

# LIGHT BODY ACTIVATION GUIDE

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## INTRODUCTION

The Light Body is often spoken about in many historical and spiritual texts. It is described sometimes as the “Rainbow Body” and is a combination of the physical + etheric body. The Light Body is our natural state of being, it is the wholeness between all of our bodies: physical, emotional, mental and spiritual.

When our bodies are disconnected or we have damage, wounding, and toxins stuck within these bodies, they become dim and the body becomes more dense. Through this activation we are not “becoming” anything other than what we are—we are simply reclaiming our natural state. This is what we refer to as the Crystalline Process—the release of density from the bodies in order to create space for more light.

*Remember who you are and why you’re here—this is the key for the light body activation.*

In order to truly remember, we have to go back to where we forgot. The point of amnesia. 27,000 years ago, Mother Earth was a 5<sup>th</sup> dimensional planet. Earth was created as the Garden of Eden, a place where all souls from the cosmos could come and have a physical experience. Most other planets around our multi-verse are not surface level planets, and do not allow for physical experiences. Therefore, Earth was special and rare—the jewel of the multi-verse.

Those who came to experience Earth would be able to manifest via a Light Body. The Light Body is very similar to our current human vessel but is without the density and limitations we currently experience. The Light Body is more crystalline versus carbon based (the current design), and does not require external sustenance such as food or sleep. Although food and rest can still be enjoyed through the Light Body, it is not required.

The Light Body also has the capacity to regenerate and heal itself through its connection to Source energy + the planet. Disease or illness does not exist in the Light Body. This body operates on the Quantum Operating System, so it functions off of divine intelligence rather than the EGO mind (the current operating system). The EGO mind has limited us in our capacities, where we can only observe and perceive less than 5% of all energies. We experience fear, pain and suffering which creates all disease and illness here on this Earth plane. The EGO mind also prevents us from utilizing our God Selves and all of its innate powers, gifts and skills.

During the time of Atlantis + Lemuria, there was a cosmic experiment going on. Lemuria was operating as a 5D society—complete with the Light Bodies, Light Cities, and Crystal Technology. Atlantis was operating as a 4D society—they functioned in a semi-Light Body and were in the process of evolution so that they too could live and create a Light society. However, the Atlanteans wanted to take the “short cut” to consciousness, they did not want to do the spiritual work required to raise their collective consciousness.

What happened with the failed experiment of Atlantis was Spiritual EGO and externalization. The Atlanteans began building spiritual temples of gold, which is a high conductor of Source energy. Yet, instead of connecting to their Source energy within, they began externalizing

Source into *things*. They became obsessed with gold and spiritual hierarchies, creating secret societies and what would have been the first “religious hierarchy”. The high priests and priestesses were regarded as the bridge to Source and they began hoarding spiritual wisdom and information from the Atlanteans.

At the time, they secretly obtained the crystal technology that was being used in Lemuria to build the Light Cities and they attempted to use this technology for themselves. They tried to falsely manifest things and manipulate energy which goes against 5D technology which MUST be used in the heart. This created an energetic explosion upon the planet which ultimately sank both civilizations. The remaining Atlanteans and Lemurians either had to flee to the Inner Earth or perished in the explosion. The surface level population that was able to survive the explosion, were immediately knocked into amnesia-the 3<sup>rd</sup> Dimension. They forgot who they are, where they came from, and why they were here.

This leads us to the story of the invasion of Earth and the takeover of Humanity. To make a long story short, we were hijacked by lower entities who sought to keep control of this planet. The only goal they have is to make sure that we stay in amnesia-that we never remember. For when we remember, when we *wake up*, we restore our natural connection to Source and we rise back into our God Selves. Our Light Body is reconnected and we become more powerful than any lower entity or energy could possibly control.

When we restore our Light Body, we shift out of the EGO programmed mind (the old operating system) and we upgrade to the Quantum Operating System. Our natural abilities and gifts return to us, and we return to being God with God. As a collective, it has been 27,000 years of amnesia. Over the centuries, we have made many attempts to break out of this amnesia but the illusion, the programming was so deep it has taken thousands of years to arrive at this point.

For years and decades, we have all been working through the thousands and thousands of layers of this programming in order to clear, purge, and dissolve all that is keeping us in this unnatural state. We are now ready and have the energetic capacity to activate this new operating system.

We are ready for the Light Body activations.

## 10 RAYS OF THE LIGHT BODY

Many have heard the Light Body or the Rainbow Body. In many ancient cultures such as the Mayan culture, there are myths and legends that these beings achieved the "Rainbow Body" and essentially vibrated out of this 3D plane and into upper dimensions. Throughout the last 27,000 years there have been accounts of many who were able to achieve this through deep meditation, fasting, etc., such as the Monks.

However, in this current Ascension process the goal is much different. We are not seeking to ascend out of this dimension, but to merge the higher dimension with this one. Essentially, to merge 5D into 3D/Heaven into Earth. In order to do this, we are not leaving our human vessel behind, but integrating it with our Light Body/Etheric Body.

From my personal downloads, there are about 10 layers to the Light Body, and these create a layered auric field around us. Each of these layers connects with various bodies such as the physical body, emotional body, mental body, spiritual body, and energetic body. When all of these layers are in harmony, and there are no blocks or resistances within these bodies, the full integrated light body is able to come online.

### *FIRST RAY*

The first ray of the light body corresponds to the Root Chakra and creates a warm red auric layer around the physical body. The first auric layer of the light body is designed to protect our life force energy by helping it to stay grounded within the body and develop a sense of connection, trust, and safety within the human vessel.

In order to activate + integrate this ray of the light body, we have to establish a deep relationship with our physical vessels. We must feel safe in our physical bodies, and show gratitude, self-care, and trust in our vessels.

Frequencies that disconnect or shut down this ray are lack of trust, ungroundedness/scatteredness, fight or flight, or fear of the body. This can often manifest as a deep distrust in our bodies own ability to heal itself, or we have a disconnection from listening to our bodies and instead we numb or push our bodies beyond their capacity. Being present and grounded anchor in this auric layer.

