

THE PATH TO THE 5TH DIMENSION



BY JACQUES TOMBAZIAN

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Disclaimer

The intent of the author in this book is to offer information of a general kind to assist readers in their quest for mental, emotional, spiritual, and physical fitness, leading them towards good health and Enlightenment. None of the exercises in this book constitutes medical advice; rather, they are meant to invoke Divine energies through meditations, prayers, visualizations, and inner journeys. It is the constitutional right of the readers to experiment with any of the information in this book, but the author and publisher assume no responsibility for their choices or actions.

A Word from the Author

This book contains advanced metaphysical knowledge and serious alchemical inner journeys and meditations. In my years of clinical practice and through my teaching of these kinds of material, I came to the conclusion that every individual with no exception is capable to perform these exercises when they are determined and make the effort. At the beginning you might make additional effort to go into the exercises and if you need assistance and support in understanding and doing some of the exercises, I and my team will assist you through my healing services. You can visit my website www.alchemy111.com, click on shop, then, click on services, then on healing sessions and then you can order different times for your support.

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The Path to the 5th Dimension©

By Jacques Tombazian

The search for a higher purpose has become a serious quest these days. More and more people are on their own personal journey to discover what makes them tick and to figure out why they are here, what their life purpose is and more importantly, how can they achieve all that they want to achieve while feeling healthy and vibrant. This book touches upon these deep yearnings and desires while illuminating them in a mind-blowing experience that promises to penetrate the readers with a newfound sense of truth, authenticity, and self-affirmation.

Since the beginning of time, humanity has completed many cycles and transitioned to the next ones. Civilizations evolved and transformed depending on the nature and the qualities of the particular new astrological era they were in. We are now in the process of a dramatic new transition from the *Age of Pisces* to the *Age of Aquarius* and since the unique nature of this new era is related to the awakening of consciousness, to Enlightenment and Self-Realization, the awareness of human beings will change to a degree that will be unprecedented.

According to Marc Beriault, a very well-known author, alchemist and astrologer, for the first time in the history of humanity, the smaller cycle of the Age of Aquarius that lasts 2,149.7 years and the larger cycle that lasts 25,784 years are coinciding at the same time period. When we have a double Age of Aquarius like this, it is not called transformation anymore. It is called the transmutation of the human race into a new Enlightened Semi-Divine Race. It is like going onto the next step of the evolution ladder.

As opposed to the previous era, the Age of Aquarius will be an age of personal consciousness as opposed to the group-oriented consciousness of the Age of Pisces where groups tended to follow a leader or a particular religion and belief system. Aquarius has and will reveal to us technologies, inventions and knowledge that were once believed to be only science fiction. Metaphysical sciences such as Energy Medicine, Awakening to Higher Consciousness, Enlightenment, Alchemy, Sacred Sexuality, Kundalini Awakening, High Magic and Self-Realization that were previously looked upon as weird or taboo, are and will be very popular and will be part of our daily life. We are and will be seeing major breakthroughs in the domain of Energy Medicine through healing major diseases spontaneously in a very short period of time and we are and will be seeing energy healers and Alchemists regenerating physical organs that do not exist anymore in the physical body.

Some people already feel the shift and embrace the new energy of the Age of Aquarius; their lives have accelerated and keep changing. Creativity and personal power have become very important in their lives. People are transmuting themselves and reaching Enlightenment and beyond, they are expressing these changes through their individualized consciousness, and thereby affecting the whole planet.

To make this important transition, humans will need to call upon the Divine Beings who are willing to present to us a new knowledge that will allow us to transmute the existing energetic structures of our cells, our genetic code, our karmic code, our DNA, our organs, our chakras and our subtle bodies that surround our physical body into the new energetic structures of the Age of Aquarius and allow us to exist in the 5th dimension..

This new knowledge is based on existing and living fully in each of the five planes of existence: the Physical plane of our Body, the Cosmic plane of our Soul, the Spiritual plane of our Spirit, the plane of Creation of our body of Creation and the plane of the Absolute of our body of the Absolute. With this new system we need to develop 999 chakras and 999 subtle bodies that surround our Body, Soul and Spirit, our body of Creation and our body of the Absolute.

The chakras of this new structure are based on two pyramids of 999 angles opposing each other and each pyramid generates 999 spirals that has the sacred form of the Divine proportion of the Fibonacci sequence and when the descending spirals meet with the ascending spirals between the two pyramids, they generate a teal color fire which is used for creating and sustaining each of the 999 subtle bodies. In addition, all of the minor and major chakras, cells and organs are enveloped by these new 999 angled double pyramids and they are connected to each other by these sophisticated energetic spirals.

These multiple spirals generate vortexes in the pyramids of our new energetic structures and once they are humming in their full capacity they can transmit Higher Knowledge, Consciousness and Power coming from the Planes of Creation and the Planes of the Absolute, which are beyond the dimensions of time and space. Such transmitted Knowledge, Consciousness and Power will allow us to transmute our consciousness and allow us to exist in the 5th dimension, which will in turn have a powerful positive domino effect on the collective unconscious.

In order to develop our energetic structure to live in the 5th dimension, we need to release all old energies that don't serve us, such as anger, doubt, fear, disease, negative interaction with others (energetic cords), judgment or belief systems' residuals from a group collective consciousness. We also need to disintegrate our existing DNA/Tree of life, chakras and subtle bodies and replace them with the new energetic structures.

What is the Fifth Dimension?

The Fifth Dimension brings space-time into relationship with the timeless and the eternal. The Fifth-dimensional space creates a movement of consciousness rather than a movement on the physical plane. This movement allows us to begin to perceive the unity of life and matter because we are moving within a higher plane; we have access to a broader view of what reality really is. The most important difference between the Third and the Fifth Dimensional realities is a change in the nature of Time and Space and how they are perceived. Time and Space are fixed realities in the Third Dimension. In the Fifth Dimension they are fluid energies in a state of potential as we have known in Quantum Physics. The only Time we have in the Fifth dimension is the present moment; the past and the future are irrelevant here. The only important thing is our pure Intention and Intent to create our new reality in the present moment of the NOW!

The Fifth Dimension is a Powerful and Magical place! It is where your Intention and your Intent will become increasingly powerful and you will be able to manifest in your life your goals and desires because you will be able to stop, to organize, and to manifest time in the present moment of Now and stretch time to eternity to co-create. Please know that once you exist in this plane and embrace the new energy of the Age of Aquarius, your life will accelerate and you have to be ready for rapid changes and be absolutely detached from your old identity and embrace your own Unfolding Creativity. This is a place where negative thinking cannot exist; we must be open to Unconditional Love at all times.

But before making the transition to the peaceful state of Unconditional Love, we might go through some Chaos in our life and environment such as: divorce (if the relationship is not strong enough), friends disappearing, change in our financial situation and we might feel some health and emotional discomfort such as: dizziness, confusion, loss of focus, headaches, fatigue and increased tiredness, digestion discomfort, anxiety and nervousness. We might lose aspects of our memories (no, it's not Alzheimer's)! Memories that were once very important will no longer be as important. And most of us are feeling a heightened sense of distraction, coupled with an emotional sense that something is just not right. This shift is affecting every aspect of life on the planet: like the political, social and economic structures and the environment. It is altering time, our memory, our DNA, the wiring of our physical and emotional bodies, our beliefs, our perceptions of good and bad, right and wrong and especially our awareness of what is possible.

But before starting to build the new structure that allows you to exist in the 5th dimension, you have to release and heal energies from your body that do not serve your highest good to prepare you for the new structure. Following are what needs to be released and healed: **Human, Collective and Dimensional Implants; Negative Portals; Spirit Entities; Black Magic Energy; Armored Carapaces; Energy of an Evil Eye; False Ego Masks and any other unhealthy Energy that doesn't serve your highest good.** The innerjourneys that allow you to do release them are at the end of the book (such as meditations 7,8,9,10,11 and 12).

What is Enlightenment and Alchemy?

Many people ask about these, as if the concept wasn't self-evident. The very word "Enlightenment" means, of course, to be filled with light, in this case a semi-metaphor for becoming Conscious. The very fact that you ask the question implies that you conceive human beings starting out as either "asleep" or living "in the dark". Both metaphors are similar, although they're used, most of the time, with a slightly different connotation, like different variations on the same basic theme. Gurdjieff used to add a third variation on this theme, saying that humanity is hypnotized, rather than merely "asleep", which is an interesting but more disturbing concept. The concept that human beings need to be Awakened or Enlightened is very ancient, and we find the very same expression in texts ranging from ancient Sumerians and Egyptians, from Zen Buddhism and Occidental Alchemy up to Contemporary Cultures. Illumination is also a very popular word for something similar. Most often it's used in a slightly different context, that of the strictly mystical quest, such as monks in a monastery. However, the goal is about the same as Enlightenment. From different linguistic roots the two words mean exactly the same thing. Still, Enlightenment and Awakening are not quite the same concept: usually, Enlightenment has been used mostly in the context of societies of initiates (Occult groups) that had hierarchies and ritualistic initiations, as if they conceived Enlightenment as being possible only through transmission from already enlightened human beings to those who still walk in the dark. In this context, the expressions of "initiation" and "transmission" are frequent with the added necessity of "hierarchy" to ensure success. Free Masonry, most Gurus of India, Buddhism, and the Kabbalah are examples of this type of thinking. The idea of Awakening is somewhat different in the context in which it was (and still is) used. It concedes that Awakening is possible to the individual without help, although most schools of thought recommend a form of teaching, or finding a Teacher or a Master who will guide the person to Awakening. This is a more personal path to follow. The Teacher, Master or Guide is not conceived as the "transmitter" or initiator of Enlightenment or Awakening, but as a practical Guide who teaches what is necessary in order to awaken oneself. The expressions "Path" and "Way" are often used in this context. In this context, you won't find permanent organizations, most of the time: but you'll remember great teachers and guides, such as Ramakrishna or Gurdjieff or some of the greater Native American Shamans. To complete this brief portrait, we must add that there exist some cases that fall in between these two categories, such as, for example, Carlos Castaneda and his teacher, Don Juan. Another example would be the many varieties of contemporary Wicca groups.

In other words, "Enlightenment" usually means that you think that an individual human being cannot "see" by him or herself; that the active intervention of someone already Enlightened through initiation or magic is necessary and unavoidable. This is the reason why so many occult societies in the past and still today think that their role is indispensable to the Enlightenment of humanity. It's because they don't believe that individuals have the power to do the job themselves. In the same manner, in this context, Power is transmitted or given to the individual through similar means. On the other hand,

“Awakening” is mostly used by people who believe that individuals do have the power to transform themselves. In some cases, they might achieve awakening on their own. But reinventing the wheel alone is tough. So teaching techniques and Paths simplify the task and give the “students” a head start and psychological support.

However, as you’ve no doubt noticed by now, all schools of thought think that we all start either “in the Dark”, “Asleep” or “Hypnotized”. No doubt you yourself understand one or the other of these expressions as referring to yourself! It does seem to refer to the most common human experience of Life and Consciousness. Now it’s time to talk about these and what they mean to you in your transformation into Enlightened or Awakened individuals. Both Enlightenment and Awakening hope for the same end result. So we can talk about both in the same manner. To simplify the text (and because it’s my own preferred method) we’ll use the expression Awakening in what follows. But most of what we’ll say would apply to Enlightenment as well, except in those cases where the Societies of Initiation might have fallen into a Power and Control game rather than a true path to Light.

Of course, in order to see, to be truly Conscious, one must be Awake, with eyes that can be open, but there must also be a Light that can Enlighten. So there are not one but two basic problems here that need to be resolved: how do you Awaken or find your eyes, on the one hand, and how do you get the Light to shine on you, on the other hand. If you add the concept of hypnosis, then there’s a third problem to solve.

When Gurdjieff used to say we were not merely asleep but also hypnotized he’d explain he meant that through different means (mostly referring to subtle energies, chakras and so on, but also to education and cultural “brainwashing”) human beings have been put asleep. We are not merely ignorant, so to speak, but we’ve been artificially and forcefully put to sleep and maintained asleep. When you Awaken you become Aware; when you become Enlightened, you see. Many people today agree with Gurdjieff’s basic concept that in some manner we are subject to forces that wish to limit and manipulate our consciousness and power to their own ends. So, how do we start? Mostly everybody starts from their own need, anguish or despair. Sadly, it sometimes seems that this is the only game in town. Fear of death and of what may or may not come after death is also a fairly common motivation. A few exceptional human beings seem to begin the process through a kind of spontaneous Awakening, as if they got interested in a glimmer of Light that came their way for no apparent reason at all. The truth is that we don’t first realize anything at all about who we really are, about what life and reality are all about, about why we’re here and now. The abovementioned emotions (fear, despair and so on) are the way we first become Aware (not yet conscious, but aware) of our deep ignorance, powerlessness, and blindness. That’s when you begin searching for answers, paths, means and so on. Maybe you first found a book or listened to someone lecturing. You didn’t know anything yet, but the book or lecture gave you a glimmer of hope that there just might be answers or a Path! Then, of course, everyday life got to you and prevented you from devoting as much time or energy as you’d have liked to your Quest. Still, if you’re reading this, it means you’re still questing, in one manner or another.

First:

Beware of groups, especially old established ones, who promise you Light if only you'll adhere to their beliefs and submit to their priests, gurus or masters and mistresses! I don't mean that you should automatically run away from all of them! I mean you should thoroughly examine them and test them before you get fully involved, if this is to be your preferred means of Awakening. Don't take this too badly: it's easy for ancient human organizations to become corrupt, somewhere along the way. In some cases, they also can clean up their act. But there's another reason to beware of any group that wants to initiate you into the Light: the forces that search to blind us and limit us and control us have long ago found out that one of the best ploys they can put into action is to found their own groups that promise you to lead you to Awakening into the Light. Thus they can both find out who is trying to Awaken and channel those they find into something that doesn't work! In general, the more a group's message tends to be that you cannot get anywhere without them, that you must first obey before you receive an initiation, and so on, in this vein, the more you should beware. The legendary Illuminati are such a group, although no one knows for sure if they really exist or if they're merely a figment of popular imagination.

Second:

Beware of the individuals who teach and guide! Oh! Yes! Many of them get seduced by the power of being Awakened. They'll tend to use you, or to go on a power trip with you. Also, many, I mean many, individuals who know something but not quite enough find too much pride in what they know and in what little powers they've mastered! They think that they've "made it"! But they must keep you partly asleep so that their un-completeness, if not their falseness, won't show! There's nearly nothing as dangerous as a half-awakened human being who thinks he or she is fully Awakened! North America and Europe are filled with people who've learned a little and think they've become great masters! On the other hand, a half-awakened person who knows and admits his or her limitations can be very useful to you, can teach you a lot! Also, since there are extremely few truly Awakened teachers and Guides alive at this time on our planet, a half-awakened teacher might be the most you can find for yourself at this time. Especially, remember this: talents such as Healing or Clairvoyance, even when they are true and proven talents, are still only talents! Superior talents, surely; talents that require at least a partial awakening, for sure! But they are never proof, in and of themselves, that the person is fully Awakened!

Ramakrishna was the perfect example of the truly Awakened human being who demonstrated no talent for healing or clairvoyance! On the other hand, other truly Awakened persons did demonstrate one or the other of these talents. The same goes for magical powers and so on. As a matter of fact, people who are very advanced in the paths of the Dark or of Destruction can have true and great talent for magic, healing and clairvoyance! So be careful! I suppose that, at this point, you're wondering how to recognize someone who is truly awake? Well there are a few notes and some other points I can point out.

The notes: A T.A.P. (Truly Awakened Person) will not: make you dependent on their power in order to awaken yours', I mean that you won't have to submit to them in order to gain something that you would lose if you left; ...will not tell you, in any form, that powers or consciousness are things that you "have", that are given to you, rather than parts of yourself that are yours, once you develop them. This is a very common TV concept, that powers are a kind of force that you might own if you're good enough or obedient enough, then loose if you're bad or disobedient and so on. Think on this: TV has got this idea because it exists in society, and because it is the most common belief! But if you're truly Enlightened or Awakened, you don't have or own your powers! You will be powerful, you will be conscious, in and by your own self.

