are connecting deeper with your Eternal Neural Network Clan Family Pathways, the Mind of the All That Is God Source 1st Eternal Ah-yah A'ya.

Just breathe into the space as you expand, staying connected to your Manifestation Template beneath you within your pod space. Attentively feel their energy signature. When you feel ok, then invite them in. You spiral up into their space as they spiral down into your space. They anchor in creating a mighty pillar of energy to which your Pod Spaces can travel. Now hold the intention of connecting to the Krystal Caverns of the Yhu-Dha-Rha fields.

Sense-feel the energetic connection into the cavern. Float in the space, sense-feel a spot waiting for you to land. Intend your Pod Space to land. Once you land experience, the krystals are humming and activating to your tonal signature as your Pod interfaces with the krystals around you. Take a moment to experience the energy and ensure you are ok to move on to the next step. When ready, the Pod will open up around you into the Krystal Cavern space. **Always remember to go only where you feel comfortable.**

Take time to get grounded in this space, being as visceral as possible. Utilize your inner vision, audio, and sense feel. Look down at your body. Do you have a body? Are you an Orb? How are you dressed? Are you holding or carrying anything? Feel with your hands what the rocks around you feel like. What are the smells and sensations around you?

As you become stable in this space, look around, or sense feel for a water source of the Cloak of the Eternal Ones. It could be water vapor, a stream, a pool, or a fountain. It will be right next to you. Senses feel the energy and permit them to connect with you when you feel comfortable.

There will be shimmers of Gold and pale blue throughout the water as it begins to activate within your fields. Eventually, they merge into Rainbow Soapy Bubbles, forming a cloak around your cellular structure and shifting you into a lighter state of consciousness. They will now interface with the Pillar of Peace energy and your Floating Buddha Team.

This is when you and your Buddha Team work together to clear and heal any blocks from you, connecting with your Eternal Expression as the All That Is God Source 1st Eternal Ah-yah A'ya. We will feel out any areas needing attention.

Periodically breathe the Pillar of Peace breath you activated earlier in the Session to amp the charge.

In this unique space for future reference, remember the experience from your audio Session reconnects with your Eternal/Internal Core of your Inner Being within the Krystal Caverns and the Cloak of the Eternal Ones. Enjoy the connection and follow your guidance. Writing in a journal, recording, dancing, doing Yoga, or doing whatever you're inspired to do.

You can stay in this space to answer any questions you may have, or go on to Part B for clearing and realigning, as you choose.

Part B: Realigning

Now that your Pillar of Peace and Cloak of the Eternal One's are activated and running within you're Pod Salon space, prepare for Realigning your Template:

Staying connected with your Clan Family and Buddha Team, sense again the connection with your Manifestation Template and Sha-DA Shield. As you breathe in and out, sensing the energy pulsing through you in your **Pod Space within the Krystal Cavern**. Sense, feel, and/or see the Floating Buddhas surrounding you as you breathe in and out.

Now Call in the two Healers **KEi'-Sa Ah'RA Ah-ShA'-ah NE'Ra- O'cha- Sa!!**
repeat 3xs

Again, they are here to provide additional support as you work with your Clan Family. They act much like the Archangels, only they are at a much higher realm and personal to your Individuated Template. One of the Healers will come to hold you from behind, and one of them will hold you from the front. When in the bipedal form, they are rather large beings, so they will be in the floor to work with you.

Feel out in your body the areas needing attention.

Now gently breathe the Pillar of peace into the area (Breathing in, breathing out, backward and forwards in and out, spiraling, spiraling, realigning, realigning, recalibrating, and recalibrating, clearing, clearing).

Inhale the Pillar breath into the area, and hold the breath tight to build the charge. Hold, hold, hold, and then release the Pillar breath into the area. Then take a few more gentle pillar breaths to clear the area. (They may need to do a charging clearing Pillar breath to clear the space.)

If tears come, let them because behind them is a release of Joy. Be open to what comes to mind to be healed that is connected to the pain that you are feeling now... if it is someone from this lifetime, say, **"I accept forgiveness now, I will forgive, I will give away the pain. It is gone. It is done. I release it.**

Periodically breathe in a **Pillar of Peace** Breath to recharge your Fields. Eventually, you will notice the energy releasing and realigning as awareness and the cognition

of what to do comes to you. It may come as dreams, or as you are going about your day, things will just come to you. You may want to start a Journal with the guidance you receive. As you release one area, another may come to light. Write it down for future sessions.