### *SECOND RAY*

The second ray of the light body corresponds to the Sacral Chakra and creates a warm orange/peach auric layer around the emotional body. The second auric layer of the light body is designed to sustain our life force energy by keeping it flowing throughout. This layer also keeps our E-Motions moving and releasing from the body so they do not get stuck.

In order to activate + integrate this ray of the light body, we have to establish a connection to our feeling centers. This means we allow ourselves to fully feel our emotions without suppressing or reacting to them. Instead, we acknowledge them, allow them to pass through

and release. We also must learn to allow ourselves to BE. Being and doing are very different energies, and we have been programmed to be constantly busy and doing, but not being and resting.

Frequencies that disconnect or shut down this ray are lack of vulnerability, emotional suppression, rigidity/robotic behavior, anxiety or restlessness. Allow yourself to feel + flow, letting the life force energy move at its natural rhythm.

### *THIRD RAY*

The third ray of the light body corresponds to the Solar Plexus and creates a bright golden auric layer around the emotional/mental body. The third auric layer of the light body is designed to harness the life force energy of the first two rays, and to shine it outwards. This ray also sustains the connection between the emotional + mental body, often referred to as the gut/brain axis.

In order to activate + integrate this ray of the light body, we have to establish our brain/heart connection. When our gut is imbalanced, or disconnected from our mental body, we can become emotionally reactive, or stuck in fight or flight actions. Practice breathing deeply and running every thought through the heart 3x and back up to the brain to see how you feel with every idea or thought you wish to take action upon. When we are in harmony with both our thoughts and emotions, we are able to confidently shine and make decisions that light us up.

Frequencies that disconnect or shut down this ray are arrogance, childish behavior, inauthentic expression, and fight or flight. This is a manifestation of lack of synergy between the brain + heart. Attuning this connection opens up our true light to shine through.

### *FOURTH RAY*

The fourth ray of the light body corresponds to the Heart Chakra and creates a mix of an emerald/pink auric layer around the body, creating what is known as our electromagnetic field. The fourth layer of the light body actually generates electromagnetism which creates the torus field around the body in which the light body layers can operate through.

In order to activate + integrate this ray of the light body, we have to clear all blockages to our heart chakra. When our heart chakra is strong and open, we create a powerful electromagnetic field around us, which allows us to both give and receive freely. We experience a deep connection and magnetic draw to people, places, and things. When our heart chakra is blocked or shut down, our magnetic field is weakened and we can easily become overwhelmed or effected by lower energies, and often draw to us lower frequency people, places and things.

The heart chakra is like the power plug to the Light Body!

Frequencies that disconnect or shut down this ray are lack of vulnerability, lack of compassion, woundedness, grief, fear, and resentment. When we are able to anchor in forgiveness and universal love, we become the most powerful generators of light!

### *FIFTH RAY*

The fifth ray of the light body corresponds to the Throat Chakra and creates a royal blue auric layer around the body, and connects to the electromagnetic field. This fifth layer of the light body is how we communicate/command our light body as well as how we communicate with the energetic world around us.

In order to activate + integrate this ray of the light body, we have to clear all blockages to our throat chakra. This chakra has been one of the most attacked chakras, as it prevents us from speaking truth. This chakra has also become distorted with unconscious speech, which creates reality. This Ray connects to the electromagnetic field that our heart creates to power the light body. The throat chakra therefore serves two purposes: to listen to information that flows through our field (either verbally or telepathically), and then to communicate back.

Frequencies that disconnect or shut down this ray are lack of listening, interrogation, and speaking with distorted energy. When we speak with distorted energy, we are essentially doing things like complaining, blaming, reacting, taking energy through talking, debating, or creating conflict based on opinions of the mind. We have to be aware that this chakra holds a special power, in that what we speak out create reality. To speak truth and love is a high frequency that can change the world around us. Speak with integrity and be impeccable with your word.

### *SIXTH RAY*

The sixth ray of the light body corresponds to the Third Eye charka and creates a violet auric layer around the mental body, which also connects to the electromagnetic field. The sixth layer of the light body is how we interpret the energy that is flowing into and out of our auric field, and is able to perceive other auric fields as well.

In order to activate + integrate this ray of the light body, we have to clear all mental blockages including belief systems, EGO programmings, and illusions. This ray of the light body is what creates our perception of reality, so we can visualize this ray as the projector screen. This Auric Layer has been heavily attacked in order to distort our perceptions and keep us trapped in mental loops and illusions. The mantra for clearing this Ray is "I don't know shit!".

Frequencies that disconnect or shut down this ray EGO programmings, deep belief systems, and mental distortions such as opinions and denial. When we create mental limitations, our Third Eye can only perceive reality through these limitations, and when something in the electromagnetic field does not fit these limitations, the mental body actually warps the perception of reality to match it. This is often known as cognitive dissonance. Let go of everything you think you know, and instead, be open to all possibilities! Look through the eyes of the inner child which will activate this Ray of imagination, magic, and higher perception.

### *SEVENTH RAY*

This seventh ray of the light body corresponds to the Crown Chakra and creates a platinum/rainbow auric layer around the spiritual body. The seventh layer of the light body is a bridge between the spiritual body and the physical, emotional, and mental bodies. This layer also cleanses and purifies energies that flow in and out through this bridge.

In order to activate + integrate this ray of the light body, we have to develop a spiritual connection to our Higher Selves and Source. The seventh ray merges the spiritual body with the other bodies and when disconnected, we do not have a sustainable Source connection which can cause us to feel separation, confusion, anxiety and fear. When we establish a connection to Source + our Higher Self, we are able to tap into unlimited thought and information. We create a bridge for Source energy to run through us.

Frequencies that disconnect or shut down this ray are logical/linear thinking, attachment (to people, places, and things), control and religious programming which cuts off our relationship to Source. True Source energy is feminine in nature and most religious programmings have cut out the feminine energy. Attachment to physicality limits our ability to receive higher guidance so in turn, we seek to control the external world. When we are stuck in logical and linear thinking, we are unable to have Divine Will flow through us. Nurture your spiritual connection to allow your Higher Self to come in and be the compass!

### *EIGHTH RAY*

The eighth ray of the light body corresponds to the Soul Star Chakra and creates an aquamarine auric layer around the energetic body. The eighth auric layer helps to cleanse and heal the physical, emotional, mental and spiritual bodies on a daily basis.