Having warned you of all the potential problems, I must now tell you that despite all the pitfalls you might encounter, you must find yourself a teacher or a proper group if you really want to Awaken, or to become Enlightened. Because although it's possible for you to follow a Path on your own, it's not probable that you'd succeed that way; First find a Teacher or a Guide for a Path that works for you; Then, later, at the proper time, you must detach from your teacher or your group and proceed on your own. There's no contradiction here! It might seem that way, but there isn't. One must awaken one self, but one should first learn the tools that can achieve that. In other words, awakening requires knowledge and tools, a practice that should be learned. But it's not really possible to really awaken from any outside intervention. So at some point, having learned what you needed and practiced what was necessary, you must go out on your own and finish the job yourself.

Third:

Beware of any group or teacher or philosophy that promises that they will Illuminate, Enlighten or Awaken you if only you submit to their requirements. As if it was possible for anything to Enlighten anyone else. Even an Enlightened soul could not illuminate you. The reason is very simple: if you have no eyes, then, you cannot see. If you have no ears, then, you cannot hear. First you must find your mystical or spiritual "eyes", maybe you even have to kind of build them, or at least develop them from the embryonic state you're in right now. In other words, you'll have to find your "eyes" and then use them yourself. No one can make you see. And if you accept such an attempt, and if you ended up seeing something, it could be only an illusion. Just like a movie, even a very good movie, can never replace your own personal experience. Seeing a movie about Love is not the same at all as Loving and being Loved! Never mistake knowledge for experience. Even if you'd miraculously know all and everything, you'd still be nowhere at all, because you have to live things out for yourself. It doesn't matter what you know about Love, Liberty or Power, until you're Love, Liberty or Power in action, making it Real and experiencing your Self in those modes. You may and you can be taught Paths and Practices that can lead you to act, experience, all these things and so on, but in the end you'll have to be on your own.

Fourth:

The teacher or the guide never comes to the student. Proselytes and Missionaries should be avoided at all costs. The follower of the Path must first find the Path. The student must find the Teacher, not the other way around. The Teachers or Guides or Masters or Mistresses makes themselves available. Just enough so it's possible for them to be found! One of the very first lessons they learned on their own Path to becoming Teachers and such was a version of "Wait until you're asked!" The first step of any Path is to find it! And the close second step is to choose your Master. This implies that you must find your Teacher yourself. It is the student who must determine who is a worthy Master or Teacher, it is the student who must ask to be taught. And remember that it is quite possible that you'll find more than one master along your Path. As if you were graduating from one to the other. Another word of caution here: don't give in to glamour and celebrity. As Richard Bach once said, in *Illusions*, the quality of a Master is not dependent on the number of his or her followers. Often the reverse is true. Choose your teachers. If you realize you made a mistake, change! This will be a valuable experience and will make you advance more than you'd think at first glance.

Fifth:

No Path at all can make things easy and comfortable all the way, all the time! And since you're the one choosing your Path and your teachings, you're not allowed to complain! There's only one promise: you'll find the teachings, people and circumstances along the way, as you need them. But most of the times, you'll have to be able to recognize them.

After we've said all this, the obvious question in your mind is probably something like "But what IS exactly Awakening, Enlightenment or Illumination?!"

An obvious but true non-answer is that it's the first stage of the Alchemical transformation, of finding or becoming the Philosophers' Stone. Still. It's a non-answer because it gives you no more information than saying, at this point, that "Awakening" is about the same as being "Enlightened"! A frustrating if true answer! You might think that I'm teasing you, since I'm smiling a little at this point. But I'm not. I'm merely searching for a way to say these difficult things. For how can one explain light to someone who's born blind? As simply as possible, I suppose.

What is it within yourself that is the Sleeper that needs to be Awakened? What is blind that needs to See? What is in the Dark that needs the Light? It's that of your Self that is not merely a mortal biological, social and cultural robot. It's that of yourself that transcends all the software that biology, societies and religions have programmed you with. It's first becoming aware of all the potential you carry that you don't even have a glimpse of. Then, in a second stage, making it real in yourself and in your life, I must ask forgiveness hereof to our biology and to our bodies, because although they allow us to become programmed as if we were robots, our biology is also in true harmony with our Higher Self, remember what the founding text of Alchemy said! In the Table of Emerald it is said, in the first paragraph: "It is true, without lies and very certain: What is below is

like what is above, and what is above is as below, in order to achieve the miracles of the one and only thing that is. And as all things have become and have come from the meditation of the One, thus all things are born of this unique thing through adaptation.”

This means that your body and its genetic code, on one hand, and your transcendent higher Self, on the other hand, are both the product of the same Consciousness and they both are in Harmony, in a certain manner they are One. This implies that there is within your global Self a Third unifying element that generated both your existence in your body and your existence in the cosmic realms that transcend death. In many spiritual Paths, this third term is called the Spirit. As in Body, Soul and Spirit, Awakening or Enlightenment, is in truth: Awakening Fully to the presence of the Divine Light in the totality of our being: Body, Soul and Spirit and unifying these three parts into a single Consciousness. Along the Path it implies a large measure of Self-realization, of actualizing your potential in all your dimensions. Your own Spirit must ultimately be your Guide and Master. You must grasp that although a true Master can show you the Path, no one but yourself can follow it. Your Guide might even be willing and able to give you a helping hand going up a steep incline, but he or she cannot climb it in your stead.

When you awaken you open your eyes and your other senses to the reality surrounding you. As I explained previously, there is a different point of view between Awakening and Enlightenment. But as you see, there is really no difference. The key to find here is that you awaken from your long sleep in order to perceive reality through your own Consciousness, the true reality, not the image you’ve inherited from your upbringing. Robots can’t understand anything. All this, of course, will require that you transgress many limitations and principles you might have thought immutable. This true Reality can be described; you can read about it in a book, hear about it in a lecture. But in the end you must, of course, see and hear for yourself! The problem is not with the Light! The Light is always there for all of us. The real problem is awakening to our true Selves in order to open other eyes and ears to our true reality, to our Real Self. Then the real Work begins. Not for nothing did Gurdjieff call the Path he taught “The Work”. But that is another story.

ALCHEMY - The Great Work and the Philosopher's Stone

The ancient Latin and Greek words for the goal of Alchemy translate into English as “The Great Work”, of which the Philosopher’s Stone is but the end product. Contrary to Harry Potters’ belief, the Philosopher’s Stone is NOT an external magical object that brings eternal life and great power. The Philosopher’s Stone is something that one constructs within, with and of the Self. But it does bring a form of eternal life and surprising power. However the “eternal” part of it might not be in your present physical form. In popular literature, it is thought of as an object because of the symbolical way it has been described in ancient books. The Philosopher’s Stone is always thought of as being “Red Gold”. This is not gratuitous: the energy of it, once it is achieved is, of course, a vibration of that color, as you’d know if you happened to perceive it.

For as long as known humanity existed, Alchemy has been the main path to Medicine, Awakening and Enlightenment; it is the knowledge of transmuting Energy, Consciousness and Matter. Distinct traces of it exist in the most ancient documents of the most ancient Egyptian texts known to us, as they do in Chinese texts of the Middle Ages such as the Book of the Golden Lotus. In Occidental texts of ancient Greece, the same book exists, except the Lotus has become a Rose. But it is still Gold, although it is thought of as Red Gold. It is the Path of becoming who we truly are. And in our new civilization, it is open to many more people than it used to be.

(See meditation number 20 to develop your Philosopher Stone at the end of the book)

The Triple Helix of Existence and Being

Just as DNA is a double Helix that generates our physical body and all that it implies, our Whole Being can be described as another kind of Helix, but this one would be triple instead of double. In this model, our physical existence would be one strand of the triple Helix. Then, we must add, at first there is only a double Helix. The creation of the third one is the last step of Alchemy before one can generate ones' own Philosopher's Stone. So you must assume that in your present state, you are merely a double Helix. The concepts involved here have a surprising resemblance to the basic concepts that relate to your genetic material and how it functions. However, remember that even the very best of metaphors have limits in their description of reality, and that the shortcut they provide to understanding could become quite misleading if one is not careful. Your genetic material is both a code and a power.

Given the proper materials, conditions and energies (food, roof, etc.) your genetic code will produce your body and everything that it involves, in order to self-realize itself, to actualize what it is. If a blueprint had the capacity to build the house it represents it would be like the genetic code. The genetic code needs the duality of its identical strands in order to kind of "talk" to itself and build the cells that make your body. Now try to conceive of this Life and Body that is you (so you think!) as one of the strands of the DNA of the Totality of your true potential Being. When I say Life and Body, I mean not merely the structure of your physical self, but also its movement and evolution throughout your life. It's your whole life that is a spiritual DNA strand, not just your body as an object. The Spirit within you generates a kind of energetic spiritual DNA that matches the Life you're living, therefore your genetic code and everything that this might imply in your relationship with planetary life. This DNA strand that is from above is what we usually call the SOUL. Once the two strands join the Body and Soul together, you get what we call Life. But this process can only bring you so far. To get to where you should really go, you need the added dimension of Consciousness.

The matching of the Soul, or a kind of spiritual DNA, with a particular body in Space-Time is called Incarnation. At first, the Spirit is merely the source of the DNA we call the Soul. The object of Alchemy is to make the Spirit within you an active third strand of DNA. The metaphor with DNA works quite well up to this point, and a little beyond. The key thought here is that in our whole life, all of our present existence is merely DNA at work, generating the "real thing", just as DNA alone means nothing unless it becomes a body that can be consciously functioning in reality. Because the only true power of DNA is to make itself real, to actualize itself into a body that can actually experience itself and other realities and accomplish something, from art, sex all the way through traveling in Space. But one life, for your True Self, is merely like generating an organ or part of an organ for your DNA. There comes a point in your global evolution, where the automated processes of the DNA are not sufficient anymore. This is when the Sleeper must awaken.

Because at some point, once you've developed enough, you must consciously use what you've become and consciously and deliberately make yourself become what you are. Just as your physical DNA by actualizing itself in the body and its' life in space-time, is becoming what it is. The lives you live in automatic mode, following your software's instructions and the programs that civilizations and religions give you are mere learning phases, a little like going to school in one particular life. In some cases, one might imagine that the learning is biased, deformed or even designed to hinder your development. But that is a different story.

Alchemy starts only at that stage of all your lives when you consciously and deliberately set out to create your Self out of your own Will, Power and Freedom. Learning is out, Self-Creation is in. Of course there's that very tough in-between place where you're at right now if you're reading this and understanding something of it. In that Passage between automated life and conscious life, that is often called Awakening and close to the end result of it that we name Enlightenment. Then true Alchemy begins. Its' first important step is the process of joining Spirit actively and consciously with Body and Soul. Without this, you're just a young child in grade school doing as they're told, thinking what they're taught to think, wanting what they're brought up to want. It's not for just anybody, and there are prices to pay along the way. Once the Third Strand is deployed intermingling with the first two, many consequences are observed. Among these: no loss of memory between lives; spontaneous manifestations of power from childhood; being born already Awakened and Enlightened; knowing this and understanding it before you're 21 years old. Of course there are intermediate stages of achievement! It is not necessary to accomplish everything in one lifetime! And once the process has started, you get to keep most of the results from one life to the next. Just as your physical body and everything you accomplish with and through it doesn't happen in a single day and has stages and steps to it, your Alchemical Life has stages resembling embryo, fetus, and birth and so on. Even a kind of adolescence!

All this explains why your True Self lives in a Multi Universe, including but beyond the physical world. Thus the traditional expression that we are Metaphysicians means that we conceive and experience a global reality that encompasses the physical but also knows other realities, other dimensions, perhaps even other universes.

Traditionally, the three strands are color coded: Black, Red and White. Not necessarily in that order. There is the Black of the Physical World, of your Body, without which nothing else at all is possible. But it is also the Black of the entire Unknown of yourself and of the Universe. In the ancient symbolical language of Alchemy, this Black is energy, a Black Light, shiny as a polished Black Diamond from Alaska. When the Black is dull and matte, then it is the darkness of despair and hopelessness.

White is the Souls' energy. But it's also the White Light of Consciousness and understanding, of Healing and communing with the Source, of Learning and Teaching.

Red (red Gold that is) is the color of the Spirit. It is also the color of true power, the power that comes from within and doesn't depend on external trappings, even on a ritual phrase such as a mantra or symbols for example.

DNA is physical. We might even imagine a conscious and knowledgeable DNA. But for true Power you need a developed body. So you might be conscious and unfinished. But, as the old saying goes, "the proof of the pudding is in the eating". And without the demonstration of manifest power, nothing of your Self is quite real. The passage from the White stage of Alchemy to the Red Stage is the most difficult and the longest. Also the most risky, remember that Disney thing about the Apprentice Sorcerer! Don't ever be the Mouse! On the other hand... how can the Mouse become the Sorcerer if Mickey never risks trying? But there's a trick and timing to risking this, if you want the risk to turn into a treat. Transgression will often be necessary, but your Teacher and your Spirit will let you know when, where.

The Automated Learning Process resembles the Alchemical Process, and goes through stages of Red, White and Black. Only not in that order and in a different order depending on your sex; In this case we see a real difference between the life process of men and women. In this case it does not matter if you're gay or not. Only the biological sex counts, not your sexual orientation in adult life.

Men grow up starting with Red, then go on to White and end up in the Black. Whether the Black is dull and matte or shiny and brilliant depends of each of them and on their state of consciousness once they get there.

Women grow up in White energy at first, and then go into a Red stage, then reach the Black in the same manner as the males. Let's try and understand what this means.

Red is Power, Passion, Instinct, Aggressively and the need to affirm oneself. This is Red at the stage of Automatic Life. White is Learning, Socializing, Idealizing, Romanticizing, Conforming to a Model. What we're saying is that in youth, from birth to young adulthood, men experience Red as the dominant force that shapes them. For women of the same age, it's White that dominates. This does not mean that young men have no White energy at all, or that women know nothing of the Red. It only means that there's a most-important-force, but not an exclusive one. Add to this that there are many individual variations to the proportions. Also there is some Black force at work even in youth. But it's not a good thing for it to become too strong at that age, because in youth neither men nor women have what it takes to integrate it into their immature nervous systems. When it happens we know serious mental problems, depression and so on. In extreme cases, it leads to suicide and destruction. One main reason for these dangers is the immaturity of the nervous system, and the instability of hormonal changes. This is why young men need to act out in passion their self-affirmation and aggressive tendencies, their instincts and their need to find their personal power. It is difficult to assign a precise age to this stage.

In the old books it was said to last until the late twenties, at which point the White force kicked in. But in modern society, it seems that the process has accelerated, although many people never seem to grow up and become adults. It is very important for males to be allowed to find their individuality through acting out their passions and instincts.

Repression doesn't work. Any society must find a way to channel these forces into safe and productive activities. Males who don't work out these forces in their teens or early twenties will become either impotent or dangerous once they are adults. That's because they then enter their White phase. Here's where knowledge, social life and so on become important to them. If their passions have not permitted them to resolve their aggressiveness and if they've not acquired a sense of "who they are", a consciousness of their real selves, all the unresolved conflicts and passions will remain and become channeled into Ideas, Ideologies, and Political theories. Here is where the dictators, torturers, mass murderers and terrorists of this world get their start.

The whole purpose of the Life program of acting out in passion was to provide a path to consciousness of selfhood, I mean awareness of ones' identity and its' validation. The cultures that do not permit boys either to act out their passions and instincts on one extreme, or those that do permit it, even encourage it, but without permitting individuals to figure out their individual identities, both create monsters, different types of monsters, but monsters. This is why so many men try to shape others into their role models once they are adults. The unresolved identity remains aggressive, as well as the aggressive passions into their social life, turning the ideals and the models around, reversing them into a power trip. A word here about present life in North America: the young intellectual is just as much into passion and power and finding himself as the football player or the karate champion. Just think of the average young hacker...