After a while of doing this and feeling awake and aware energy, there will be a movement where once there was just stuck energy, as you come to know your true **God Source First Eternal Ah-yah' A'ya (You, Me, We, Us, They, IT) Self**. You may get a name, but even if you do not, you will still feel this very aware, all-knowing, peaceful presence that is your true identity.

Different suggested areas to clear and realign

You may just feel the tension in the body, focus there, and feel it release. If there is a consciousness that needs to speak, let it speak, and then the Buddhas will work with it to release it, clear it, and forgive it.

*****Area of Tension Focus:**

Once you find an area of tension, breathe in a "**Pillar of Peace**," Charging Breath flowing into your body. Then breathe this energy into the area where the tension is held. Imagine the Pillar Energy moving into the tissue to realign/ balance the area. The healers will assist you as necessary, but you are in control. You and your Higher Self, your Authentic Trhu'ah Self, are guiding the process—breathing the pillar breath in and out. Ahh, yes, settle into the peace and joy of your Authentic Expression of Being.

*****Focus on a specific Issue Person:**

If you cannot sense the tension in your body but have an issue you're focused on, then hold your attention on the topic, sensing/ seeing the Pillar of Peace energy filling the space of the situation. Really use your imagination to see the colors and any sounds you perceive, and realign the issue. Seeing with clarity and a peaceful heart offers a broader view of the situation. The Healers will hold space and support you in the clearing-releasing process.

*****Elemental Attachments:**

Identify and bring them up to be communicated with and released with the Healing Buddha Helpers.

**Continue to breathe and recharge. Pillar of Peace Breath in the clearing
Realigning process:**

Sit with the resistance and breathe the **Pillar of Peace** energy. Continue breathing the Pillar into areas of resistance sitting within the space, being the space in your **God Source First Eternal Ah-yah' A'ya (You, Me, We, Us, They, IT)**.

Part C: Conclusion

**As you Realign, you begin to see how everything fits together, releasing the
Phase lock 2nd creation finite thinking:**

As the Pillar energy re-balances the area, you can see the situation with a new awareness as your Core **God Source 1st Eternal Ah-yah A'ya (You, Me, We, Us, They, IT)**. Knowing everything fits together in the whole of existence. We learn to be with a situation. Breathe into the stillness of the moment, and you gain healing and clarity about yourself and the world around you. You start to see glimpses of how the events are all Conscience Aware Energy, and how we all flow through each other. In areas of resistance, there is a "**Phase Lock** ." **Phase Lock**" means no expansion and no contraction, no breathing, no renewal, and eventually living the illusion of **2nd Creation Mechanics** of finite death and stagnation. In the stillness of the Now breathing, the life of our Being into the resistance life is renewed.

Questions to Higher Self:

- Questions the Client raised that still need to be answered.
- What can _____ do to reconnect with you in the future?
- Is there anyone that can be assigned to help _____ with _____ (only if needed to ask)

In Summary, be mindful of being in the My Pod Space and your Physical Body:

Be mindful of being in your Pod Space and your physical body. Next, focus on your physical body and return to that space. You can practice throughout the day, going back and forth between your Pod space and your physical 3D space.

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Follow your guidance to incorporate Yoga, dance, song, art, and other forms of movement and expression to bring out your Authentic Expression of Being.

You now stand in your personal power of Being. In this place, there is no need for control, manipulation, aggressiveness, or anxiety. Yet, when you find yourself there, breathe in your Pillar of Peace to dissolve the disharmonic discord. All those perspectives mean there is a belief in lack.

How can there be a lack? When you are the Source of everything. Take this presence with you throughout the day. Be aware of your body and simultaneously be in the Source's Core.

In this space, we can reexamine today's challenging issues to see, with clarity and spirit, new ways to heal and change personally. Within the holographic world, you create around you.

Coming Back to the Present, waking up fully:

Bring yourself back to your physical body. When I snap my fingers on the count of 3, you will wake up fully, remembering everything and feeling relaxed and rejuvenated. So 1 2 3 Snap Wake up. You are wide awake.

Now stretch and move different body parts as you look around your surroundings, being fully present in the here and now; drink some water to help ground you to the now moment. Feel refreshed and joyfully ready for the day ahead. If you have any grounding Crystals, hold on to those for a few minutes.

Would you be open to writing a testimonial about how the Session went? I would be greatly appreciative. You can email your Testimonial to:

Katie@harmonizingjourney.com

Questions you can answer to help in writing your Testimonial:

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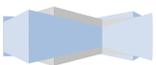
Was it easy to work with Katie O' She Wha' Nitah to connect with your higher self?