In order to activate + integrate this ray of the light body, we have to clear all human conditionings which keep us stuck in old patterns, behaviors and human EGO personality traits. The eighth ray helps us prepare for our Higher Self missions and gives us access to our soul contract. This Ray also helps purify our energetic body so that we do not get stuck with karmic energy (unlearned lessons). It is through this layer that we are able to use our divine gifts and skills to be in service to the whole, and to complete our higher missions. We no longer cling to the human personality but allow our true self to shine through.

Frequencies that disconnect or shut down this ray are judgment, self-doubt, savior programming and attachment to the EGO Self. The EGO has all kinds of needs, wants and desires, and when we are attached to those, we carry around a mask that is not the true self. We must let of all judgment of Self and others, forgiveness, and come to the understanding that we are God with God. To step into this frequency and integrate this auric layer, we must take full accountability and responsibility for all that is. We also must allow others to step into their own power without trying to save them or interfere with their lessons. This is how we unlock our true power.

### *NINTH RAY*

The ninth ray of the light body corresponds to the Galactic Chakra and creates a turquoise auric layer around the energetic body. This Ray connects us with higher states of being such as unconditional love + joy. We have a deep understanding of our Soul purpose and we live it in every moment!

In order to activate + integrate this ray of the light body, we must connect with our highest joy and highest potential! This Ray unlocks our Soul's true blueprint and allows it to come into physical manifestation, assisting with our light body activation. Through this ray we come to discover our true self and allow it to expand in its expression. We also become integrated with full healing, self-love, abundance and kindness. We come into full consciousness of who we are and why we are here!

Frequencies that disconnect or shut down this ray are poverty consciousness, disempowerment/victim consciousness, and resistance. These frequencies shut down our natural ability to create health, wealth and happiness in our lives. When we believe that we are victims of our circumstances we become disempowered to change our experience. We suffer from poverty consciousness or fear of lack, believing we do not have "enough", which in turn makes us feel that we are not enough. When we are in resistance to *what is*, we become rigid and hardened and our joy and health dims. The mantra for this Ray is "embrace, accept and allow."

### *TENTH RAY*

The tenth ray of the light body corresponds to Universal Chakra + the Earth Star Chakra, and creates a pearl/rose colored auric layer around the energetic body. This auric layer completes the light body and holds it intact. This layer awakens all dormant DNA and brings it online, allowing it to integrate with the Soul's blueprint in physical form. This Ray forms the bridge between Heaven and Earth.

In order to activate + integrate this ray of the light body, we have to be receiving and anchoring in pure light frequencies. Essentially, this ray allows us access to enlightenment or full consciousness. Any point of resistance within our bodies that either blocks or distorts this light from entering through and anchoring down into our vessel will disconnect the light body. Through this Ray we activate our true divine memories and all aspects of the Self are brought into wholeness.

Frequencies that disconnect or shut down this ray are resistance, conflict, disharmony, or separation. These frequencies create imbalance within our light body and "cracks" appear. This is when the light body needs repair and continued maintenance. When we are completely in resonance, we have a complete merging with the Higher Self and we activate our divine creativity in which we are able to birth new paradigms, new worlds, and new creations. We come into a state of balanced harmonics, bliss, harmony, peace, and unity.



## PROTOCOL 1: CLEARING THE LIGHT BODY

The clearing of the Light Body happens in stages and cannot be rushed. In essence, the first protocol is about clearing the body of all wounds, blockages, toxins + density. These purges happen from the physical, emotional, mental + energetic bodies. For many of us, this process took years to complete, as there is so much to release from these bodies that are too dense for the Light Body to merge with.

The clearing of the Light Body is known as the Crystalline Process-the process of transforming from carbon based (dense) to crystalline form (light). If you are just beginning this process, take your time with this clearing process until you feel that you are ready to activate the Light Body. If you are guiding others through this process, we suggest helping to facilitate the clearing of one body at a time.

Through the crystalline process, we essentially purge all addictions, toxins, emotional wounds, programming and belief systems from our bodies. All of these represents blockages to the activation and integration of the Light Body.

You may go through many layers of clearing and there is no rush to this process. This is all about creating the most harmonious environment inside and outside so that our whole self can be integrated and we can experience the joy and bliss of connection with ourselves + Source.

### *DISSOLVING ADDICTIONS*

All of Humanity are addicts, as addiction, attachment + co-dependency have been programmed into the DNA. Humanity's greatest addiction is to energy, which then translates into the physical addictions and dependencies on people, places + things. Our addictive behaviors and thought processes are both inherited + reinforced through programmed, learned behavior.

All of our addictions feed off of the EGO's needs, wants + desires, which link to our lower 3 chakras: the Root, Sacral + Solar Plexus.

If we look at Maslow's Hierarchy of needs, we will see physical survival needs at the base. This corresponds to the Root Chakra and physical body, which rules over our sense of safety and survival. The Root Chakra has been enslaved by the system of MONEY, which keeps us in deep fight or flight as we attempt to meet our most basic needs. We are enslaved by our NEEDS which can include food, water, shelter, sleep, + warmth and/or comfort.

Humanity is thus permanently in the addictive cycle of meeting these needs, which keep us in the loop of fight or flight. This is not to say we do not have natural needs for health and wellness, however, we must change our relationship to our needs and remember that we have

the power to support and care for ourselves. We will always have everything we need when we need it!

Our DESIRES come from our emotional body + our Sacral Chakra. Due to the high levels of stress that are induced from being in constant fight or flight, trying to meet the "needs" of the Root/Physical Body, our Emotional Bodies + Sacral Chakras fall into hijacked desires.

Ultimately, our desires are manipulated and cause us to run from our discomfort and sense of pain + suffering. Divine desires are different from EGO desires, as we can sense the divine desires come from our Soul and not a "craving" of something external to ourselves.