Women start out in White energy. They are more into the intellect, they read more, socialize more, and are much more into role models and so on. They also, on the average, conform more. Many of them try to become the champion conformist to whatever role model is valued in their environment. When this is not well done, it leads to very different problems, but just as severe ones, than the males. Those problems are somewhat more socially acceptable, perhaps, but just as dramatic for the woman who's experiencing them. But we'll not dwell on them, in order to devote a little more space to their passage into Red energy. Traditionally, this happened at about the same age as the males started their White phase, in the mid to late twenties. But for them too, our modern age seems to have accelerated all processes, and it is difficult to assign any precise age to this passage, only that it is unlikely before a woman is in her twenties. This is when passion, instinct and individuation get started. It's when women tend to start becoming true individuals rather than champions at incarnating the accepted role model. It rarely becomes very visible to the outside world until their late twenties or early thirties. Isn't it intriguing that at the age when males start wanting to be part of society, of playing a role in it, of accepting social and family responsibilities, then is when women start going out of these, of contesting it. Or breaking the rules and making their own models their way.

Since our societies have broken out of the old prison-style structures of enforced everything, but also since for the first time life expectancy has gone beyond the age of 37 (Until the late XVIIIth century), or even 49 (end of the XIXth century), for the first time we see the result of these processes: widespread divorces, a much freer sex life, women of social power outside the family structure, and so on. In their early forties, men and women should both be starting their Black phase. One of our main social problems is that they don't. They block it off and the males try to enforce or beg their way into extending the security of the White phase, while women become unsatisfied with the family structure in their Red phase but don't dare go beyond a freer sex life and a career into their Black phase. Of course many women never get out of their White phase, just as many men never get out of their Red phase. When this happens, you get all these families where the male is a kind of tolerated "child" and the woman is the "adult" who knows how to live. You see enough of these on TV. If the male is into his White phase, more or less sanely grown up but with unresolved passions and no sense of true identity, he'll often team up with a woman young enough to still be in her White phase, or an older one who's refused to live her Red phase. You have one of these male-dominant households, where you get your basic Father-Sugar-Daddy figure with his submissive-child-woman. You see these on TV too. But even in the "sane" situation where a woman in her accepted and lived Red phase is partnered with an about-the-same-age White phase male, there are problems to be resolved. One of the most visible one (but maybe not the most important one) is that women in their Red phase really get going into their sexual-not-for-procreation energy, just at the time when the male is going out of his! Well, not completely out, but much more into the career-and-social-success drive. We all see this situation on TV also. It's one reason that women with good instincts often divorce early, or marry older men who'll be in their Black phase when they're in their Red.

The **Black Phase** kicks in, as a dominant force, in the late thirties or early forties. Contrary to the first two, it's not so completely automated. When it's not conscious and accepted it's usually the dull matte version that happens for both sexes. Those are the people who start living for their retirement before they're forty years old. The most frequent consequence of the Black Phase being dull and matte is that you retire from life even as you're living it. You let go of it even as you get to the best of it. That's usually because you're unwilling to pay the price of starting to question, to search, to quest.

You prefer the comforts and the habits, and anyway, hasn't society promised you that happiness would come if only you could retire and do nothing? And also that "they" would take care of you, physically and otherwise forever! Then there arise those, men and women, who realize suddenly that there is much more to themselves, reality and the future than they'd been taught, or had seen until then. When everything works well in the first two phases, women find that they have paid their dues to biology and society, have found something of their individuality through their passions in their thirties, and realize suddenly that their lives are merely beginning. Men get to the equivalent point when they realize that their White phase has made them understand something about life and themselves through their social and career works. Then they realize that their true self is elsewhere although that's where they figured it out.

The **Shiny Black Phase** starts when you realize that role models are only learning props, that most of Principle is really only Convention, that pure passion and instinct are useless unless consciously used for a personal purpose, that autonomy and independence in everyday life have nothing at all to do with true Liberty, and so on. One of the very first consequences for women is the sudden acquisition of a sense of humor even about themselves and the end of competing for the championship of role modeling; for men it's a sudden sense of relativity and humor about principles and laws, and the beginning of really caring for other people. It's also the beginning of the old existential questions for both sexes: Who am I? Why do we exist? Is there a Why? And so on. Some will only keep the questions, and thus themselves, alive. Some will really try to find answers and to really become who or what they glimpse they might become. Then Alchemy begins, if they don't get side-tracked into the many dead-ends of philosophy and religion. But then, even in dead-ends there is much to be learned, if you get out of the dead-end of course. When you start a true alchemical process (not often under its name of Alchemy!) you start in the same vibration you're already into: Black. But the quality of the Black changes from Dull and Matte to Shiny. And then it becomes Black Light. That's when you start transgressing Unhealthy Beliefs, Value Systems, rules, habits, conventions and principles. Usually you start this a long time before you find a Teacher or a Master, kind of instinctively, because before you figure out that there might be a Path, you first have to find out about yourself, at least a little bit. That consists of finding that there IS a Self-outside of your known frame of reference.

That's your first grasp of the possibility of a transcendent Self. Alchemy will start with the **Shiny Black**, then move into the **Shiny White**, and end in **Shiny Red Gold**. But to know more about these you must first find a Path, a Teacher or a Guide or a Master or Mistress that will guide you.

(See the meditations 15, 16, 17, 18 and 19 at the end of the book, to complete the Alchemical three phases and the Creation phases.)

Awareness versus Consciousness

Humans have two levels of awareness; the first one is a simple awareness through the perception of self. First, you don't know yourself, you're just aware that you exist and you're doing something. In the second level, it is an awareness of the Self from the inside, which means that you need a perception of yourself internally. Observe that the brain is always aware of everything that goes on inside a person. The fact that it's the brain perceiving everything, it doesn't mean it is consciousness. For instance, it's just like the computer registering something. So, the second level of consciousness is when something awakens in the person to become aware of its Self as a separate entity from the world. But this perception of the second level requires the simple awareness of the first level to exist.

In the second level, you know your individuality, you acquire psychic perceptions, you can say "I am", and "I do" etc... But the consciousness is not extended to the totality of your being, that's why it is not good enough. To be awakened does not only mean to awaken to yourself but actually to your Self with a capital S, and to all the potential dimensions of what we call reality. It's impossible to do one without the other. Once you integrate the second level and you develop spiritually, your perception of the Self will expand in all dimensions and potentials in all levels. You can't see that you're multidimensional and not see that you connect with the equivalent dimensions of the universe. Because consciousness requires first the awareness of the Self; if you don't have that, forget all the rest. Basically, the first level of consciousness is when any being is aware of itself through external perceptions. If you only have touch, your perception is not really good. In the second level, which even higher animals have and even some of them have it better than any human being, the awareness of the Self is as a Self which means you have inner perceptions, not only external perceptions. For example, the caterpillar knows that it exists because it's touching the grass (sensation of grass rubbing against it). Therefore, it is aware of its skin. Many cats, dogs, horses (higher animals) all have that. In some cases, they have it better than human beings. They are really self-aware, they know who they are. They know their individuality. For example, dolphins are very popular for being aware and conscious. Orca whales are even more conscious than dolphins. Blue whales in the Pacific are very special; they have a higher level of consciousness, higher than most of all other whales.

False Ego versus Real Ego

The word ego is not what we think it is and there's no point in disintegrating it, because it is simply a healthy part of the Self. In the general sense, the ego is just the sense of self that we have, it is our true identity, and it is our true essence. It's also the mechanism programmed in our biology to protect our territory including our body. It's like the psychological equivalent of the immune system.

The problems of the ego is when you have psychological or existential or spiritual wounds, you build layers of false identities/egos around your true ego in order to survive and your whole reflexes are done by the conditioning of these false identities. You know, if your self-value is too low or if you were traumatized by something, you'll have to build compensations. These compensations are in the form of false self-image which is not the consciousness of true self. It's replacing a sick or wounded sense of self with an artificial self-image that you build and you need to maintain. Think of this. You have adolescent children and when they're 14-15-16, they identify themselves with this gang of guys or this gang of girls and they dress this way or they tattoo this way. They have a whole kind of identity system, depending on which culture or part of town or which school they go to. And even in each school, there are the rebels and the straights and everything. So they identify with a group and they wear the right shoes and the right pants and everything. And it's part of building a sense of their identity. And part of that is normal at that age because they're experimenting, trying to figure out who they are through the collective of the school. But just imagine it gets stuck there. For example, the guys (in my age category), who listen to yellow submarine for example and wear clothes like the Beatles for example, if we get stuck there and we're 50 years old, we're still the guy who listens to yellow submarine and who dresses this way, like the Beatles and everything, then, the sense of self of the person is a false ego. But they need the false ego because they don't have any true sense of self. And what's very dangerous in some spiritual groups is that they destroy the ego which is this false self-image before the person builds up their own sense of self (their true ego). So what happens is that the person goes crazy. In the worst case, they use this to hook up people with them. They tell you that you have to destroy your ego, then you destroy it and then you're left with nothing. You identify with the guru, the church, the sect or whatever, instead of building your true Self and developing your body, soul and spirit and your connection to the Divine. So, destroying the ego is a very dangerous game. If it's done prematurely, the wrong way, you destroy your energy and everything gets stuck.

Another problem that exists is when we build a false ego mask that we think we need to succeed in a certain way in life. I had one of my clients who consulted me for not being able to attract an intimate relationship. Although she was extremely attractive and successful professionally, she was not succeeding in being in a healthy relationship. Men approached her, but soon after they disappeared. When I intuited to check the cause, I realized that she had the mask of a businessman, and men were not attracted to that male

identity. She built that mask/identity because she thought that in order to succeed professionally she needed to project the identity of a strong businessman, which is not true, she can still be a businesswoman and succeed professionally. When that false ego mask was removed she was able to attract an intimate relationship in her life. Another problem that exists is when we project a strong wishful thinking mask that we might have that scares both men and women. For example, a woman that has preconceived ideas about intimate relationships, she expects the relationship to go completely her way: we meet now, he proposes tomorrow and we have kids soon after. This kind of mask also scares men and turns them off, because they might be afraid of fast commitments. Here I am not suggesting that we cannot have dreams and aspirations. We can still have them but without that strong controlling mask.

Relationships must grow organically in a healthy way: one feeling will lead to another, then, one touch will lead to another and then, when the time is right, the commitment will follow. Some men have built a mask of players who are in multiple relationships and this is how they identify themselves, and when they become more mature and want to get involved in one serious relationship, they are not able to do that if they keep the mask of a player because they will project that mask and women can detect it. Both men and women have many false identities/ego/masks. When we identify them and release them we can have a better quality of life.

The principles of energetic health are that you are supposed to have these three machines, 2 inches below your belly button, that produce chi which is the life force energy. **(See meditation 20: How to repair and activate the three machines, the production of Chi as part of healing stress, anxiety and depression at the end of the book).** If these machines are destroyed or do not function properly, you have to compensate somehow either through emotions or by becoming a little bit like an energy vampire or something of the kind. If you're trying to heal someone who has turned into a kind of energetic vampire, you know they are like that because they are also always close to being sick, if you just cut them off from being a vampire or stop them from compensating with perpetual high emotions, if you succeed in taking that off, they end up by having nothing left. Suddenly, they will realize they don't produce any energy (Chi) and since they're not getting any more energy from the environment and they're not getting any energy from artificial emotions either, suddenly they get cancer.

So disconnecting our human and collective implants without repairing our inner machines that produce energy, or destroying our false ego prematurely will make us sick! So, first you have to find the consciousness of the true self which we might call the true ego, true identity or true essence to distinguish it from the false ones through conscious inner work. That happens in stages because the false ego is something with concentric layers and the external or ``ultra-layers`` are complete illusions. These ultra-layers are like pure psychological identification with images or groups or philosophies or Adidas running shoes or whatever and when you get closer to the middle layers, you find layers that represent different unhealthy identities such as: fear, control, victim consciousness, guilt or unhealthy beliefs and value systems, etc. So they have to go. But only at the center, will you find the true self, at least a little bit of it, that is, the part that is conscious. The sense of true Self is characteristic. It's when your sense of self or the conscious part

of your sense of self does not depend on any external images, groups or philosophies. It is like knowing who you are even if people reject you. Maybe rejection would hurt but it would not destroy your sense of self.

We could make a study of this and say that there are 6 or 8 or even 12 or more ``onion layers`` on the ego. And when you peel off the first few ultra-layers at the same rate, the core sense of self develops progressively. You can compare this to an onion: when you peel it off, the middle is empty. In the case of the Self, there's only a tiny little flame there and when you take off all the peels, the flame is not strong, the first wind comes, and it turns it off. So, building the true self, the true ego, is an art. You take one layer out, you light up the flame a little more, the flame gets a little bit bigger, then, you take another layer off and come back to nourishing the flame and so on. But, once you've gotten rid of all the ultra-layers, that is, the external ones, there will always be the last two or three layers which I call the intra-layers. These layers have to stay until you go way further than enlightenment. It happens when you want to develop your existence in the 5th Dimension. Because the last layers are like saying I'm a male or female human being in the 21st century in North America. And taking out the last layers is like detaching of you are, your gender, your culture and your race. That's very hard to take away of your sense of identity. Because since you're incarnate, you belong to a geography, a civilization. If you go out of that, it means that you have to be a civilization all on your own. That's a hard proposition, but it is necessary if you want to exist in the 5th dimension. When you're in the last layers, they're transparent. So the true light comes through, the color is not opaque, it doesn't hide who you are, it just colors it.

The disintegration of the ultra- and intra layers gives us access to our true ego, which is our true essence or true identity, but here we still have to detect impurities such as: **Human, Collective and Dimensional implants; Negative portals; Spirit Entities; Black Magic Energy; and any other unhealthy that doesn't serve your highest good.** Once these unhealthy energies are released, this is when our true essence becomes pure and therefore we can exist in the 5th Dimension.

The disintegration of the ultra-layers of the false ego is done through an inner journey where each layer is peeled off one after another, after questioning and understanding of its false purpose, you need to strengthen the inner flame before you peel another layer (as described in the **meditation number 1 to peel false ego at the end of the book.**)

Once you have removed all the ultra-layers, you will decide if you want to completely remove the last intra-layers and connect with your true Self. To remove these remaining intra-layers one must go through the initiation of the **Conscious Mystical Death (meditation number 2).** You will find at the end of the book the journey that allows you to release the last few layers.

But first, you must do mediation 1 to peel the false ego (also at the end of the book).

Conscious Mystical Death

In November of 1995, during a meditation I was doing on my own, I received a strange message from one of my guides. The message was that I needed to do an important self-initiation that would change my life. This initiation would require dying and rebirthing consciously through an inner journey. At first, I was suspicious of the source of the message; I thought it might not have come from my inner guides. I focused on the situation and checked the source with different advanced techniques many times, and the answer was still the same.

At this point I started being a bit afraid and having doubts in my perceptions, especially when I heard in the news around the same time about some cults in Canada and the United States, who had committed group suicide and I didn't want to be misguided and do the same. On the one hand, I felt deeply that it was important to trust my inner guides who have always guided me properly in my spiritual path; on the other hand, I didn't want to make a mistake that would end my life.

This is when I decided to consult, a very well-known shaman and astrologer in Montreal whom I trusted because of the quality of information that he had given me on many occasions. The shaman validated the message that I was getting from my guides, and I took the decision to carry on with the inner journey.

On December 4th 1995, I began. While sitting in my office in Montreal, I did an inner journey where I was guided to a round black tunnel. During the passage in the tunnel, I realized the colors of the walls were black and white squares like the colors of a chess board. Later I understood that those were the colors of the death dimension. What I realized also during my passage through the tunnel was that the initial shape of the tunnel that was round started to change to other different shapes like oval, then triangle, and then it took the shape of a square. Later I understood that this was happening every time I was moving from one dimension to another.

At this point I was just observing the journey without any fear. I was curious and I was looking forward to the outcome of this so-called Self-Initiation.

When I passed to the other side of the tunnel, I entered this large space of Light and the feeling that I felt on the spot was a feeling of extreme Inner Peace and Love. The first thing that I saw in front of me was a large and long stairway and probably thousands of persons walking up the stairs.