What did you gain from the Session?

Were you able to clear, heal, or get an answer to what you're here to do?
Would you recommend this Session to anyone else and why?

Namaste, Much LUV, Peace, and Joy, Ashalum De Echasha Dur,

Katie O' She Wha' Nitah



Links to Follow

HJR Introductory and Ongoing Sessions link.

<https://harmonizingjourney.com/hjr-private-sessions/>

Client Testimonials link:

<https://harmonizingjourney.com/testimonial/>

SEPA Handbook:

<https://www.amazon.com/dp/B08NP53P75>

Waking In Alania Series:

<https://harmonizingjourney.com/waking-in-alania-series/>

Much LUV and Peace,

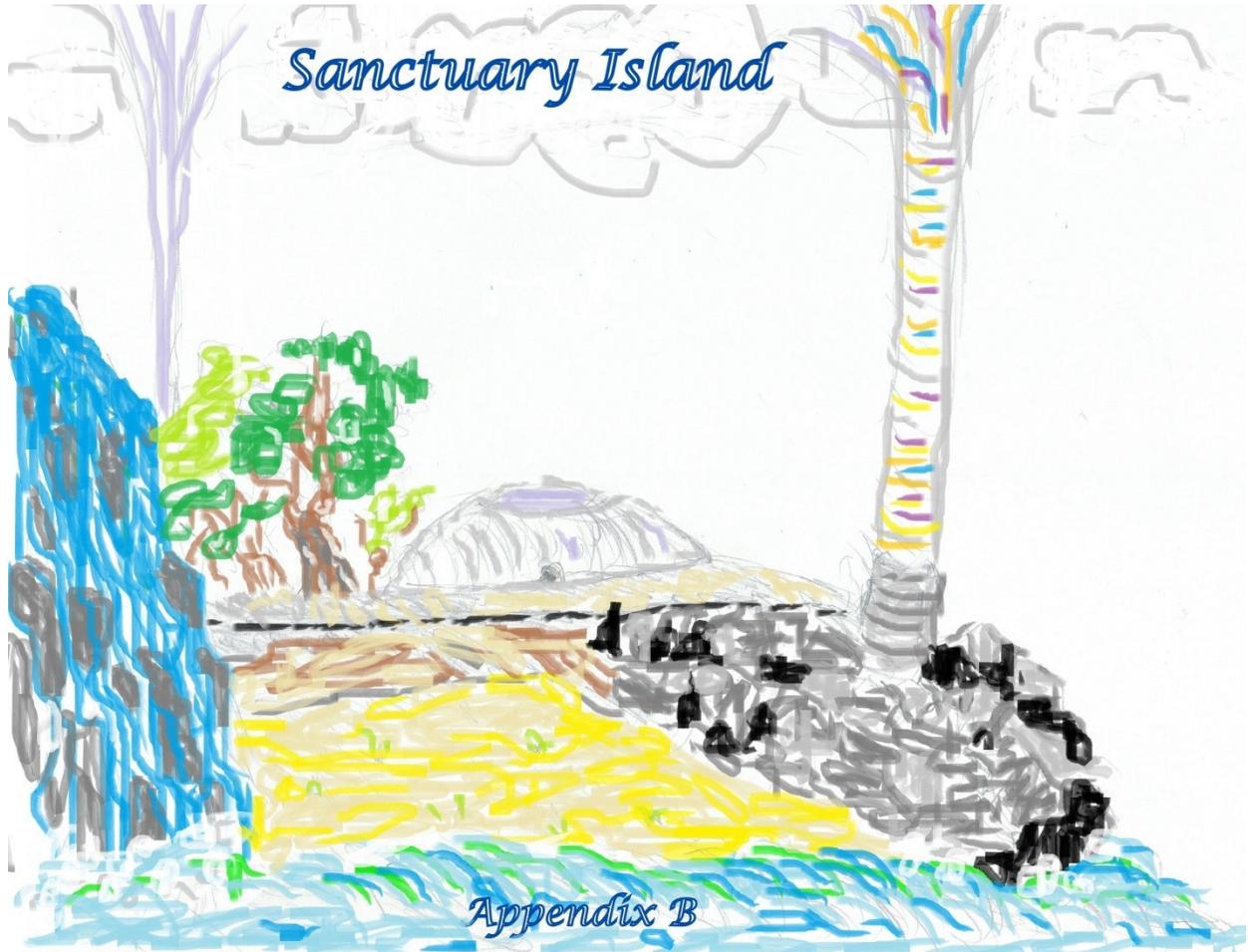
Katie O'She Wha' Nitah,

The HJR Navigator helping others to connect with their God Source 1st Eternal self to remember who they are as powerful multidimensional beings.