We then become a slave to our desires, an endless loop of trying to escape our suffering only to end up re-creating it through attachments and co-dependency. Desires include sex, drugs, substances, emotional highs + lows, drama, cravings/urges, and unhealthy relationships

This directly leads us to the WANTS of our Solar Plexus, where the EGO resides and ultimately hijacks the Solar Plexus, also known as the second brain. The Solar Plexus connects to our mental body, which is often why many in the healing community talk about healing the gut/brain connection. When the Solar Plexus is damaged, and/or in addiction and dependency, it hijacks our mental body and our thought systems.

Our WANTS become mental thought processes that we act upon, constantly in a loop of seeking "wants" in order to fill the void space within. We seek instant gratification and EGO validation, rather than fulfilling experiences that are based on empowerment and joy.

These 3 chakras + bodies are the key to freeing ourselves from the EGO needs, wants + desires, and cleansing our physical, emotional and mental bodies.

## *CLEARING THE CHAKRAS*

Clearing, purging + detoxing these 3 chakras and bodies is a delicate process that cannot be done all at once. We must move in stages with this process so that we do not overwhelm the system. Gentleness and self-care are also very important during this process.

The goal of these cleanses are to detox our physical, emotional + mental bodies of any density, toxins, attachments, addictions and co-dependencies.

The key with the Crystalline Process is to create balance, harmony and homeostasis within the body. This means that we often have to break our addictions and attachments before we can incorporate those tools, patterns, people, or behaviors back into our life.

"Never" and "always" are both spectrums of addiction. In order to stay in balance, we dissolve all belief systems about "good" and "bad" and realize that everything goes through cycles and phases. Nothing in creation is ever permanent, but always changing, evolving and growing.

## *TOOLS & TECHNIQUES*

The best tools for detoxing the Physical Body and Root Chakra are to start cutting down on what we perceive as "needs", in order to allow true sovereignty over our physical vessel to be developed.

**Fasting 72 hours:** Water with lemon, juices + teas may be incorporated

**Sleep:** Cutting sleep down to 5 hours per night (3x per week for 30 days)

**Substances:** Detoxing from all substances for at least 72 hours including alcohol, marijuana, tobacco, medication (when possible), coffee, etc.

**Cold Showers:** Taking cold showers, either before or after a hot shower, helps the body purge toxins

**Sugar:** Cutting out sugar completely is highly recommended for detoxing and is best to be cut out for 30 days. Natural sugar such as fruits and honey are fine!

**Garlic Cleanse:** 1 clove per day x 7 days helps cleanse the body of toxins and chemical

**Heavy Metal detox:** This is recommended if you feel your body has a lot of heavy metals that need to be released

**Technology:** Detoxing from technology including cell phones, social media, television etc., for a min of 24 hours assists the body in releasing any addictions

The best tools for detoxing the Emotional Body and Sacral Chakra are to start cutting out what we perceive as "desires", in order to allow true sovereignty over our emotional vessel to be developed.

**Celibacy:** Celibacy is highly recommended for at least 30 days or more, depending on your guidance, in order to allow the body time to process its feelings + stabilize into your own energy field.

**Cravings/Urges:** Compulsive behavior like eating, drinking, shopping etc., one must allow those cravings to come up WITHOUT acting upon them.

**Salt Baths:** Epsom salt baths are highly beneficial for the cleansing + detoxing of the emotional body

**Saunas/Sweat Lodges:** Any activity which allows the body to purge through heavy sweating is beneficial for emotional body clearing

**Journaling:** Journaling your emotions, what is coming up, as well as any past emotions that must be expressed

**Ceremonies:** Ceremonies for releasing, purging, forgiveness, etc., are very helpful with emotional releases

**Solitude:** It is highly recommended to spend moments in pure solitude for hours, days or weeks, spending moments in silence + meditation

The best tools for detoxing the Mental Body and Solar Plexus Chakra are to start cutting out what we perceive as "wants", in order to allow true sovereignty over our mental vessel to be developed.

**Sun Gazing:** Sun gazing + spending time in the Sun helps purge our Solar Plexus and activate our divine intelligence systems

**I AM Affirmations:** These help re-wire the Solar Plexus into empowerment rather than co-dependency

**Parasite Cleanses:** These are recommended for those who have gut issues that require cleansing

**EGO Death Ceremonies:** These ceremonies speed up the process of EGO death and thus return empowerment to the Solar Plexus

**Etheric Surgeries:** These surgeries help dissolve all lower implants and interference that is effecting the mental body as well as the emotional body. (See 144,000 Activation Guide)

**Acceptance + Surrender:** Accepting and surrendering to your current experience, rather than "wanting" to change it.

**Gratitude journaling:** Practicing gratitude is highly beneficial to re-wiring the Solar Plexus

**Get Uncomfortable:** The EGO lives in the Solar Plexus and hijacks us through our "wants". We avoid going outside our comfort zones for this reason. Our best recommendation is to go CAMPING! This tends to be the most uncomfortable experience for the EGO but is also the most transformational.

### *DISSOLVING BELIEF SYSTEMS*

Belief Systems are what keeps us sick, and in pain + suffering. It is our narrow perception of the world that keeps us limited. Belief systems are ruled by judgement: good/bad, black/white, right/wrong, should/shouldn't, etc. All of our bodies listen to our belief systems and respond accordingly. There are MANY belief systems that we hold about what is good and bad, and we encourage you to explore all of the beliefs you have. We will explore some of the biggest belief systems that often have an effect on our bodies.

### FOOD

Some of the deepest belief systems surround food and the way in which we consume it. We have so many beliefs about what is "good" or "bad" for you, and our body is always listening to these. The first step is to dissolve everything you think you know of what is good or bad food. There is no such thing. Yes, there are certain foods such as organic produce that is designed to be beneficial to the body, and yes there are foods that have chemicals, toxins and other inorganic things in them. HOWEVER, our fear or belief about how "bad" these foods are, cause them to create sickness.

Example: If I eat McDonald's, and I believe that it is "bad" for me, my body will immediately respond to this by creating sickness from ingesting such food.

This is why you will see those with deep belief systems about food such as vegans, vegetarians, or "health nuts", will often still suffer from pain, illness + disease despite their "healthy" eating. You will also see this with those who "diet", and often still gain weight or cannot lose weight despite their dieting. IT IS ALL ENERGY.