Here I felt that I had to levitate and fly over these people, and when I reached the top of the stairway I first saw a very tall bald male light being with long white hair and beard. The color of his face was red. He welcomed me with a smiling face and as he held my hands, I felt this high voltage of energy first penetrating my hands and then through all my being. On the spot I felt very strong, as if I would need this strength to be able to continue my journey.

When we started walking I realized that my late mother Nadia and both her parents, Tamam and Joseph, who had passed away, were behind the light being. They were all silent as if they were only there to help me feel secure and to comfort me. I didn't think that they had any significant role in this journey. I expressed my happiness at seeing them, and I continued my journey with the light being.

The light being whose name was Victor took me to a place and made me sit on a chair and started to work on me. I saw my skull opening up and saw billions of unknown words entering my head. The impression that I had was as if Victor was deprogramming my entire life program and replacing it with another. This intense operation took about nine minutes and as soon as it ended, Victor suggested that I return back into my physical body. Although I had many questions that I wanted to ask to understand about my experience, I accepted to leave because I was completely tired, as if my batteries had worn out, and I couldn't continue the journey.

I thanked Victor and asked if I could come back at later times and communicate with him; he said yes. Then two small-sized angels came and held me from each side of my shoulders and started to descend me into my physical body.

And as soon as I entered my body I felt a very high voltage of electricity shot into my body, like some people experience in a medical emergency through electric shocks. Before trying to evaluate my journey, I had to deal with the situation of my energy level, so I did an energy healing on myself and soon after, went home and went to bed very early. The next day I opened my eyes with a tremendous feeling of inner peace, joy and love and felt completely like a different person.

Later during the day when I meditated and asked questions about what had happened, I was told that I wouldn't understand my Self-Initiation intellectually, that I needed time to integrate it inside myself and to feel its impact on my life. My guide also informed me that I would be using this mystical conscious death experience in my teachings and in my healing practice.

When my guide informed me about the impact that this journey would have on my life I was expecting to see changes in the next year or so. I was surprised when, almost immediately, I started seeing changes. All my judgments toward myself and others stopped and I didn't feel the need to argue anymore or to prove to anyone my points of view. I was embraced with a feeling of equanimity and wisdom that I had never felt before. The quality of the healing that I did with my patients and the results that I began to have with my students improved tremendously. I started to attract healthy circumstances in my life, and everything started to flow effortlessly in my life.

Later I started to research and to experiment the Conscious Death Experience (C.D.E.) I wanted to understand the power and the impact of this ritual on people. I tried to look into ancient books. At first I couldn't find much information except in some ancient teachings that said:

In order to change and grow, one first must die to oneself.

Later I have found the following quotes in the book *The Secret Teachings of All Ages* by Manly Hall.

- The veil of Great Mystery is Death.
- In Alchemy unless the elements die the Great Work cannot be achieved.
- Socrates subtly reminded his disciples, death in reality is the great initiation, for his last words were: “Gito, I owe a cock to Asclepius; will you remember to pay the debt?” (As the rooster was sacred to the gods and the sacrifice of this bird accompanied a candidate’s introduction to the Mysteries, Socrates implied that he was about to take his great initiation.)
- According to material available, the supreme council of the fraternity of the Rosicrucian was composed of certain number of individuals who had died what is known as “philosophic death”. When the time came for an initiate to enter upon his labors for the Order, he conveniently “died” under somewhat mysterious circumstances. In reality he changed his name and place of residence, and a box of rocks or a body secured for the purpose was buried in his stead.

I also found information from the Holy Bible in St.John2, chapter 3 which said:

Nicodemus visits Jesus

- *1 there was a man of the Pharisees, named Nicodemus, a ruler of the Jews:
- *2 the same came to Jesus by night, and said into him, Rabbi we know that thou art a teacher come from God: for no man can do these miracles that thou does, except God be with him.
- *3 Jesus answered and said unto him. Verily, verily I say unto thee, except a man be born again, he cannot see the kingdom of God.
- *4 Nicodemus saith unto him, how can a man be born when he is old? Can he enter the second time into his mother’s womb, and be born?
- *5 Jesus answered, Verily, verily, I say unto thee, except a man be born of water and of the Spirit, he cannot enter the kingdom of God.
- *6 that which is born of the flesh is flesh; and that which is born of the Spirit is spirit.
- *7 marvel not that I said unto thee, Ye must born again.
- *8 the wind bloweth where it listeth, and hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth: so is every one that is born of the Spirit.
- *9 Nicodemus answered and said into him, how can these things be?

***10** Jesus answered and said unto him, Art thou a master of Israel, and knowest not these things?

***11** verily, verily I say unto thee, We speak that we do know, and testify that we have seen; and ye receive not our witness.

What I can understand from the above mentioned quotes is that, this is a clear message that the wisdom of these symbolic “Deaths” whether called “Mystical Death”, “Philosophic Death” or “Death Initiation” was understood and practiced in ancient times by many societies of initiates. In the past, only Masters, Initiated Metaphysicians, Shamans, High Priests, Priestesses or Gurus were given the privilege to experience a (C.D.E) and benefit from its life-transforming effects. Today, this knowledge is not a privilege anymore, it is open for all people who want to experiment these kinds of metaphysical experiences. Also many ordinary people who don’t know much about metaphysics or spirituality are experiencing what are called Near Death Experiences (N.D.E) either through accidental or clinical death or through symbolic death by dying during their dream state and although their experiences are not considered as a conscious spiritual initiation and did not come through a conscious inner journey by choice, they are also realizing the beneficial impact of the experience on their lives.

After experimenting with the ritual of Conscious Death Experience (C.D.E) in my healing sessions and later, after I started including it in my Alchemical teachings, I noticed many intense results. I am offering the ritual of (C.D.E) today in my book to each individual who wants to release the last two layers and access their true Essence/Identity/Ego.

Through close observation of my own experience and the experiences of others who have done these kind of rituals, I came to the conclusion that quantum leaps are possible because when we make the passage to the other side of the veil, the energies are less dense, and the experiences are not governed by the limitations of the mind and the conditionings that we have.

(See Self-Initiation meditation number 2 of the Conscious Mystical Death at the end of the book)

Clairvoyance

Clairvoyance is a term used in metaphysics when extra-sensory perceptions ESP are used to perceive realities of the past, the present and the possibilities of the future. ESP is also used when navigating into external or internal dimensions to perceive different realities of our beings and /or the different realities in the universe. There are different kinds of perceptions that are used in E.S.P. Some people have the Clairvoyance perception, they are very visual. They see images clearly and they interpret them. Some have the Clairaudience perception they communicate through hearing internal or external voices. Some do not see images or hear voices they communicate through other forms of perceptions, such as Clairsentience or Clair knowing. Some use intuition; others use telepathy.

In the previous generation of Neptune in Virgo, in the late 1920s, only 1 in 100,000 persons had psychic powers and only half of them were manifested. These perceptions were used in the past by metaphysicians for psychic reading, holistic healing sessions and any other metaphysical practices.

With the generation after that, with Pluto transiting Leo and Neptune in Libra, suddenly it went to 1 per 100, which means thousand times more and was fully manifested. In 1975, since Uranus went into Scorpio and nearly Neptune went into Sagittarius the key is Uranus into Scorpio; when the Uranian souls were born, 80 per 100 have that power and they use their E.S.P. in any areas of their spiritual or material lives.

During my clairvoyance workshops and through observing thousands of people trying to have clairvoyance experiences, I came to the conclusion that some people who have natural Clairvoyance skills with their energetic inner eyes (3rd eye) awakened and developed don't need to make any effort to perceive information.

Others need to make effort in order to awaken and develop their energetic inner eyes. In other words the Clairvoyance talent is a skill that can be learned and developed like art or music or any other skill, and the more you practice the better you could master that skill.

Even people with natural Clairvoyance skills who have the ability to use E.S.P. easily and who read clearly the future, might have other forms of resistances that they need to deal with, such as having doubts about the authenticity of the truth they perceive. Or they might have fears of what unpleasant surprises that the future might have for them. Healing our fears as well as releasing our doubts is very important for the development of our Clairvoyance skills.

Sometime what I also realized during my Alchemical teachings is that some people start an inner journey not seeing anything and a few minutes later, they start to perceive images or voices or both. Others might take some time to make that transition, but in any case everybody will perceive information at least through the Clairsentience perception. What I have also observed is the quality of the perception during the inner journeys. Whether it took a longer or shorter time to do them or whether the journeys were done easily or with difficulty doesn't make any difference in the final results and the success of the journeys. The key here is to trust the process and what I recommend strongly for beginners who have difficulty visualizing is that they try either intending and pretending that the journey is happening or use the approach of creating the scenario they want. By doing that, you allow your unconscious mind to participate in the journey and that will help you in perceiving the required information.

How to Develop your Perceptions and Communicate with your Guides

The first thing we need to learn is how to communicate with our guides through Channeling in order to be able to navigate the higher dimensions. For us to do that we need to develop our inner energetic eyes (third eye) and to develop our existence in the higher dimensions, to avoid confusion as to vocabulary, we are referring here to the energy level or body that corresponds to the 555th energy envelope outward from the physical body. We are referring here, more specifically, to that place surrounding yourself where you have the Golden Throne with the Golden Scepter.

Channeling is communication with the unseen world. It is a powerful way to raise one's consciousness. Channeling is the achievement of an expanded state of consciousness that permits one to connect with one's higher self and evolved guides. Channeling is a skill that can be learned, one does not have to be spiritually evolved or psychic in order to channel. You absolutely need perseverance and a very strong desire to make the connection. You will learn how to raise your vibration level in order to feel, see, hear or even smell your guide's message consciously.

Channeling helps people in discovering their higher purpose in life. It involves consciously shifting one's mind and mental space in order to achieve the expanded state of awareness that is called a trance state.

To achieve the trance state to channel, you must learn concentration, to get your own thoughts out of the way and become receptive to higher guidance. In this receptive state, you become the vessel that connects you to higher energies which you can use for developing your natural gifts or to connect you to higher dimensions providing you with opportunities for you to get Healed, Awakened and to reach Self-Realization. Acting as teachers and interpreters, they show you how to refine your abilities to navigate the higher dimensions.

You can use channeling to expand your creativity in all areas of your life. You can bring great knowledge, wisdom, inventions, works of art and philosophy. You can use channeling for your creativity, such as writing, composing music, painting and sculpting. Others use their guides to assist them in teaching, therapy and healing. Each guide and each connection is different, special and unique. Some guides are poetic, some inspirational, some instructors.

Evolved guides encourage you to use your intuition, inner guidance, wisdom and discernment rather than blindly follow what you are told. They support you in bringing out your inner strength, courage and innate wisdom. They make strong suggestions and assist you in making your own choices, they are careful not to take away the lessons you need to evolve. If you are headed towards something that may teach you a valuable but difficult lesson, they may show you an easier way to learn the same thing. However if you persist in your original way they will not stop you. It is up to you to choose.

Channeling is a Skill that Can Be Learned and Developed

Channeling is a talent that can be developed through practice and perseverance. Like music and sports, the more we practice, the more we master. There are many techniques, including meditations and exercises to develop clairvoyance which I will share with you later.

In conscious channeling the guide impresses the message upon your mind through higher telepathy. Some people will feel the answer by Clair-sentience, sensing and feeling, others see the information by Clairvoyance, flashes and images, and others will hear the information by Clair-audience, inner or physical voices and other know the answers through the Clair-Knowing, they just know without hearing or seeing

Some guides work with colors, others with forms; others use your hand for automatic writing, painting or any other creative art work. Certain guides work with chakras, others with past lives. Others explain the goal of the soul, karmic laws or universal truths and personal development work. Certain guides are poetic; others are philosophical, humorous or serious.

Guides will choose a channel with a vocabulary or skill that matches their knowledge. Scientific guides may choose a channel with a scientific vocabulary. Artistic guides may choose artists. Philosophical guides may choose channels interested in philosophy and so forth.

Guides use Words and Concepts to Express their Messages

When a guide works with you, words may instantly come to mind or you may hear them. Sometimes you feel the word forming in your mouth. Sometimes you see the words just before they are spoken to you - then you simply read the message. Others may see a screen with unfolding images. Guides will choose the easiest way to communicate. It should be noted that often, we understand the message but have difficulties expressing it in words. This is because our language, unlike in the higher dimension where communication is through thoughts, is limited. To express an unlimited thought by a limited language is sometimes a challenge.

The method of transmission may change as you continue to channel. When you have lost your connection with your guides, stop channeling and restart later on a fresh note. Your guide may use ideas in your mind. It could be something you read 20 years ago or something you learned yesterday. Anything in your mind is a potential tool for transmitting the messages.

Another kind of message is to receive a trigger word. You may start by receiving the word «courage». As you are given the word a whole association of thoughts and ideas come to mind. At times you are to use this important message (i.e. courage) over and over again as it represents a universal truth.

The richer our mind is with knowledge and experience, the more words the guides can transmit messages to you. Two persons who channel the same guide will speak differently because the guide will use the personality, the knowledge, the vocabulary, the experience and the wisdom of the channel to express it.

Why it is Important to Place One's Consciousness in the 555th Body to Perform a Clairvoyance Reading?

One needs to distinguish between ordinary consciousness that communicates through different perceptions with guides and between quality clairvoyance readings through our inner eyes (third eye) that connects our consciousness to the higher dimensions.

To avoid confusion as to vocabulary for the location of the inner eyes, we are referring here to the energy level or body that corresponds to the 555th energy envelope outward from the physical body. We are referring here, more specifically, to that place around you where you have the Golden Throne with the Golden Scepter.

For people with natural talent in clairvoyance, it is of course possible to “see” without resorting to the exercise of placing one’s consciousness way up there. This could be because the practitioner has developed his or her being at that level, either by doing personal development work or by incarnating with the energetic inner eyes (third eye) awakened, (which is the case for only a small minority of people).

Some practitioners aren’t clairvoyant in the strict sense, since they rely more on their contact with the consultant’s guides or other entities rather than on their own *seeing*. (In this particular case, the problem is, of course, that without placing one’s consciousness “up there” there is no sure way to know the quality and the true consciousness of the guides or entities. That brings us back to the same problem: how can we perceive the Soul and Spirit of the consultant, their Life Path and the major choices they are confronted with in their evolution and self-realization? “Ordinary” clairvoyance without such a preparation can only “see” a relatively short time ahead in the ordinary events of a consultant’s life. It is very difficult to *see*, from the point of view of our ordinary awareness even when boosted by meditation, breathing or other techniques, more than the most probable sequence of events for a short period of time, usually 6 months to a year. Also many practitioners use empathy or telepathy and they confuse what they perceive in the person consulting them with true clairvoyance, interpreting back to the consultant either their own wishes or their own fears or a mixture of both.

This is the reason why so many practitioners are excellent in reading the past and the present of the consultant and so wrong about the future. This can happen even with the use of Tarot cards. In other words, if you wish to be able to guide yourself or a person in his/her development and the purpose of his/her incarnation, you need to do something that will permit you not merely to read just a couple of events, but to become able to get at least a real glimpse into his/her soul and spirit, including his/her life-paths and choices.

One Can Only “Read” Other People According to One’s Own Level of Consciousness

If you have not yet awakened and integrated the upper levels of your being, it will be necessary for you to consciously place your consciousness into your higher parts and to use some of the faculties that are available only there, as much as possible for you in your present state of development. You will find that your guidance and consultations will dramatically increase in efficiency and vision that you will truly glimpse something of the true Soul of another being, rather than merely “seeing” an unconnected series of mundane events that might or might not make sense.

Of course you are free to decide that you would rather stick to daydreaming and telling people that they are going to “move to Florida in the fall with someone that has blond hair”, instead of going to the effort of developing further. (It is an effort, and it *will* be more tiring but also more rewarding.)

You must understand that any form of psychic talent, is no proof at all of spiritual development or higher consciousness. Such talent is natural to the human condition, varying among individuals in much the same manner as talent for mathematics, for public relations or music.

