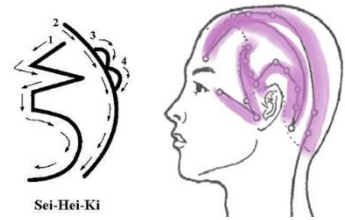


Preparing the Temple

Sei He Ki = Arc of Covenant

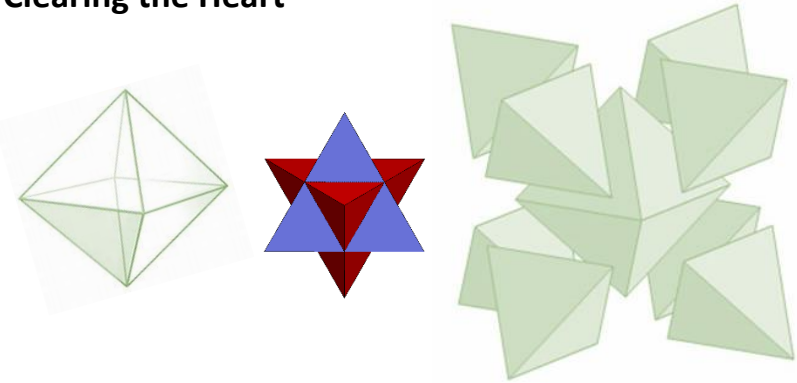
1. Frankincense on roof of mouth
2. Draw Sei He Ki over sides of head
3. Hold sides of head, and imagine white cleansing the Temple (Mind)



Clearing the Heart

Octahedron = Christ Heart Crystal

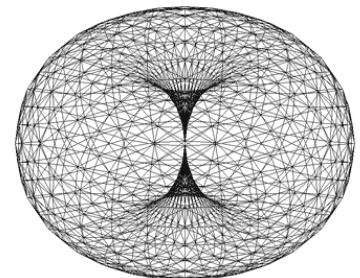
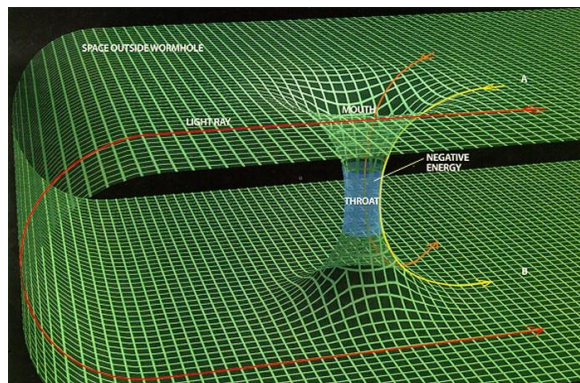
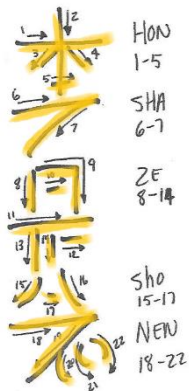
1. Spin the Octahedron inside your heart



Opening and Aligning the 7 Seals

Heavenly Father and Mother Earth, we come to you today to manifest _____ !
 We **HOLD** ourselves in perfect **ALIGNMENT** with _____ !
 We are positively **FOCUSED** on _____ !
 We **FEEL** _____ !
 We **SEE** and **BELIEVE** in the miracle of _____ !
 We completely **ALLOW** _____ into our lives!
 We are see and are aware of every oppor**TUNE**ity that lends itself to _____ !
 We give eternal **THANKS** to you and **CELEBRATE** with you our _____ !

No SpaceTime



So, it is!!! Aumen!

STEP 1: State the absolute truth. Say, "I AM PURE CONSCIOUSNESS!"

STEP 2: Amplify the negative emotions (fear/worry) and thoughts (doubt). Feel the feelings as much as possible. "I don't have enough money. I'll never get ahead. I'll never be free. Etc. etc. etc."

STEP 3: Recognize the negative patterns of thoughts, feelings, beliefs and judgements as a prison of MY OWN CREATION of my own consciousness.

STEP 4: Claim your power by dissolving the pattern of thoughts, feelings, beliefs and judgements and expectations back into the Field of Consciousness. Reclaim the power you have been cut off from because of you T, F, P, Beliefs and expectations. Allow it to course through you and expand your consciousness

SREP 5: Rest in the FIELD of Pure Potentiality

Jon Tomas Whatley

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