## ALCOHOL/TOBACCO

There are many belief systems around alcohol and tobacco, that they are "bad" for you. Both alcohol + tobacco derive from organic material. Tobacco grows in the ground naturally, and most alcohol is made from organic fermentation of wheat, grapes, potatoes, grains, etc. It is simply the misuse of these tools, belief systems, etc., that create dysfunction, illness + disease. This does not mean you must consume these substances, that is up to your individual guidance, but any belief system around them will have negative impacts on the body.

## MARIJUANA/SUBSTANCES

There are many belief systems about marijuana and other substances that they are "bad" or they are labeled "drugs." Again, it is only our dysfunctional co-dependence, attachment, and belief systems around these tools that create negative effects. The tools themselves are neutral, it is the user of the tools that decides how it effects their experience. This does not mean you must use this tool, that is up to your individual guidance, but any belief system around it will have negative impacts on the body.

## WORKING OUT

Many have become obsessed with the concept of "working out", and how much working out is required to be "healthy." This is also a belief system, as movement is our natural state of being.

We organically go between movement + rest as our natural states. It is only due to the illusionary society we have created, that we no longer organically move but have to schedule time to "work out." Right action, walking, stretching, yoga, cleaning, building, etc., are also natural movement that the body requires.

All belief systems must be dissolved in order to go through the Crystalline Process + return to our natural, organic state. The more organic we become, the faster our crystalline process.

Remove all judgments and thinking of right/wrong, should/shouldn't, good/bad from your thought processes.

Follow your body's guidance, bless your food + water, be in gratitude and joy, and watch your life naturally change into a beautiful, healthy and organic flow!

## 5D HEALING

The true 5D healing is about understanding the energetic + emotional root causes of your pain, illness or disease. There is NO external thing that will cure you other than your own consciousness. Getting familiar with the metaphysical root causes of your symptoms is a great place to start. Next, is understanding that you are a 5D healing device, and all healing happens within you.

We highly recommend reducing and/or getting off of all external medications, pain pills, or 3D "healing" modalities as these only put a bandaid on your problem. YOU ARE THE MEDBED.

*5D Healing Modalities include:*

- Self Love Disciplines
- EGO dissolvment
- Nervous System Regulation: this can be done through conscious breath work, meditation, + addiction dissolvment
- Plasma Technology
- Movement + Self Care of the body
- Sunlight + Grounding
- Music + Art therapy

## 5D HEALTH & WELLNESS

The true health + wellness of the 5D Quantum Vessels lie in the higher vibrations of Love, Joy, Peace + Abundance. These vibrations are cultivated within and are the foundational vibrations of our health and wellness.

The following are recommended for continued health + wellness through the Crystalline Process:

- Balance between DOing + BEing
- Self Love Disciplines
- EGO Dissolvement
- Addiction/Attachment Dissolvement
- Organic Movement
- Connection to Spirit
- Creativity
- Co-Creation with others
- Being comfortable being uncomfortable
- Meditation/Moving Meditation
- Joy + Peace
- Accept, Embrace + Allow



The Crystalline Process is the art of dissolving and releasing density, heavy emotions, lower thought systems, toxins, trauma + wounding from the vessel. This is the first part of the process. This allows space and a higher vibrational vessel that can anchor in + embody more light=consciousness, allowing the Higher Self aspects to come into being. This is the second part of the process.

By Healing our past aspects + embodying our future aspects, we become a Quantum Vessel that is able to access cosmic consciousness, self-healing, age reversal, instant travel, instant manifestation, etc.

There is no "time frame" for how this process occurs. Once it begins, it is an organic process that happens in spontaneous stages. However, the more we participate actively in the process through self awareness, intention, + self-love, the more seamless our transition from carbon based to crystalline form.

### **CRYSTALLINE RETREAT**

The following is our recommendation from experience + example of a Crystalline Retreat that one can create to assist them in their Crystalline Process.

GO CAMPING! If weather does not permit you to do this, then get creative and set up a camping site in your backyard, living room, etc. This is recommended for at least 72 hours.

Detox from all substances/external tools during this time including alcohol, tobacco, food, technology, etc. Drink lots of water, spend time outside + in nature, and in solitude.

Practice the self-love disciplines including grounding, I AM affirmations, cold showers, sun gazing, journaling, ceremonies, etc.

Make time for creative + healing outlets such as painting, music, crafts, drawing, etc. Connect with your angels + get comfortable being uncomfortable in the void space!

The best relationship you will ever cultivate is with yourself + Spirit.

## PROTOCOL 2: ACTIVATING THE LIGHT BODY

The Light Body Activation process also takes time and cannot be rushed. This protocol is entirely energetic and will consist of activating our dormant God DNA, anchoring in our Higher Self Essence, & bringing all aspects of our multidimensional-self online.

Many of you have been doing this process organically throughout your spiritual journey, which is the process of embodying the divine traits of Source/unconditional love, as well as consciously placing the intention to activate our dormant DNA, Higher Self blueprint, and divine gifts.

For those who have never consciously intended to activate these things we recommend the following to begin your activations:

- ~Use the Divine Traits in your I AM Affirmations (See Additional Resources)
- ~Higher Self Ceremonies
- ~Angel Chip Activations (See Additional Resources)

This part of the Light Body process happens very organically, as our DNA and Blueprint have divine timing to them and we cannot “force” the activation. However, the more intent and focus we place on these activations, the quicker they arrive!

For those who really want to speed up their activation process, there is a protocol for an acceleration:

- ~Place your conscious intent via writing, speaking out loud, or heart intention to activate your “Fast Track Angel Chip”. This tells your Higher Self and Angel Team that you wish to be on the accelerated Ascension Path.

### *LIGHT BODY ACTIVATION MEDITATION*

- ~Start by getting into a comfortable position, either lying down, in meditation seating, or sitting down.