That is why anyone with ambitions to guide or help others in their evolution and transformation must elevate themselves generally speaking, and have the humility to admit that they have to make an effort to *see* from a higher point of view.

How to Activate and Develop your Inner Eyes (Third Eye)

Our physical head is a place where we find our energetic eyes (third eye). If you visualize your face through the next meditation, you will see a waterfall on a cliff where you can find your energetic eyes on both sides of the waterfall. These eyes have different specialties and perceptions and represent your clairvoyance ability that allows you to communicate with your guides and perform channeling and healing. The number of eyes found on both sides of the waterfall and the cliff varies from one person or another. That quantity also can change with time, according to the spiritual evolution and progress of each individual.

Once you have activated and fused with the eyes of the waterfall and the celestial animal guides, and have done the inner journey many times, you won't need to do the long process of the journey. You can connect spontaneously and start your channeling.

(You can see the meditation number 3: How to activate and develop your Inner Eyes (Third eye) at the end of the book.)

Mirror and Candle Exercise to Develop Perceptions

This exercise will help develop your perceptions; you will need a candle and a mirror. It must be large enough for you to see from your waist to your head. This exercise must be done at night or in a very dark room. Place the candle behind you and focus at the mirror. Try to see the light and not the candle. Focus into the mirror and try not to blink.

Obviously at some point your eyes will tear and hurt. This is because you have not blinked. Blink once and stare again for approximately 15-20 minutes. Keep your eyes concentrated on the mirror. Look with the third eye and your physical eyes at your image. Continue to do this exercise for 21 consecutive days. You can skip a day or two but not more. The goal of this exercise is to see your real face in the mirror. It is best to state out loud that you wish to see your true face. This exercise is very good to develop clairvoyance abilities.

According to some people, the number of days needed for things to happen will vary. Some people have effects immediately, others after 2-3 weeks. Depending on the person, sooner or later you will begin to see images in the mirror, yet not as dream images.

It might be a real person just behind you. In the second phase, you may see some entities from a lower astral level. Once you see these entities you must confront them and bombard them with crystal balls and eliminate them.

In some of your meditations you will see things that have nothing to do with you. For example, suddenly you will see a door open to some dimension where things take place in various places on the planet such as energetic events, sometimes even physical events.

You can literally see what is happening in a distant city like Vancouver or Mexico City for example, or other places. You may see accidents, wars, fires etc. take place. When this happens, your radar has been initiated! It is different from regular clairvoyance, as you see physically with your eyes open staring in the mirror. As you do this, your radar will move in the space to fix itself on a high-intensity event. You may first see what happens at a closer distance. For example, if there is a war 5000 km away and a fire 100 km away; you will see the fire first instead of the war, as it is physically closer.

The more you develop your radar, the stronger you get, the more you will be able to see what is far as clearly as what is near. Theoretically, if you have radar, you can see anywhere at any time. Practically speaking, you can develop your clairvoyance abilities. However, there are geographical limitations. To see further than 5000, 6000 km, it begins to get difficult, as it requires more effort.

Practice is very important to master this type of clairvoyance. A person who can practice 2 hours a day will have very good results.

Distance Viewing Exercise

Place yourself in a dark room and visualize a person on a wall where you wish to receive information concerning the person. Focus your awareness until you have a sensation in your solar plexus. Look with your physical eyes. At a given moment, you will have a feeling in your solar plexus. This is when you connect with the person. You will not yet see anything, but you are connected energetically. Try to leave your body by the solar plexus and travel to the other end of the connection. All of a sudden you will see yourself in front of the other person who is sitting at the kitchen table; there is a fork in the hand. You are watching all of the movements, as if there were a window where you looked across space and time! The experience is always a “present” experience.

For example, you see the person in the car or at the office. It is important to verify between what you see and what actually is taking place, as there is a time lag of a few hours. If you see a person driving the car towards the city of Quebec at 2 PM. and you call the next day to verify the experience, mysteriously there is a time lag of 2-3 hours before or after.

This experience is not as if you really leave your body. It is more of a psychic doubling. To do this, you remain conscious. It is as if you project your consciousness over there, like being in two places at once.

Exercise to Develop Clairvoyance using Psychometry

Clairvoyance can be developed with Psychometric reading, using objects that have a historical past, like ancient jewelry with precious stones, things with a long history. It could be a ring that you received from your mother that she received from her mother. Just by touching it you can sense things. If the object is small, you can take it in your hands. If the object is large, you can put your hands underneath or around it. Once you have sensed it, stop touching it and keep it at two meters distance in front of you

Concentration is necessary in three places: on the top of your forehead, on your third eye and in your mouth where there are energetic spirals. You can use them as antennas by projecting all three on the object. Then return the information by sending all three to the center of the head in the pineal chakra. After that, verbalize that you wish to know the history of this ring. If you are not specific on when you want the story of the object to begin, it could start hundreds or even thousands of years ago when the object was first created. Therefore you can perhaps specify and ask that the information you need on the bearer of the object to be from the moment that she has received it.

You can start reading through the object and have information about the past, then the present and then the future as if you are watching a movie.

You follow the object into the future for 30 to 40 years or until it changes hands once or twice. When you start you must not stop and start over. Continue the reading as if the same history continued. You will note one thing: if you started the reading 50 years from the past you will not be able to go more than 50 years into the future. Another advantage of using an object is the detachment it allows you from any emotional involvement. When you do a telepathic reading, whether it is used for healing or for clairvoyance reading, you may become emotional due to the emotional state of that person. One example is if a person you are channeling for is depressed or was contemplating suicide; the information would not flow, as the emotions of the person would interfere with your perceptions.

Objects are cool, without emotions, your psychometric reading is very clear, it establishes an objective reality and it is more precise. This type of psychometric reading will help you to develop your clairvoyant talent. It is good training for someone who is already experienced. It is not for beginners. It should be remembered that with psychometric reading, once you have channeled through an object, it is not to be used again.

In telepathy, if you wish to feel a person, you must neutralize your mental state. Do not think of anything: do not reflect. Just look at the person and wait for the message. That is how telepathy is done. Your emotions should not interfere. It could take 10 seconds, or 10 minutes, you would not know. Be open for anything.

Clairvoyance is yang and works like radar, so you send the energy to the object and it returns. The part that emits sonar is the green spiral and the double chakras of the forehead, and the receptor is the spiral and the double chakras of the third eye. One can start with psychometric reading, and then change to automatic writing, or other techniques. Once you get used to reading objects, you can go to the past or the future of that person without an object.

Exercise to Develop Telepathy

Get into a conscious contact with a friend with whom you want to do the exercise; it is better between the sunset and the sunrise, night is better to build a telepathic contact for a beginner. Put yourself into a state of receptivity, or emptiness, which is the Alpha State.

For this, repeat the self-hypnosis mantra ROUDANGGA many times. The person who will transmit the telepathic message will repeat three times the following mantra:

AVIO - MORO - ALSHORON - MIYHO - COLO – ATAMAT

This person will start to transmit messages, as words or as images.

The receiving person will visualize the figure of the transmitter and as if the two bodies were fusing together, organ by organ.

Then the receiving person repeats the telepathic mantra three times:

MADANA – ATO – TIA

Wait for the messages to come. You don't know how long it can take, 10 seconds or 10 minutes. This is the way it goes.

When you know how the process goes and you master the telepathic ability, you won't need to repeat the mantras anymore. You will be able to do telepathy spontaneously.

Phosphene Exercise

Phosphene experiment is the colored image that remains after staring at a light source for a few minutes; this could be a candle, a light bulb or even the sun. One can experience “phosphene” by staring at a candle for 10 minutes and at given moment you see two waves of color. You will see a very pale area in the center, a layer that is yellow and one that is blue.

Try to see your eyes working as a microscope, and you will see an empty space between the yellow and blue. Your eyes will be strained, quiver and tear. This is normal but a very useful exercise.

Ten minutes is a long time to stare at a candle. After closing your eyes for a few minutes, you will see a spot that changes color.

Observe the changes, and after few minutes look at a wall. You will see the spot on the wall as it changes color. Keep looking until it begins to disappear.

This type of exercise helps to develop clairvoyance of auras and chakras. If you only do the phosphene experience using a candle, you will eventually see people’s auras, you will see how their chakras vibrate and even observe their colors.

This exercise actually lasts only 10 minutes. The results might be immediate, or your abilities will develop gradually within the next few months. There are no set rules and regulations for this exercise, the more you practice, the more you perceive.

Another phosphene exercise that develops seeing auras and chakras is done with a light bulb, which must be opaque (not transparent) of 75 watts.

Stare at the light from 1.5 meters for 3 minutes, then turn the switch off, close your eyes and observe the colored spot for 3-4 minutes that changes colors. Then open your eyes and look at the wall.

You will see also the spot change colors. Observe for a few minutes until the spot begins to disappear.

Another exercise is where one focuses on a black area. This could be a black towel on the wall, or a black briefcase on the table etc. First stare at a light for 3 minutes. Turn it off and stare at the black area observing the changes for several minutes. It is best to do all of the exercises together over a period of 6 months. It will be surprising to see that even people who do not have natural clairvoyance talents will be able to see the auras and the chakras. On the other hand, people who have natural clairvoyance talents need less effort and time to develop these abilities.

There are many ways to develop perception. One of them is repeating many times Psalm 16, 18 and 39 from the Bible. Psalm 16 helps develop intuition, Psalm 18 for clairvoyance and Psalm 39 for Clair-audience.

Exercise to Develop Clairvoyance of Auras and Chakras

- Take a grey A4 sheet of paper and the three primary colored smaller sheets of paper (red, yellow and blue)
- Stare carefully at the grey card for 30 seconds. Then, put a small square of red card on the grey one and stare carefully at the red card for 30 seconds. Here you will observe some other color around the red card.
- Put the red card on the side and stare carefully at the grey card again for 30 seconds here also you will experience seeing a color other than the grey.
- Stare carefully at the grey card for 30 seconds.
Then, put a small square of yellow card on the grey one and stare carefully at the yellow card for 30 seconds. Here also you will observe some other color around the yellow card.
- Put the yellow card on the side and stare carefully at the grey card again for 30 seconds. Here also you will experience seeing a color other than the grey.
- Stare carefully at the grey card for 30 seconds.
Then, put a small square of blue card on the grey one and stare carefully at the blue card for 30 seconds. Here also you will observe some other color around the blue card.
- Put the blue card on the side and stare carefully at the grey card again for 30 seconds. Here also you will experience seeing a color other than the grey.
- Stare carefully at the Grey card for 30 seconds. Then, put the red, yellow and blue cards on the grey one and meditate for 2 minutes. Here you will see many different colors on the grey card. Put the colored cards on the side and stare carefully at the grey card again for 30 seconds. Here you will experience seeing many colors other than the grey.

After doing these exercises for a few weeks, you may start to do the exercises of clairvoyance of the chakras and auras.

Find a friend who would like to experiment with you and find a shiny white wall. It could be a white glazed paper or a white refrigerator. Place the person in front of it.

Focus your attention on the person and repeat the mantra BISMARCK a few times. It will make the clairvoyance easier.

Repeat this exercise a few times until you master the skill.

After a while, you won't need the white background any more. You will be able to see anyone and anything. You will even be able to see the auras of animals and plants.

Why people are sick?

You need to differentiate between diseases that you give to yourself and the ones that come from viruses like aids. Basically, individuals get sick because they refuse to deal with their emotions and their spiritual problems.

A simple example which many know is fear and if you do not know how to deal with it you get angry, and if you don't know how to integrate the fear into your life, then you push it down and it goes into your body and if you repress it too much then it makes you sick, the importance of the sickness is proportional to the importance that you are pushing it down and time plays a role, and this could be the same when you repress other emotions too.

There are some people who have this big fear of death but they don't admit it. It is easier to say that I want to be immortal than to say I am afraid of death. Because death is part of life and when you refuse death you refuse life too.

People do everything to control life, they are so preoccupied with eating the right food and breathing the right air, they try to control their relationship, their children, their security; they try to control everything; they think if they control all the external elements they are not going to die. And when they succeed to control their life they end up having cancer or other sicknesses.

Some sicknesses come from what you can call spiritual sickness, like aids for example. Usually you can get aids by two main reasons: one is for the people who really hate life and they usually have destructive personalities (Inner Shadow) for themselves and for others, the other type is with people who have a life attitude of being a victim. Victim or guilt consciousness can draw any deadly sickness to you all the time, and this applies also to fear of death, hate and unwillingness to forgive.

Then there is an identity problem that goes a lot with aids anytime the person refuses to recognize and accept their identity they become open and vulnerable to viruses or microbes.

Femininity problems are very common to women who refuse their own femininity. They can have heart attacks and when they refuse their sexual femininity for a long period of time they get problems with their uterus and vagina.

Some women have breast cancer because they couldn't admit that they did not want children. They are strongly conditioned that to be a perfect women you are supposed to be a wife and a mother and you repress your true desires.

We need to understand that the younger someone is the easier it is to heal and there are 2 reasons to that: one is biological: when someone is younger, the body has more resources to fight sickness, but there is another reason: it is the way we are made in

our human condition: as long as you can be considered a child, your system is open to be directed and helped by adults. You know how children obey and we naturally help them, we feed them, we educate them, and as children they're open to that in a natural fashion.

Since they're naturally open, the healer can go very far with their healing. The mechanism that makes the child open, start closing up at puberty and by the time they are 19, 20 years old they are pretty much closed up in that openness. And it stays a little open from 19 to 27. Then, it is really closed.

So it is so much easier for a healer to heal kids because they're open to what you do. They're open, receptive and willing to let what you do work, but if someone is older and has not had a significant personal evolution, they have to do a process so they open themselves.

In order to be completely healthy in each aspect of our life be it health, professional, family or spiritual, we need to be completely aligned with our life purpose and deal with all of our repressed emotions, neutralizing and releasing all of our internal unhealthy influences such as; fears (all kinds), anger, fatigue, resentments, unhealthy beliefs and programming, un-forgiveness issues, doubts, resistances, victim and guilt consciousness, self-judgment and judgment of others, past life identities and personalities, despair, stress, anxiety, jealousy, possessiveness and control, unhealthy human cords, relationship issues, unhealthy false egos, diseases and causes of diseases and any other unhealthy energies that doesn't serve your highest good. We also need to release any possible external negative influences such as: All kinds of Possessions such as: Evil Spirit, Earthbound Spirits, Nature Spirits, Dimensional Implants and Portals, Carapace Armors, , Black Magic, Voodoo and Evil eye and I am going to elaborate on these energies and share how to release them in the following chapters.

Holistic Outlook on Stress, Anxiety, Depression and Burn Out

In a way it's easier to understand the concept of stress than to define depression and anxiety. That's because stress relates us to objective facts of life, while depression and anxiety are words that designate inner emotional or existential states. Stress is usually understood as coming from external factors acting upon one's inner psyche, such as assuming too many or too heavy responsibilities in one's professional or personal life.

A great variety of objective factors that create stress may lead one person to anxiety yet may lead another to depression or both. Or the same things can leave a third person untouched by either of these psychological states! On the other hand, any of these may lead a person to the state of "burn out".

We should remember that Hans Selye (the first person to officially study stress and burn-out some fifty years ago) distinguished between "positive stress" and "negative stress"; he meant that stress can also be a tremendous growth factor in a person's life, because by putting a person under objective stress, such as anyone has in work, training, sports, study or military, this kind of positive stress will allow the person to grow into potentials and talents that were dormant before.

Stress becomes negative with the following conditions.

- 1- The situation calls for change and growth in a period of time that is too short, or in a rhythm that's too quick for the person's capacity for change rather than because of an absence of potential or talent.
- 2- The situation calls for talents or powers that the person simply doesn't have in their make-up.
- 3- The situation is borderline relative to items 1 and 2, but has been going on for too long and the person's energy is being used up.
- 4- Having a lot of responsibilities and no corresponding power in the situation. This is a common problem in the workplace, or sometimes in family responsibilities. The stress factor here is in a direct relation with the difference between the degree of responsibility and the degree of power.
- 5- When the sum-total of all tasks that need to be accomplished is greater than what can be dealt within a reasonable period of time and rhythm.