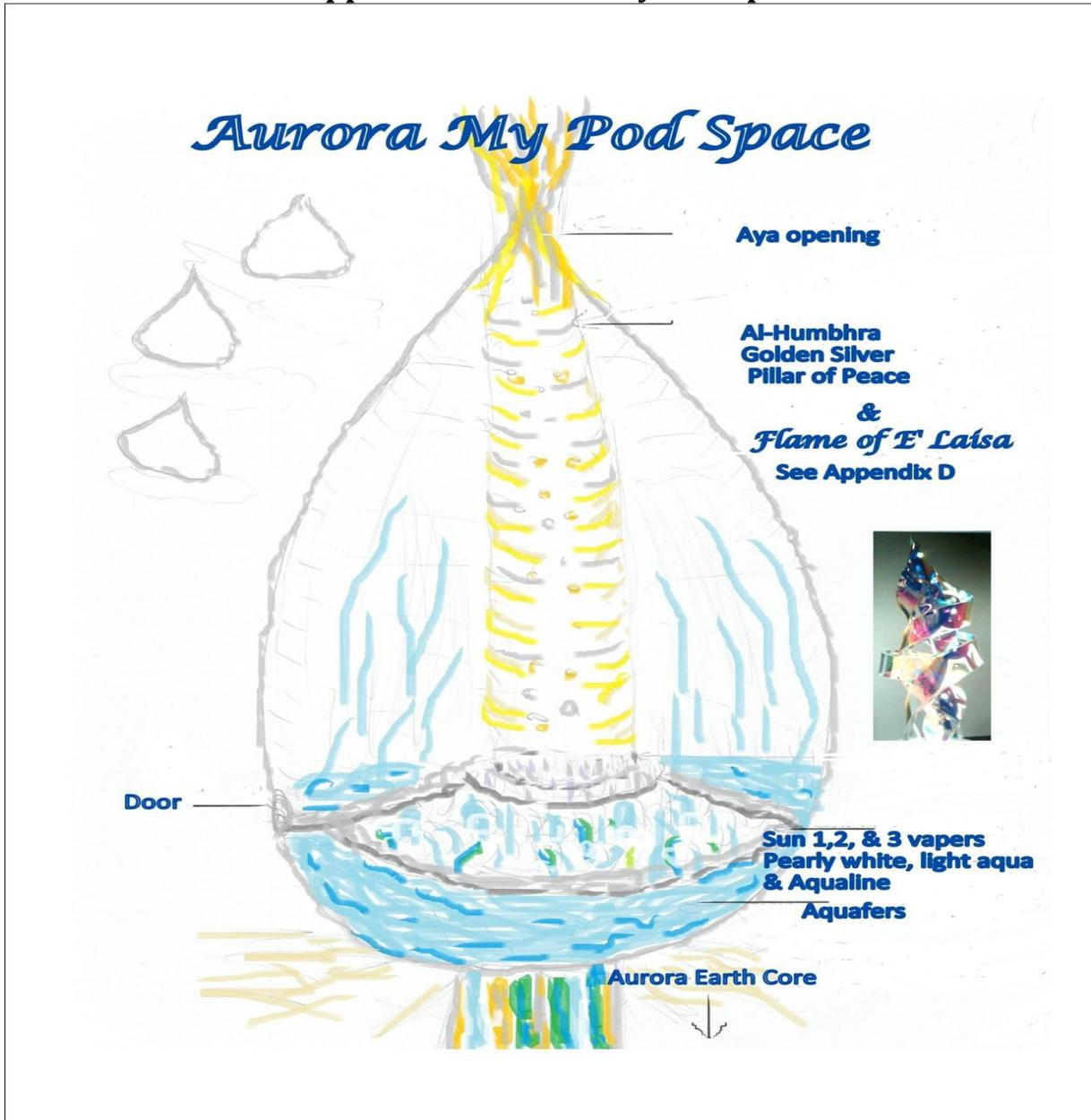
Appendix A: Crystalline Travel Pod



Appendix B: Sanctuary Island



Appendix C: Aurora My Pod Space



Appendix D: The Flame Fields of E' LAi-Sa



The E' LAi-Sa