~Take 3 deep breaths in through the nose and out through the mouth

- ~Envision Rainbow Plasma Energy pouring in from Source and activate each Light Body Ray as follows:

- I activate my First Auric Layer with the Red Ruby Light
- I activate my Second Auric Layer with the Orange Light
- I activate my Third Auric Layer with the Golden Light
- I activate my Fourth Auric Layer with the Emerald/Pink Light
- I activate my Fifth Auric Layer with the Royal Blue Light
- I activate my Sixth Auric Layer with the Violet Light
- I activate my Seventh Auric Layer with the Platinum Light
- I activate my Eighth Auric Layer with the Aquamarine Light
- I activate my Ninth Auric Layer with the Turquoise Light
- I activate my Tenth Auric Layer with the Pearl Rose Light

~Now state out loud: I now activate all of my dormant DNA, my Higher Self Blueprint, + all multidimensional aspects of Self.

~Next use the Rainbow Plasma Energy and envision it pouring through the bones of the body, including the spine.

~Feel and envision your entire light body getting brighter and brighter

You may do this activation as often as you would like until you feel that each layer is activated and has been cleared of all blockages, then we move onto the integration phase!

### *HEART OPENING*

One of the biggest aspects of the activation of the Light Body is the heart chakra opening. The heart is actually the power generator of the Light Body, which is why those who are operating solely in the EGO mind will have their light body completed offline and disconnected. The stronger the heart chakra is operating, the greater capacity for Light Body activation.

The opening of the heart chakra has many layers to it, and for many of us we have been slowly working on this opening. Many of you will have ancient memories of persecution, violence, enslavement and punishment for such an open heart chakra, which is part of the wound healing in re-opening it. In this lifetime, we also have shut down our heart chakra as we have been navigating a world that is completely in the mind.

Those living in the heart will seem crazy and insane to those in the mind, and thus the entire matrix system has sought to close down our hearts and keep us locked in the mind. It is now safe for us to fully live in the heart again, as we transition into the Galactic Human form.

Heart opening begins with full feeling-being able to feel our emotions, process them, release them, and make peace with them. Most of Humanity is running away from full feeling because of the depth of emotion seems overwhelming. The first step is to make it a practice everyday to allow the full feeling of every emotion. This does not mean to dwell on the emotion or feeling, but to not suppress it nor react to it. To feel and observe it as it passes through the body.

The next step is to start noticing what triggers the closing of the heart chakra. We can feel the heart closing when we go into emotional detachment, coldness, numbness, resentment, anger, resistance, etc. We all have different triggers, but these often come from the people closest to us-our relationships. Relationships are where the deepest healing and inner work actually occurs. This can be family relationships, intimate partnerships, friendships or children. As soon as we feel a trigger that begins to constrict our heart, we must immediately go into the practice of deep breathing, allowing the emotions to come up and out, and to state out loud "I choose to keep my heart open."

Now with the heart opening practice, this DOES NOT mean that we allow others to continuously take energy from us, cross our boundaries, or inflict physical/emotional/mental harm. We can keep our heart open while still having strong boundaries and calling others out on their dysfunction. These happen simultaneously. It simply means that we return to the state of forgiveness, compassion and unconditional love each and every time we experience hurt, pain, or suffering in any way. We can choose to no longer have a relationship or be in an environment, but we have not closed our heart down.

*We send them love anyway.*

You may also do ceremonies, meditations, or asking your angels and Higher Self to help you to open your chakra, and to bring up any remaining pain or wounding within it that must be felt and released. This will happen in layers as to not overwhelm our systems, but the goal is to live fully and freely in the heart, taking nothing personal and no longer carrying the emotional burdens of our past with us.

### PROTOCOL 3: INTEGRATING THE LIGHT BODY

The Light Body Integration occurs when we have successfully activated our Light Body and it is now ready to merge with the physical vessel. The integration protocol can only occur when the body has purged enough density to be able to have the capacity to integrate the Light Body.

The integration process is a quicker process than the clearing + activating phase, as once the physical vessel + light body have been prepared, they then begin to merge into one. The key with the integration phase is moving out of the old operating system and into the new one.

When we begin the integration process, it happens in layers so that if there is any remaining density, toxins or distortions, they can be brought to our awareness through the physical, emotional or mental bodies for clearing.

To begin the integration process we want to first set the intention, and then go into the protocols for merging:

- ~Visualizing Rainbow Light being turned on within your DNA, organs, bones, spine, chakra etc.  
Hold this vision.
- ~Visualize your Light Body and all of its 10 Rays
- ~Visualize and state out loud that you would like to begin the integration process and imagine your physical vessel and light body merging together as One.
- ~You may go through each Ray of the Light Body and merge them one by one, or imagine all 10 merging.
- ~Take deep breaths in through the nose and out through the mouth while doing this practice, and notice any sensations, emotions or thoughts that come up while doing the integration. This will give you insight into any remaining blocks or distortions within the body.
- ~Do this integration practice as many times as you are guided to, along with the clearing + activation protocols, until you feel the Light Body is fully connected and integrated. (I recommend doing this at least 3x).

From my experience, the light body integration takes time, but it does happen rapidly. During the process of integration you may suddenly begin to feel as if you are “going backwards”. You may be hit with sudden symptoms, deep emotional or mental triggers, suddenly feeling disconnected or not in resonance with people places and things. You are not going backwards but spiraling up! During the integration process you are essentially shedding the final layers of what was never real and true for your soul. You are aligning with your Galactic Self and this causes sudden pivots.

The “pivot” can feel like you want to go in a totally new direction, try something completely different, change your health + wellness practices, or even change the way you present yourself to the world. Sometimes the pivot is more subtle, and it calls for approaching your life in a new way, having a completely different heartset and outlook, etc. Embrace this new feeling even if you do not know where it will take you. The Galactic Self is completely aligned with Divine Will and with the Divine Plan and it will NEVER make sense to the mind, which is why it’s such a

process to fully integrate it. Your mind will start panicking, questioning, doubting, or trying to figure out the changes that are taking place. Let all thoughts go and simply keep coming back to the heart. Ask yourself, “how does this feel to my soul?”, rather than “does this make sense in my mind?”.

Along with the pivot comes new skills, gifts, and areas of interests and passions. The multi-dimensional Higher Self is now fully anchored and it is much more expansive than the human self. You may suddenly have a passion or interest in a certain area that you never did before and think that you do not have the right experience or skill set for this area. FALSE. The soul is carrying billions of years of experience in areas we cannot fathom, so it’s important to not limit yourself in any way from what you “think” you can and can’t do. Allow all parts of yourself to be explored.