When one or more of these situations happens in a person's life for long enough, anxiety followed by depression occur. If this lasts long enough they will lead to burn-out, a radical incapacity to function. Anxiety eventually leads to depression.

Anxiety is the first emotion felt, and it consists of perceiving the difference between what is expected of oneself and the perceived capacity to accomplish the tasks. In positive stress, anxiety fuels up the person's energy level and gives him/her the extra energy necessary for accomplishing the growth or the tasks.

Anxiety becomes negative and induces depression when the person starts perceiving that he or she isn't up to the growth or the task, neither in the moment or in the future. When you cut off hope and faith from a situation that's when depression and eventually burn-out occur.

Human beings can't stand feeling not being good enough yet cannot stand thinking that they'll never be up to accomplishing some situation either. It's our survival instinct that makes us want to leave situations we're not up to. It's when we insist on achieving impossible situations that our organism, our basic programmed survival instincts, make us depressed and burned out so that we will have to go away and do something else. It accomplishes this by first making us experience the painful and negative emotions, and if this isn't enough then it cuts off our physical energy (tiredness, fatigue) and ultimately dysfunction and sickness follow.

Some depressions could be understood as an inner stress that arises from a **negative self-perception** and **self-judgment**. This means that any person who feels inadequate in any important manner, who judges oneself to be without value or personal power, who perceives him/herself as impotent, or not worthy of love or recognition by other people, any of these or any combination of them will create in that person the same situation as objective stress.

One reason is that these types of feelings acts upon the physical and subtle bodies and the chakras in such a manner as to cut off some of the life force, cut off the inner production of Chi, and diminish the strength and the endurance of the person. Once the physical and the emotional energies are reduced, stress occurs because even quite ordinary everyday situations will act upon a depressed person as "too much".

Another reason that people experience serious lasting depression is because they cannot achieve emotionally or otherwise the potential that they know they have to manifest a satisfying life. On the one hand, the problem lies in a deep-rooted negative **self-perception**, and on the other hand, in a great need for **validation** through the eyes of other people.

Other sources of depressions could be through external energy influences that infiltrate the physical and or subtle bodies. This could be under the form of **spirit entities** or **implant connections**. An example on this is when a person is possessed by a depressed spirit of a dead person or a spirit of a negative entity. Then the person would

feel the depressed entity. The same goes with implant connections. I will explain about **spirit entities** and **implant connections** in later chapters

There are many other forms of depressions such as “**bipolar depression**”, “**accidental depression**”, “**genetic depression**” and the one’s caused by “**chemical imbalances**”. I will analyze these four types of depressions in a separate book when my research is complete.

Now let us look into solutions for some of the depression cases that are caused by either stress or entities or implants. We have to first introspect and find the real causes. In this matter we might encounter the following situations:

- a- The person under-evaluates her/himself and the main solution would be to work on one’s perception of oneself.
- b- The person over-evaluates oneself. There wouldn’t be anxiety or depression in this case, at least not until the final failure, sometimes not even then. But this case isn’t under consideration here, since most people would classify this type of a person as merely “dumb”.
- c- The person evaluates her/himself correctly as not having what it takes, and should bow to the situation before getting severe depression or burn-out.
- d- The person is capable and knows it, but the problem is in the time/rhythm factors. In this case, the problem is still self-perception, but as it relates to one’s capacity for change and growth. We might distinguish here between cases where the person has the power to change the time/rhythm factor and the cases where the person doesn’t have such power. In this last case, as in c above, the person should bow to the situation.
- e- The person is capable and knows it, but the problem is in the time/rhythm factors. In this case it’s not self-perception that’s the problem, and the person doesn’t have the power to change the time/rhythm factors. But there is a possibility of making oneself capable of sustaining the required change in the rhythm. This is possible through spiritual and energy techniques.
- f- The person is possessed by an entity, or the person is linked to a negative collective or individual implant, that could be released by a holistic healer or by the patient if they have the right tools.

We need to note that in a minority of cases, there are some people with mental or physical disabilities who don’t experience depression for the simple reason that their environment doesn’t expect much of them. They might be unhappy, or not, but they won’t experience depression in the usual sense, and no burnout either. The problem with these kinds of depression arises only when a person knows, more or less consciously, that she/he should be able to cope with life and work, but they can’t believe themselves capable.

1- Healing session.

In all cases, before diagnosing the source of a condition, it is advisable to start with at least one spiritual healing session, which will allow immediate emotional relief, will heal the wounded subtle bodies and chakras, release implants, carapace armors, portals, the layers of false egos and releasing any other negative energy that doesn't serve the highest good. Next, repair the three machines that produce energy. All this would provide a good start on eliminating fatigue/tiredness. The Healer should ascertain through clairvoyance, intuition or any other kinds of perception that the person has the basic capacities or talents required to deal with this situation. If not, the Healer should simply encourage the person to quit the stressful situation and find another life. But if the person does have the capacities/talents then the solution is to do rituals. The rituals will have multiple goals all at once:

- 1st slowing down the objective rhythm of the required changes and growth,
- 2nd making the person more able to change and grow quickly;
- 3rd inducing a healthy more optimistic state of mind in the person.

2- Negative self-perception in a Stress situation.

First, a spiritual healing session followed by a ritual is the quickest way to make the situation livable. This will not be a complete solution, but will quickly heal enough of the problem so that the person can better deal with him or herself in the situation. The importance here is gaining time to more profoundly heal the person. Second, Alchemical inner journeys or a major form of psycho-therapy would be necessary to guide the person to a true complete self-healing. Both approaches are very efficient in this situation with the only difference that the Alchemical approach would relatively have much faster results.

3- The objective situation is too heavy, either way (paragraphs 3 and 5)

- A- In the case of paragraph 3, where the real problem is that too much energy has been required for far too long and assuming that the person can't or won't quit the situation alone. In this particular case, after the spiritual healing session and repairing the subtle bodies, the person needs to actively participate, to develop his or her chakras, to heal and amplify the basic Chi circuits and reservoirs and to activate the factories of Chi production. Depending on the person this can require two to four sessions and the results are usually spectacularly successful.

- B- In the case of paragraph 5, where the real problem is truly objective and has little to do with the persons self-perception or true capacities, and assuming that the person can't or won't leave this ugly type of situation, only Major Ritual can help, and it must be done with the active participation of the patient. Of course, doing first the same as in the preceding paragraph will help, but only temporarily.

On human relationships, love and sexuality

Many books have already been written, by all kinds of authors and from nearly all possible points of view. Everybody seems to be on a Crusade to save Couple and Family from disaster. Songwriters, sociologists, priests and ministers, psychologists and even politicians are doing their best in that regard. I think that we should first make a fundamental distinction between Couple and Family : the Crusade to save Family, as we know it, is clearly an attempt to perpetuate an Archetype that has been alive in humanity in varying forms for many millennia. Everyone, whether for or against, sees clearly the dire peril it is going through, and many doubt that it will survive the next 3 or 4 generations, especially in the Occidental Civilization. Family is identification with genetic survival through a particular means. It is an essential part of Patriarchism, a trial to ensure the genetic identity of children from the male point of view. It is also security and love, at least ideally. Its' main redeeming aspect might be the fact of each member of a family having a place of *unconditional belonging*. One might imagine many other, non-patriarchal, ways to achieve similar results, and, in the U.S.A., dozens of Science-Fiction Authors have done so. It is immediately evident that women, for obvious reasons, have had no such problem : they have always known whose child it is ! However, the invention of artificial insemination and of surrogate mother-wombs for humans has destroyed women's total immunity to this problem, in the long run. Family is also the main basis of property ownership and transfer in all of our societies, except for the small minority of humans who still live in tribal forms.

As for the Couple, through the last three or four millennia, we have been evolving from Tribal organization, through different degrees of extended families, all the way to the nuclear family that we know today, based on the Couple, rather than the three or four generation model that was dominant until very recently. **Of course** this evolution has to do with the Industrial revolution ! It has been accelerated as we have evolved from an agrarian to an industrial, even a post-industrial civilization. I'm not going into this in any length, since literally thousands of studies, books, theses and articles have been published on this subject by historians, theologians, sociologists, economists, philosophers etc. etc. What I will go into is something different : the Couple as an Ideal of Love. This is very recent in human history. I don't mean that men and women didn't love and lust for each other since as far back as we can recall. They and we did. That's not the point, here. What the Middle Ages came up with, romantically and sexually, was a Couple that was :

- a. **Permanent** : once formed it was seen as not-to-be separated, ever, "until death do us part", and even beyond death.
- b. **Exclusive** : The love experienced was conceived of as total, fusional and eternal, self-sufficient and self-fulfilling in and of itself. In many cases, and still today, it was seen as the *right stuff* of Life itself.

- c. **Which had Conditional Sex :** in a culture that condemned the flesh and sex, a Couple's Love was the Savior of sex and flesh. It should be remembered here that marriage as a universal social institution did not exist until the XVIth century. Before that, it was reserved first for nobility, then for the middle classes as they began to exist.
- d. **That was very Selective about Love :** The Romantic Couple (different from the Nuclear Family) was seen as the privileged vessel of the force of Love in this world. It was seen as different from family, and even seen as being destroyed by the fact of having children. If you don't believe me, listen to any dozen love songs.
- e. **Complete :** The Couple was also understood and wished for as a kind of True Being, Complete for the first time since the division of humanity into dual sexes. In other words this Ideal can go (and has gone) so far as to state that the True Complete Being is neither a man nor a woman, but a Couple. Many books have been written on this subject.

In recent times a man called Sabbato has written extensively on this ideal. This is the true source of the concept of Sister (or Twin) Souls. The most accepted view is that we used to be complete beings that were destroyed by being divided into male and female, and that our *other half* is still out there somewhere trying to find us to complete itself, and vice versa. The Greek Philosopher Plato was the first to introduce this concept as an Ideal, but the firsts to try and actually experience this are historically known as Abelard and Eloise, in the Middle-Ages. The Cathars of Southern France and their successors the *Troubadours* actually formalized this, by clearly distinguishing between the social institution of marriage, and all the genetic and economic energies that go with it, and the spiritual Couple, going so far as to institutionalize the fact that any person could have a Spouse, *and* a Lover, if and when they found their Other Half. Until then they were encouraged to engage in a search for it. They introduced the concept of *loyalty* in marriage, as distinct from fidelity. This concept of *completeness* went so far that it was conceived that once Fusion was truly achieved nothing could destroy it, and after both partners death the completed being remained complete and went on to live forever in some other realm of reality. One consequence of this was the necessity of dying while still fused, even if doing so was sometimes acrobatic. If physically separated, the two parts had to remain True one to another until death, and do anything to maintain communications. This happened to Eloise and Abelard, who were forced into separation for more than 20 years, yet remained true to each other and wrote each other letters that are still today the model of perfect love. On the darker side of things, it has been known for young couples in love to suicide together to make sure their fusion didn't undo itself throughout life. It still happens today, once in a while. To say it all in a nutshell : Love is as the Ultimate Redeemer of All and Everything, through the Vessel of the Couple.

So, that also answers the question about Soul Mates. But what if we aren't only a half of a long broken something? What if each of us is (potentially) a whole and complete person in and of ourselves? (This is my own conclusion.) Then what? Conversely, we

know of persons today who fear Love (in the sense of the Couple) because they think that this will hinder and block the achievement of their own individuality. In modern society, this position is best known in some feminist circles, but many males, past and present have held the same thoughts. We can see that this position is a reaction to the Fusional Couple.

In our modern society, Family and the Ideal of the Couple have borrowed from one another to strengthen each other. And we see many people desperately trying to achieve Romantic Fusional love at the same time that they become a Family. I suppose this isn't impossible, but any degree of social observation clearly shows that it is very difficult to manage for any length of time. Still, the question remains : if Family is slowly foundering on the shores of a changing civilization, if the Ideal of the Savior-Couple is breaking up on the rocks of personal completeness, of individuation, what then? What happens to love, to couples, to family? What happens to sex?

The sexual relationships

If each of us can become a completeness on our own, if we're not just a half of something that has to come together to find itself whole, how come we're male and female? Aside from making children, is there any reason for us to exist in two quite different varieties that we call the sexes? Is it possible for each of us to be complete in and of ourselves, and yet to need something the other sex has that we couldn't have in ourselves? The answer to this one is YES. At the very least, aside from all the ordinary human emotions and needs that we spontaneously seek to fulfill with the other sex, there is a crucial stage of development, for each of us, that can only be found in a relationship with a person of the other sex that allows us for personal completeness and self-realization, on the one hand, and allows the correlation of sexual forces with spiritual development on the other hand.

I'll state immediately that, in theory at least, what we need from the other sex is not necessary sex. To be more precise, we need something that is more easily found through sex, but could be found through other types of relationship. Each of us carries the polarity of the other sex within us. A man has Yin somewhere in himself, and if it isn't very developed at first, at least it is conceivable that he might. The reverse is true of a woman: she has a potential for Yang, so that although men and woman are equal in this regard, they also are very different in their processes. But the Yin of a male is NOT a woman, and the Yang of a female is NOT a male! So that although men and women are equal in the fact that they both can become whole persons in and of themselves, they will still remain different.

Sex is important for our energetic and spiritual development. Youth sex can develop our chakras and subtle bodies and in adulthood, personal completeness and self-realization are achieved through a particular form of Conscious Sex with no barriers that includes Energy Circulation practices and Kundalini raising meditations. **(See meditation on sacred sexuality and how to raise the Kundalini Energy at the end of the Book)** Some individuals who are not in relationship with each other can have sex with each other for purely spiritual reasons and self-realization. Trust and Unconditional Spiritual Friendship and Love are required for these kinds of spiritual sex.

Healing or harmonizing relationships

The two concepts are complementary, but not quite the same. *Healing* implies a sickness of something that used to be healthy. This definitely happens in human relationships of all types, whether male-female, mother-child, father-child, friendships, professional and so on. *Harmonizing* seems to refer to relationships that never quite get off the ground because the harmonious common ground hasn't been found. The second case (*harmonizing*) is simpler to talk about: usually it is necessary to *harmonize* because the people involved try to make of the relationship something that it is not. For example, two friends might be trying to make their friendship into a marriage! Or, to the contrary, they might be afraid to acknowledge their love and try to keep it to a simple friendship. We need to *harmonize* our relationships when we try to make of them what they are not. Usually, frank talk and hard looks are sufficient to accomplish this. Often our wishful thinking makes this hard frank conversation extremely difficult, but it isn't very complicated, merely difficult to bring ourselves to do so. If you want help from Archetypal forces in *harmonizing* a relationship, either through meditative techniques or through ritual, or both, the following Archetypes will be helpful: Lilith first, for finding the guts to confront the situation and the Truth about the relationship; Venus-Aphrodite for expressing-defining the form the relationship *should* take; Vulcan-Thor for creating the harmonized relationship in fact.

As for *healing* a sick relationship; always first ask if it *should* be healed rather than abandoned! If the answer is "yes", then proceed. But remember that as with some physical illnesses, quick surgery is sometimes preferable to other forms of healing! As in our physical bodies, no effective healing can be achieved without a diagnostic. The first all important part is to be able to define exactly *what* is sick! **Remember, regarding healable relationships: even if you don't want to admit it, no relational sickness can exist on one side only, it DOES TAKE TWO TO TANGO! Therefore, if there is any guilt in there, it exists for both of you, but in different manners!** When and if a relationship is sick only on one side of it, I mean that only one of the involved partners makes it sick (this DOES happen) there is NO possible cure. The "healthy partner" should run away from such a relationship as fast as possible! The reason here is that in such a case the relationship is not **real. It exists only in your wishful thinking!** But if a real relationship exists and it is sick, then you may try to heal it. Then both sides will need to be healed. The first step would be to recognize that there is no guilty party here! This is **not** the same concept as stating that both are guilty! The very first step would be to become conscious that there is NO guilt; all I can tell you without writing a whole book about this is that sick relationships usually get sick because the involved parties stop looking at the other person as **another person**. I mean that you start wanting the other person to bring you what you think you need or want rather than loving the other person as a whole person who does NOT exist in order to fulfill whatever you need. You start loving, or wanting the relationship, rather than loving or wanting a person! It also probably means that you have stopped trying to become a whole person on your own, since you're asking the other to fulfill you! So such a situation implies, most of the time, that, in fact if not in intent, you have stopped trying to become who you really are. That's

usually when we start trying to get the other person to fill in our own blanks! For some mysterious reasons this phenomenon usually happens to both persons at the same time. And trying to figure out if one of you started it (and assigning blame ...) is usually just as useless as trying to figure out if the chicken came before the first egg or if the first chicken happened before the egg! If you seek help in such a healing from divine Archetypes, whether through meditation or ritual, the following would be of help. In a first step, each partner should try and become conscious of when and why they quit on their own development process of becoming themselves. This should be done separately, but with a fixed date, sometime in the future (at least a month) where the results of this search will be shared. In the sharing, no party should challenge the validity of the others' findings. This is the hardest part: accepting what your partner has to say about him or her Self! The old saying applies here: "Judge not" Accept that what your partner in the relationship (spouse, mother, son, friend, etc.) has to say about him or herself just might be truer than your own perception of him or her! Or course, this presupposes that each of you has a basic sincerity in the process. If this is not the case, we go back to the necessity for immediate surgery! The second stage of healing will involve change and transformation, both of each of you and of the ways and means of the relationship itself. What is to change can vary too much from one particular case to another for me to go in any detail here.

(See meditation number 4 to Heal and Harmonize Relationships at the end of the book.)

Healing Sexual Issues

Women have a menstrual cycle that allows them to regularly purify their circulatory, hormonal and energetic systems. This cycle begins at puberty and lasts between 20 to 50 years, depending on a number of parameters, such as nutritional habits, family and social environment and the practice of sexuality.

Within the context of this age parameter (35 to 65 years), women reach **menopause** by first going through a stage of **pre-menopause** that lasts between 2 to 5 years. Hormonal production ceases and with this come those well-known “hot flushes”, headaches, excessive irritability, etc. Ovulation also ceases at this time.

One of the problems associated with menopause because it occurs at the same age, is **osteoporosis**. After the age of 50, the bones in the female become fragile since they lost lots of calcium through menstruation. All these symptoms have an impact on the woman's psyche and therefore on her libido, and often bring with them an accelerated aging. The impact varies according to the individual's experiences, such as traumatic sexual encounters, cultural, religious and familial programming.

However, the rhythm produced by the menstrual cycle imprints an inner movement that is beneficial to the life of the cells, the organs and the vital systems. This rhythm contributes in large part to the renewal of the body and therefore to its youth.

It must be pointed out that sexual desire, both for males and females, is dependent upon the male hormone called **testosterone**. After the age of 40-50, the production of this hormone decreases, which in turn can decrease sexual desire.

Contrary to common belief, men also have a hormonal cycle, which occurs on average every 6 months. It is less “visible” than that of the female, but exists nonetheless. The difference however, is that while the female becomes sterile after a certain age, the male continues to produce sperm and can therefore associate fertility with sexual activity. Similarly to the woman's experience, men's hormonal activity decreases with age and brings with it certain problems: **early ejaculations, impotence, prostate-related problems, decrease in libido**. It is estimated that 1 out of every 3 men in North America is impotent. While these problems may be more concealed in women, men are cruelly confronted by them by witnessing the lack of erection or desire. In addition to these various problems, men also experience increased heart-related diseases.

As we have seen, hormonal changes in women can provoke an accelerated aging of the entire body and can also affect the nervous system if physical and energetic exercises aren't practiced. Aging can be radical, a woman who is young, beautiful and sexy till the age of 45, 50 suddenly she gets older 10 years in one year and her body starts deforming.

There are also psychological factors such as negative stress in particular, and fear of the future, insomnia and physiological factors such as poor nutrition, cigarettes and alcohol, that have a strong negative impact on a person's health aging process and the decrease of the libido.

It is however important for a woman to continue producing a certain amount of hormones in order to be youthful, good looking and sexy, and to avoid certain health problems. If a woman has an active sexual life, there is a direct contact with the sperm, which contains the male hormone that has direct effect for stimulating the libido, and slowing the aging process.

While not as dramatic as the woman's process, men between the ages of 45 and 55 often experience a marked decrease of sexual desire and sometimes even decreased libido, bringing with it a rapid aging as well. This is usually psychological in nature rather than biological. A number of factors can contribute to the decrease in libido and premature aging. These factors are:

- Negative stress
- Overwork
- Insecurities (material and personal)
- Lack of a spiritual and creative life
- Lack of physical exercise
- Lack of Energetic exercises
- Insomnia or poor quality of sleep
- Poor nutrition (junk foods)
- Cigarettes
- Drugs
- Alcohol (impotence is a more frequent occurrence among heavy beer drinkers due to the fact that beer contains a high degree of feminine hormones).
- Excess use of medications (sleeping pills, pills which induce calm and certain vitamins)

The menstrual cycle and the pre-menopause period will be all the more difficult for a woman if she has experienced traumatic sexual encounters (rape, sexual abuses, etc.) and received negative belief structures from family and religion regarding this issue. Where rape occurs, sexuality will be associated with shame, guilt and pain rather than pleasure.

All men and women can maintain an optimal physical, energetic and sexual health throughout their lives if stress isn't constant, nutrition is balanced, there are adequate physical and energetic exercises, and there is a creative sense to one's life. In the case where sexual desire has diminished however, it is possible through the regular use of energetic techniques and inner journeys to re-awaken sexual desire and have an active sexual life all the while maintaining a balanced hormonal, nervous and circulatory system which also reduces aging.

(See meditation number 5 to heal the female reproductive organs at the end of the book) (Also see meditation number 6 how to heal the male reproductive organs at the end of the book)

Evil Spirit possessions

For as long as humanity existed, beliefs in evil spirit possessions were present in every culture, religion and civilization and have remained unchanged since the beginning of civilization. Spirits have been known to inflict all sorts of mental problems, and cause physical pain and suffering throughout history. Evil spirits often considered to be the underlying causes of psychological problems, sexual deviation, chronic pain, addictions, sleep disorders and multiple personality disorders. The notion of spirits possessing the living is deeply embedded in our language. Phrases such: "What's gotten into you," "What possessed you to...", "It's the work of the devil."

Exorcism has been present in every culture and religion since the beginning of time. Jesus was the most known exorcist and healer of his time. Most of Jesus' healings were exorcisms. The ability to cast out evil spirits was a sign of true discipleship among the apostles. More than two dozen references to exorcisms by Jesus may be found in the Bible.

(You can see meditation number 7 to release all kinds of Spirit Entities from body or locations at the end of the book)

Earthbound spirits

Earthbound spirits are individuals who passed away and did not proceed to the Light for many different reasons. They may have had a sudden, unexpected death and need to get over the shock before they can face the reality of their situation. Some just do not realize they passed away and they continue their life as if they were alive. They go to work on a regular base. They might want to interact emotionally and sexually with their spouse. And if their spouses move forward and start dating again, they might get angry and frustrated and they might interfere to sabotage the new relationship.

Some Earthbound spirits do not believe that there is life after death or they are afraid of death because of their religious beliefs of being judged and punished for their sins and karmas. Others might be afraid of facing their molesters or rapists and decide to be Earthbound because they feel safe. Some may be pulled to stay because of their loved ones who won't let them go. And some would stay because they have unfinished business or want to protect their loved ones. Some individuals refuse to pass to the other side and stay earthbound, because they were frustrated sexually during their life and decide to possess a person that is active sexually so he/she can experience sexual experiences through the person they possess. Others do possess others for alcohol or drug reasons.

And of course there could be many other reasons for an Earthbound to stay or to possess a person, and if in our cultures and religions we have been educated about “Bardo Thödol” which is life between death and reincarnation, we would understand that when we die we go through phases of healing and teachings for purification and for preparing us for our next incarnation.

(You can see meditation number 7 to release all kinds of Spirit Entities from body or locations at the end of the book)

Evil eye

The evil eye is the name for a sickness transmitted usually without intention through gazing, by someone who is envious or jealous. When the gaze has remained too long upon objects, persons, or animal, the effect of the evil eye is to create misfortune on the person, object or animal. But the person who harbors jealousy and gives the evil eye is not necessarily an evil person. In some countries, if a person feels moved to praise a child, fruit tree, or dairy animal, he or she follows the praise by spitting, under the mother's or owners approving gaze, to remove the taint of the praise. In other areas, praise of a child can be safely mediated by immediately touching the child, to "take off the eye." If the "praiser" fails to follow these protocols, the mother may invoke religious aid by uttering a formulaic prayer to obviate the possibility of an evil eye incident, or she may speak ill of the child to counter the damage caused by the praise.

(You can see meditation number 8 to release the Evil Eye at the end of the book)

What are Dimensional, Collective and Human Implants?

An implant is an energy link between two or more persons (**Human implants**), between humans and animals, or between positive or negative entities and humans (**Dimensional implants**). For example once a relationship exists, any relationship, even the one you develop with your grocer or your hairdresser, you establish many energy connections through certain chakras or subtle bodies (depending on the quality of the relationship) that link you to that person.

All relationships accomplish themselves through energy links that transmit information, energy and emotions from one person to another, even at a distance. It is also possible to have energy links between individuals and groups (**Collective implants**). Any type of group-- humanitarian organizations, motorcycle gangs, families, occult groups, religions, schools, cults, businesses and even cultures and civilizations can have an energy link with an individual. In the case of larger groups, you may see an extremely complex web of energy links between members of the group that generates a collective field of energy. This collective energy field is called in the old esoteric vocabulary an *aggregate*. Many sects, cultures and some religions rely entirely on these energy links, or implants, in order to exist and to expand their *aggregate*. Any implant can be used by individuals or by groups positively or negatively. For example, it can be used positively to educate and to raise consciousness, or it can be used negatively to control, dominate, brainwash and to withdraw energy (as in psychic or Life Force vampires). Even groups that are positive sometimes can be influenced negatively by the dark forces through their collective energy fields (*aggregate*) which, in turn, influences all the members who are often unaware of what is happening. Each individual has the responsibility to be aware of the energy links that they have with others. They have to determine if the link is positive or negative for them. The more we are conscious and aware, the more we will know if a link is positive for us or not. Ultimately, we need to be independent from others and to be connected to our Divine Higher Self and Mother Earth. Positive links are there to help facilitate that independence. Whether positive or negative, energy links in relationships can be connected to any chakras or subtle bodies or both. The positive ones are like laser beams of light with any color of the rainbow, and the negative ones are like metal tubes, and depending on the intensity of the link, they could be taking on darker colors, like dark gray, brown and black. For example, a red beam of light (passion) might connect two lovers' heart chakras. Another couple might have an orange beam connecting one's heart chakra to the other's solar plexus chakra (this would connect power on the one side, in the plexus chakra, to affection or love on the other side). At this point, it is not useful to try and analyze all implants or the combination of chakras or colors. The most common places that the implants exist are as follows:

- Vampire links are implanted mostly in the heart chakra, in the Hara area, and also in the front part of the sexual chakra, but the most dangerous ones are connected to the feet (either through the chakras or the etheric field).

- Control and dominance links are mostly connected to the base of the spine, at the bottom of the coccyx. This is very common and nearly every human being has it. It cuts off the true Kundalini and replaces it with illusion. It tries to condition one's perception of reality and to draw out some Life Force from there. The back of the head implants invade the brain and its chakras through a multitude of "filaments". This one comes from a cultural or religious group (or combination of both) or any other group the victim is part of and seems to create a negative controlling connection between all members of their cultural or religious group. Sometimes, when a person is a member of a strong extended family or when tribal energies are strong, this connection comes from the family or the tribe. When this implant is negative, it tries very hard to control the person's values. The back heart chakra's implant is similar to the implant in the back of the head, except that it involves emotions instead of thoughts. Also the source is more often personal (i.e. family, lovers, and so on). It is very important to deal with unhealthy energy links whether they are connected to humans or groups, because we risk losing all of our energy and we risk being influenced negatively by these unhealthy links. In my healing practice, the first thing I try to deal with when I see a client for the first time is to disconnect all unhealthy links before I deal with the other health issues, starting with the dimensional implants. The four common ones are, in the head, the brain stem on the neck, between the shoulder blades and the sacrum. There could be other implants too, in other places of the body but you can start by the four common ones and then deal with the others next. Following is a simple meditation to help you detect and disconnect the unhealthy energy links.

(You can see meditation number 9 to release Implants at the end of the book)

Portals

An energetic portal is an opening from one dimension to another invisible to the naked eye. Portals can be detected with intuition and with other different sensory perceptions like Clairvoyance, Clairaudience, Clair knowing and Clairsentience. . They exist in certain geographical areas in different countries, cities and homes where spirits and aliens can pass through from different dimensions to our physical plane. There are portals that are used by the positive beings such as angels/positive aliens and there are negative portals that are used by negative beings such as demons/negative aliens. Also there are portals that all kinds of energies pass through; it is like the thruway everybody is allowed to pass through. All of these portals are created by these invisible beings and by humans to serve their different purposes. However there could be portals also in humans that allow energies to pass through from different dimensions to our physical body. The positive portals are open consciously by individuals who want to use the energy of the higher beings for personal development and evolution or for planetary reasons such as; healing humanity, the animals and the environment. Also there might be Individuals who have negative portals within them connected to the astral planes, these portals allow the movement of dark entities that feed of their energy. There are many reasons why these negative portals are open. Some are open at birth. Some could be open when we take all kinds of illegal drugs except pot and hash who do not open portals but do other kinds of damages such as closing the chakras and preventing the movement of energies freely in the body and delay our evolution. Even, the so called spiritual drugs such as Ayawaska, Peyote and other kinds of mushrooms who can allow the user to experiment the Divine dimension through opening positive portals, will risk opening negative portals through their experience. The individuals who experiment these drugs have to be very careful for their safety and their experience have to be monitored by a very experienced Shaman or Alchemist. Not every Shaman understands the dangers behind opening negative portals. Some legal drugs also have the capacity to open portals in the body drugs such as; Ativan, Valium, Chemotherapies, some of the anti-depressants and anti-psychotic drugs. If you are consuming any of these drugs you should consider checking them out with a medical intuitive or a muscle testing therapist to determine if the legal drugs that you are consuming have these kinds of negative effects on you. Then you can decide with the help of your physician to modify them. You can also decide to work with different healing approaches to heal your systems and gradually reduce your medication gradually and stop them under the supervision of your physician. There are some physicians who are open to work with healers and provide their patients with different healing.

(You can see meditation number 10 to release Portals at end of the book)

Psychic Attacks, Black Magic and Voodooos

Psychic attacks, black magic and voodooos occur when dark and negative energetic vibrations are sent from one individual to another individual or place creating disturbances in the energetic and physical bodies of the person or place with the purpose of manipulation. The manipulation could be towards different purposes such as; sex, money, love, politics or simply to punish and to create harmful effects within the person receiving them.

Different cultures practice different approaches. For example, Australian Aboriginals practice something called *pointing the bone*. The African and Haitian people practice *voodoo and black magic*. North American and European cultures practice *black magic and witchcraft*. Indian, Chinese and South American tribes have similar practices. But there are dozens of other similar unknown unhealthy practices, and also I can add that every negative thought, anger or resentments intentionally towards another person or group by a powerful person who has powerful intent is considered black magic, I believe we need to purify our intentions towards others because we might harm them.

Psychic attacks, black magic and voodooos also were practiced in ancient times by some countries and some religions during wars, and I believe some countries are still practicing these approaches in politics and to control their people or to control and manipulate other countries. Psychic attacks, black magic and voodooos also are practiced by some corporations to support their agendas.

Psychic attacks, black magic and voodooos also were practiced in ancient times and it is practiced until now by the dark forces towards individuals who are providing consciousness raising teachings, like light workers who are providing healing and every group collective consciousness whether they are religions, countries or organizations in order to keep them in the dark and to brainwash and control them.