The next thing that comes with this new vehicle + operating system is joy. Joy is a big topic in the spiritual community, as many believe we are to be constantly seeking and chasing what brings us “joy.” From my experience, this is the hardest part of the integration, as the human self will have memories of what used to bring us joy in the past, and we will try and re-create that, only to find that it no longer brings the same feeling. Our mind will also try and convince us of all the things that “should” be bringing us joy, and trying to figure it out.

We will no longer derive joy from a lot of the old experiences of the past, and we will be re-defining what joy means to us. This is the time of experimentation with ourselves. Try new things and approach each new experience with a blank state. Attachment is the true killer of joy, and when we are attached to certain people, places and things, our joy will be dependent on them. We must allow ourselves to discover NEW joys that we did not know existed! We also must be open to experiencing joy in new places and new environments. Joy ultimately comes from within, and it occurs when we are living in our authentic nature and following our soul’s callings rather than the mind’s demands. When we can come to this internal cultivation of joy, we infuse this into everything we do, and this allows us to create the New Earth experiences.

## NAVIGATING THE NEW OPERATING SYSTEM

The new operating system, called the Quantum Operating System, will be replacing the old EGO mind system. The old operating system was based on the functions of the mind, which included:

- ~Linear/logical thinking
- ~Belief Systems which controlled our perception and experience of the world
  - ~Wounding + conditioning which kept us in repeating patterns
  - ~Programmings which dictated our DNA and how our body functioned
  - ~Fear + survival based operating

This old operating system (EGO mind) is what created all 3D systems: 3D technology, societal structures, governmental structures, financial systems, organized religion, cultural programmings, and man-made laws.

The Quantum Operating System is based on heart technology and can only be accessed and embodied when one is operating from the heart and not the mind. The heart is the power generator for the light body, and when one is operating from the mind, the light body will dim and be unable to integrate.

The Quantum Operating System functions from:

- ~Heart based frequencies (unconditional love/compassion/feeling)
  - ~Intuition and divine guidance
  - ~Connection to Spirit and all living things
- ~Divine intelligence which requires no logic/proof/analyzation
  - ~Divine Creativity
  - ~Empowerment, sovereignty, and integrity
  - ~Trust + Faith

To navigate the New Operating System, we must understand the two energies of the Universe: love and the unknown. Love is a word that gets quite confused, as many believe love to be this emotion that is dependent on external circumstances. Love is a state of being, which is when we are living fully and freely from the heart. There truly is no other explanation of love. It does not mean we will not experience the whole spectrum of emotions, or that we will never experience challenges or suffering again. It means we are open to all experiences and we still return back to the heart each time, that is love. A complete openness to embrace, accept and allow every moment in its entirety.

The unknown cannot be explained because it is unknown. But the best we can do to understand this energy, is that it is pure potential-limitless potential. It is what many refer to as “the void”, which is the womb of creation. Within the womb there is infinite, raw energy that is just awaiting an outlet of creation and experience. All possibilities exist within the unknown.

The magic of the perfect synchronicity and interconnection of the universe can only be

experienced and not understood through the intellect. To live within the unknown is to follow the yellow brick road...to know that our quantum operating system is connected straight to Source, and thus everything we feel, experience, do, and create is perfect in the moment. There are no mistakes, there is no right or wrong, there simply is. To live in such an energy terrifies the mind which is why the old operating system could not create magic, instant manifestation, or limitless possibilities. Everything had to follow a linear and logical structure and had to "make sense."

As we step into this new operating system, we are truly letting go of all control. I find this is also the most challenging part of the process. We control things in so many ways we do not even realize it. To surrender control is the death of the EGO. It is to say, I don't know better than Source. I trust Source completely because I am one with Source. Source works through each of us in the most divine and magical ways, and all we need to do is to step aside and allow it unfold.

A final part of unplugging from the old operating system, is to release our addictions to pain and suffering. We have become so accustomed to suffering that we often cling to it out of comfort. These addictions can show up in various ways:

- attachment
- should/could/would
- duty/obligation
- worry/stress/fear
- lack
- control
- unworthiness

Once we can acknowledge the ways in which we are unconsciously clinging to the old, we can come into complete surrender to the new. We are re-learning how to live life with ease, grace, joy, excitement, love, compassion and unity. We are remembering our divinity! Be nurturing with yourself while navigating the new operating system, we are unplugging thousands of years of old programming.



## LIGHT BODY MAINTENANCE

Light Body maintenance requires presence in the heart each and every day. Your light body will instantly let you know when you are in the mind rather than the heart.

Some symptoms may occur when we get out of the heart:

~Dizziness or feeling ungrounded/scattered

~Racing thoughts/thought loops

~Headaches and head pressure

~Emotional reactions such as irritation, frustration, triggeredness

~Extreme tiredness and fatigue

~Brain fog or inability to focus

~Various physical symptoms that will show us where a resistance has occurred

Resistance is the main block to keeping the light body in-tact.

As discussed in the Activation Protocol, keeping the heart chakra open is essential for the light body to not only come online, but to stay integrated. When the heart chakra closes for any reason, the light body will go offline. Resistance comes in many forms so let's explore each of the ways we can encounter resistance.

### *TRANSFORMING RESISTANCE*

Physical resistance will show up as a pain or tightness in the body. When the resistance has been built up over time, this becomes chronic and leads to illness and disease. The key with the post-light body integration, is to be in tune with the body so as to become aware of resistance as soon as it comes in, and be able to ease the resistance and alleviate the symptom immediately. For example: I notice that my back is feeling tight one day, causing muscle tension. I immediately will take some deep breaths, close my eyes, and focus on this area of my body by breathing into it. You may also send rainbow light or anything else you are guided. Ask your body, "where is this tension coming from?". You may also feel guided to look up the metaphysical meaning of any of your symptoms to get a deeper insight. Your body may respond by saying, "I feel over burdened" or "I feel stressed because of XYZ". We then acknowledge this feeling or tension, and then repeat the mantra "I accept, embrace and allow." We must understand that by the time a resistance has come to the surface physically, there is often an emotional or mental resistance behind it.

Emotional resistance will often show up as nausea, constipation, digestive issues, sacral chakra pain, or heart chakra pain. Over time, these resistances can create emotional reactions or a closed heart chakra. As soon as we feel an intense emotion or feeling such as anger, frustration, irritation, grief, shame, guilt, blame etc., we immediately go into our practice of breathing in love and breathing out love. Do this for as long as it takes to allow the emotion or feeling to pass through the body and focus on keeping the heart chakra open during this process. You may also state the mantra out loud, "I accept, embrace and allow."

Mental resistance will often show up as racing thought loops, negative/fearful thoughts, headaches or migraines, mental scatteredness, being argumentative, lack of listening, inability to focus, or brain fog. Over time, when mental resistances built up these symptoms can become chronic leading to what many describe as a “mental breakdown”. The mental body is the hardest to master because it functions similarly to electricity, it is instantaneous and can “fry” the body. The key is to catch the thoughts as soon as they come in, and use any tools that you like such as cutting chords, the rainbow sword, cold showers, or grounding. Consciously bring the energy back into your heart and focus on grounding into your body. A great mantra in addition to accept, embrace allow, is “I don’t know shit” or “let love handle the details”.

Spiritual resistance often shows up when we have become disconnected from the spiritual bodies-which hold the rest of the light body intact. This typically occurs when we are resisting angelic assistance, or not listening to our intuition and guidance. This can result in a feeling of disconnection or being “alone”, not being able to tune into your guidance, feeling lost or purposelessness. When this occurs, we come back into the heart and we use our mantra of “I accept, embrace and allow”, and we can also use the mantra “I surrender to my higher self/Source/Divine Will.”

Once the Light Body has been integrated, do not worry about it becoming disconnected as long as you are caring for keeping your focus in the heart. The Light Body can only become fully disconnected again if the vessel rejects the heart and goes back into the mind permanently.

#### *HEALTH & WELLNESS*

For daily maintenance of the Light Body, you may also enjoy the Rainbow Flame Meditation which is a simple 5 minute meditation/visualization that can be done each day to bring all of our bodies in harmony or whenever we are a feeling a bit off.

*This healing meditation can be used daily for auric + energetic body clearing.*

*This meditation utilizes all of the healing rays to help clear all of the layers of our auric + energetic fields.*

*Keeping our auric bodies clear helps allow for greater physical, emotional, mental + spiritual alignment.*

*Get into a comfortable space + call in each flame as guided.*

*First call in the Red Flame*

*Visualize this flame purifying + cleansing the Root Chakra + physical body*

*“Thank you Red Flame for dissolving all toxins, parasites, and density from my physical + energetic bodies. I am rooted in trust, groundedness + the present moment of now.”*

*Next call in the Orange Flame*

*Visualize this flame purifying + cleansing the Sacral Chakra + emotional body*

*“Thank you Orange Flame for dissolving all lower emotions, blocks to vulnerability and allowing joy to flow through me.*

*I am safe to express my emotions and my creativity”*

*Next call in the Golden Flame*

*Visualize this flame purifying + cleansing the Solar Plexus + emotional body*

*“Thank you Golden Flame for dissolving all EGO frequencies within me, all disempowerment + fear.*

*I am God with God, and I am worthy of all love is.”*

*Next call in the Emerald Flame*

*Visualize this flame purifying + cleansing the Heart Chakra + emotional body*

*“Thank you Emerald Flame for dissolving all grief, heartbreak, resentment and anger.  
Thank you for dissolving all blocks to giving and receiving.*

*I am heart centered + abundant in love.”*

*Next call in the Pink Flame*

*Visualize this flame purifying + cleansing the Higher Heart Chakra + emotional body*

*“Thank you Pink Flame for dissolving all blocks to feeling, compassion + empathy.*

*I am sacred + treat all things as sacred.”*

*Next call in the Blue Flame*

*Visualize this flame purifying + cleansing the Throat Chakra + emotional body*

*“Thank you Blue Flame for dissolving all blocks to sharing my truth + expressing myself authentically*

*I am truth + I speak truth always”*

*Next call in the Violet Flame*

*Visualize this flame purifying + cleansing the Third Eye + mental body*

*“Thank you Violet Flame for dissolving all illusions, confusion + projections. Thank you for clarity + truth. I release all that does not serve me”*

*Next call in the Platinum Flame*

*Visualize this flame purifying + cleansing the Crown Chakra + mental body*

*“Thank you Platinum Flame for clearing all belief systems + limited thought from my field. Thank you for clearing my channel to my higher self.*

*I am full connected to Source and my higher self”*

*Next call in the Black Rainbow Flame*

*Visualize this flame purifying + cleansing your entire auric field and energy body*

*“Thank you Black Rainbow Flame for clearing all distortions, dysfunction + density from my fields. I now release all that does not support my highest good ”*

*Next call in the Pure Rainbow Flame*

*Visualize this flame purifying + cleansing your entire auric field and energy body “Thank you Pure Rainbow Flame for protecting me.*

*I am safe, protected and loved by my angels and all of Creation ”*

*Finally, call in the Turquoise Flame*

*Visualize this flame purifying + cleansing your entire auric field and energy body*

*“Thank you Turquoise Flame for helping me anchor in my Higher Self + bringing me peace and bliss. I am bliss ”*

Our Light Body health and wellness will also mean that we will have to adjust and experiment with our nutrition, movement, routines and practices. Each of your light bodies will be unique and require different protocols. Here are some examples of changes we may experience:

- ~Certain foods may no longer resonate with us and require adjustment
- ~Certain movements/work out may need to be integrated or removed from our routine
- ~Self-love/self-care practices will need to be increased
- ~Certain routines will need to be adjusted if they become draining or robotic

Allow your Light Body to guide you to what it requires in each moment, while letting go of all belief systems or judgments. Remember, 5D has no “rules”, everything is the present moment of now!

## ADDITIONAL RESOURCES

All additional resources can be found at [5Dfulldisclosure.org](http://5Dfulldisclosure.org)

Crystalline Process Guide: Library Tab

Self-Love Day Plan: Library Tab

144,000 Activation Guide: Library Tab

5D Healing Guide: Library Tab

The Ascension Program: Library Tab