Although some people do not believe that negative energies, psychic attacks, black magic and voodooos exist and cannot happen if you don't believe in them or if you do not give them energy by paying attention to them, I can assure you that these mysterious weird experiences are realities of the unseen worlds that most religions and metaphysicians talk about. And also my belief is backed with 22 years and 80,000 hours of clinical experience in these therapeutic services that I provide to individuals and groups, (www.alchemy111.com) but also through my Planetary Alchemy practice in my Non-Profit organization in New York, The Global Healing Foundation, (www.globalhealingfoundation.org)

Psychic attacks, black magic and voodooos can have different degrees of strength from mild to extremely dangerous. And can affect individuals mildly or strongly with different symptoms depending on the strength of the energy field of the individuals. That is why it is advisable to strengthen your energy fields through specialized meditations and through regular visits to a specialized healer or shaman to maintain a healthy energy field by releasing any unhealthy energy that does not serve your highest good, energies such as; anger, resentments, rage, fears and any other similar energies. One for sure is victim or guilt consciousness or any other similar negative thoughts that can withdraw to you all kinds of unhealthy energies and situations.

(You can see meditation number 11 to Release Black Magic and Voodooos at the end of the book.)

Symptoms of Psychic Attacks and Dark Spirit Possessions

There are many different symptoms that can indicate negative and dark psychic energies, or spirits entities within a person. Following are only some of the symptoms; Hearing voices and obsessive thoughts or desires is one of the symptoms. Another symptom is a sudden loss of energy and a drained feeling, fatigue, lack of focus, concentration and sometimes loss of memory, acting out of character and change in behavior, sudden changes in one's sexual orientation or libido, sudden changes in relationships and finances, sudden feeling of stress, anxiety, depression and burn-out and sometimes illnesses that cannot be even diagnosed, weird nightmares, irrational fear, anger and sudden aggressiveness But these symptoms can also indicate other types of health problems and it's important to investigate all possibilities.

How and where do you Pick Up Negative Entities and Earthbound spirits?

Negative entities, spirits, and earthbound spirits can be picked up almost anywhere; one of the most important areas where we can pick up entities is sex. When you have sex with another person, you have an exchange of energies and you absorb their good and their bad. It's important to look at sex as an exchange of energies not from a moral perspective. When you have sex with another person you absorb their essence and it mixes it with your own essence. You literally absorb their good stuff as well as their bad stuff. If you have sex with someone who has negative energies, entities or spirits, it is almost guaranteed that some of these negative energies will be transferred into your body or aura through the sexual intercourse. The more sex partners you have, the more at risk you are to absorb entities from others.

Another way we can pick up negative entities, spirits, and earthbound spirits is when we consume lots of alcohol, when we do that, our energy fields/aura gets depleted and energies can infiltrate easily in our body. Earthbound spirits who were alcoholic during their life time on earth like to hang out around alcoholic individuals and look for opportunities to infiltrate their body because they like the sensation of being drunk. Bars are full of alcoholic earthbound spirits hunting for these kinds of opportunities.

Another way we can pick up negative entities, spirits, and earthbound spirits is when we consume illegal drugs. Drugs also deplete our energy fields/aura which makes it easier for negative energies to infiltrate into our body. Earthbound spirits who were drug addicts during their life time on earth, like to hang out around drug addicts and look for opportunities to infiltrate their body because they like the sensation of being high on drugs. Of course consuming illegal drugs can and will open negative portals and we will be at risk of being infiltrated with all kinds of undesired negative energies.

Another place where you could be at risk of being invaded by negative entities, spirits, and earthbound spirits is when we are very sick or when we are in hospitals, especially when we get a surgery, our body is weak and our energy fields gets opened and we will be at risk of being infiltrated by all sorts of negative energies.

Of course if we are involved with black magic activities and invoke demons and cast spells to hurt or dominate others, we are at huge risk of being possessed by dark and dangerous demons, there is an expensive price we pay when we navigate these dark dimensions!

There is always a huge price playing with black magic even if we are not aware that we are doing any harm, I recall one incident in my clinic in Montreal, while doing healing work on a client in her early twenties, I detected that she was enveloped with layers of dark energies and she had many entities inside her body. I intuited that she was involved in doing black magic, and when I asked her if she did, she said: ``No, I am only involved in white magic.'' I've asked her to explain how she does white magic, she said that she went to metaphysical bookstore and she purchased white candles, where she wrote the name of a guy she liked and then lit the candle at a specific moment, and believed it would cause the person to enter into a relationship with her. When I told her that this is black magic! She said, "NO I don't want to harm him. I only want to love him"

I tried to explain to her that we cannot impose our will on others, even if we think that the intention is love. She did not understand the essence of what I said, she responded that he is not happy with his girlfriend, Then I tried to help her see the situation from the point of view of someone who has been imposed upon; I asked her what she would do if someone used his powers to force her have sex with him, she said she would not accept, and yet she continued to try to justify her black magic, claiming that she loves the man and she only wants to love him. This is a perfect example of someone who by not being aware and conscious could be at huge risk of being possessed and possessing another person.

Negative entities, spirits and dark energies are strongly drawn to individuals who use drugs and alcohol. When people get stoned, their auras get weak and these negative entities and energies can easily penetrate into a person's aura or body. Humans are quite defenseless when they are stoned.

Negative energies can be absorbed from many sources; they can be absorbed through objects that we purchase in stores, especially antique objects where negative energies can attach themselves to objects during the process of being made. Also negative energies can be absorbed from restaurants through food. If the energy of the person who cooks the food has negative energies, this can and will contaminate the food with all kinds of undesirable energies. That is why it is important to bless the food before eating.

There are many methods for eliminating dark and negative energies, such as; black magic and voodooes, implants, armor carapaces, portals entities, spirits, thought forms and earthbound spirits. I will share with you in the upcoming chapters the different ways to eliminate them in a very simple and efficient way.

What is incense?

Incense has been used in religious and spiritual ceremonies since the beginning of time. Incense can be simply a pure resin or an aromatic gum or can be a mixture of resins, gums and other scented materials. The purpose of incensing is for purification and healing. Incense can be used also to facilitate the communication with the angelic world and help us navigate the higher Divine Dimensions. However, recently, incenses were also used for medicinal purposes; I use essential oils for the treatment of many health conditions. You can visit my website to know more about these remedies. www.alchemy111.com

Carapaces Armors (Unhealthy Protective Shields)

After each emotional suffering, humans build carapace armors around them for protection purpose and to cover their emotional scars and pains. With time, these carapace armors create lots of emotional problems and the life of a person gets paralyzed. For example if a girl was molested at age of ten she would build a carapace armor around her sexual region to protect herself, but when she faces another emotional problem or abuse and she gets hurt at the age of 16, another carapace armor will be added to the one around the sexual region. When I see a person in my healing practice I see the individual with dozens of carapace armors on different places in the body. Some are around the heart, some around the sexual region or the solar plexus or the back. When I check the carapace armor, they each have an age that represents the age of the emotional scar. Different individuals react differently to an emotional problem, for example this patient of mine from Montreal who had lots of pains around her chest/breast area, when I checked the cause I realized that she had a carapace armor at age of 14 because when she was petting her cat at age of 14 whom she was carrying near chest, her stepfather told her to pet her breasts instead of the cat. Although this was the only time that he made this kind of abusive remarks and there was no other history of sexual or emotional abuse, she reacted very badly and this affected her health and her relationship with man intimately but also with men in general. I had to heal and release the carapace armors from all over her body and heal her body but also her relationship with men.

Another women from New York who consulted me for lime disease, shared with me that she was abused sexually by her grandfather from the age of 7 till the age of 14. When I said it must have been difficult for her to go through this abuse, she answered NO! HE WAS MY FIRST SEX TEACHER! You would understand that at first I was disturbed by her answer and when I thought about it, I realized that she was the victim and she never asked for this to happen to her, but after, I understood that the fact she had decided not to let this abuse paralyze her life, made it her take it lightly, as shown by the statement she made. As I said before, different people react differently to an emotional turmoil. But as we see, that patient number one has reacted very strongly to a nonetheless abusive verbal comment that happened once, when patient number two did not let a major sexual abuse that lasted from the age of 7 till the age of 14 affect her life negatively.

(You can see meditation number 12: "How to Release Carapaces Armors (Unhealthy Protective Shields) " at the end of the book.)

What are Chakras?

A chakra is a Sanskrit term that means crown, wheel or circle. Chakras are the mechanism of life and consciousness where Divine and Cosmic forces, energies and consciousness materialize themselves into each individual, into our genes, into our subtle bodies, into our cells and into all of our organs, including the central nervous system. A developed and healthy chakra vitalizes the physical body; this means that the dysfunction of a chakra may bring sickness to one or many organs, or it might create psychological problems or delay our spiritual development.

Chakras have many functions. They are transformers of energies that can be used by the biological, psychological, and other functions of the different levels of our being. They pump energies into our organs, they pump energies to other chakras and subtle bodies, and they connect each one of them horizontally and vertically to each other.

Chakras allow us to be aware, awakened and enlightened. They act as informers and transmitters of information, knowledge, powers and consciousness from and between the Physical, the Cosmic and the Divine planes.

Chakras can help develop the subtle bodies and the three Alchemical bodies of **Body**, **Soul** and **Spirit** and beyond. They unify them with a sophisticated web of energy links and spirals. Therefore, the structure of a chakra, when fully developed, is considered an important foundation for Self-Transmutation and Self-Realization, and helps us transcend and reach the higher dimensions.

Different schools of thought with different philosophies of life use different colors for different chakras, because those colors suit their purpose, philosophies and path. Instead of using colors in my chakra development meditations, I use different mantras to develop and expand the consciousness of each chakra in order to allow the chakra to take the color needed for each individual. The reason I do not suggest a particular color for a particular chakra is that a chakra has the capacity to change its color according to the state of mind, emotion and the state of consciousness of each individual.

For example, if we are trying to convince somebody of something, then the color of a particular chakra may change to a certain color. The same thing happens when we are trying to seduce, to think, to understand, to fight or when we are in any other different emotional state. Then that particular chakra will change its color.

During a particular period of my life, I personally observed that all my chakras were vibrating as an indigo color for eighteen months. In another period, my chakras were vibrating as an emerald green color. I do not place a lot of attention on the color of

the chakras as long as they are healthy and not vibrating as negative colors, such as dull non-reflective black, grays, beiges, browns, rusty reds, puke yellows, dull gray-greens, and beige greens.

The chakras of this new structure that allows us to exist in the 5th Dimension are based on two pyramids of 999 angles opposing each other and each pyramid generates 999 spirals that has the sacred form of the Divine proportion of the Fibonacci sequence and when the descending spirals meet with the ascending spirals between the two pyramids they generate a teal color fire which is used for creating and sustaining each of the 999 subtle bodies. In addition, all of the minor and major chakras, cells and organs are enveloped by these new 999 angled double pyramids and they are connected to each other by these sophisticated energetic spirals.

These multiple spirals generate vortexes in the pyramids of our new energetic structures and once they are humming in their full capacity they can transmit Higher Knowledge, Consciousness and Power coming from the Planes of Creation and the Planes of the Absolute, which are beyond the dimensions of time and space. Such transmitted Knowledge, Consciousness and Power will allow us to transmute our consciousness which will in turn have a powerful positive domino effect on the collective unconscious.

(You can see meditation number 13: "How to Develop the 999 Chakras and Subtle Bodies" at the end of the book.)

What *ARE* Subtle or Energy “BODIES”?

As Isaac Asimov and other biologist say, the physical body can be considered as two “things”; first it’s the Life Support System for the Central Nervous System (essentially the brain and the Spinal Cord); second, it’s the tool for expression, the means for action in the external world for the same Central Nervous System.

Therefore it’s both a Yin (as a life support system) and a Yang (as a means of action). So we have a trinity: the brain and such, where cognition, consciousness, memory, knowledge and so on occur, the body functions which maintain, protect and nourish it, and finally the body as a means of its action, power and expression.

We should find the equivalent trinity, if by analogy, in the definition of a subtle body.

In order to be called *body* a pure energy “thing” should be a Life Support System for something equivalent by analogy to our Central Nervous System, and also a means of action and expression for it, in its own “subtle” fashion. In order to identify such a pure energy body within our Self, it must also be intimately linked with our physical selves and at the same time lead to or connect to our incarnate selves with that within us that is immortal. At this point it isn’t necessary or useful to link any of this with the concept of reincarnation. It’s not that I don’t believe in reincarnation, just that it’s a non-necessary concept in the context of the present question.

The fact that there are different levels and types of energy fields permeating and surrounding our physical selves is well established, much beyond the magnetic field generated by the Central Nervous System. In many universities, Kirlian photography is studied and developed (particularly at McGill University in Montreal, Quebec), despite the established fact that researchers are photographing energies that are otherwise undetectable and whose exact nature is unknown. This technique is now capable of detecting different level of these energy fields up to 1½ feet beyond the skin. Many people are spontaneously capable of seeing *auras*, and most people can see them with proper training. During the previous era we had a potential to develop up to 10 subtle bodies. Following are some of the characteristics of the 10 subtle bodies. Please note that there are different schools of thought, coming from different historical and cultural affiliations, which have different names for the same subtle bodies, and often use the same name for different bodies. That’s why I used numbers to eliminate confusion.

Layer 1 It’s called the **Etheric Body**. This layer envelops the physical body and we could call it the life force that makes us alive and more than just a biological robot. Getting cut off from this layer means biological death.

Layer 2 The polarity of this layer is Yin and its color, when healthy, varies from a very pale silvery blue to an electric blue. Every school of thought uses the same word Etheric for this layer. It's called the **Astral Body**. This layer envelops the Etheric Body. The energy of this body is not only part of the life force, but also of the energy that makes us humans. This energy is necessary for all the functions of the brain and the nervous system. Most of the functions we identify with the brain depend on it. Getting cut off from this energy would challenge a person with mental difficulties.

The polarity of this layer is Yang and its color, when healthy, is like a perfect lit up blue sapphire. Every school of thought uses the same word Astral for this layer.

Layer 3 It's called the **Soul Body**. This layer envelops the Astral Body. The energy of this body manages and creates the desire for self-realization and also a spiritual life. It also accomplishes our higher judgment functions, which we use to direct our lives.

The Soul, Astral and the Etheric subtle bodies together with the physical body are the first group body that allows the development of the Alchemical Body that is called also the Shiny Black Phase or the Physical Plane. After the death of the physical body the first three subtle bodies die also, this means every time we incarnate we would have to build these bodies all over again.

The polarity of this layer is Yin and its color, when healthy, varies from a pure lighted ruby to a paler pinkish red. Other schools of thought call the Soul body the mental, causal or emotional.

Layer 4 It's called the **Spirit Body**. This layer envelops the Soul Body. Depending on our level of consciousness this body may or may not be part of our immortal self. If not part of our immortal self we recreate one for each incarnation. This is the case of the majority of human beings. There is a difference with the Soul body which is recreated in each life from the lower levels (i.e. from the physical, etheric and astral bodies, in a bottom-up movement). The Spirit Body is recreated for each incarnation from the upper Cosmic Body.

The Spirit Body together with the two upper layers: the 5th Atmic and the 6th Cosmic, are the second group body that allows the development of the Alchemical Soul that is called the Shiny White Phase or the Cosmic Plane.

This body is also the seat of all acquired talents and know-how and knowledge that we might recover from past lives into this one. It is also the source of all personal power and ultimately of any creative function we might have. This explains why people who have been incarnated with this body already developed have no difficulty manifesting their inspirations and achieving self-realization.

The polarity of this layer is Yang and its color when healthy, is like a lighted up pale emerald. Other schools of thought call the Spirit Body the mental, causal, buddhic, or spiritual.

Layer 5 It's called the **Atma Body**. This layer envelops the Spirit Body. This body contains the memories of past lives and it is the seat of Karma and Dharma and the inner energetic eyes. When this body is fully developed it indicates that the person has reached a certain level of consciousness and power.

The polarity of this layer is Yin and its color, when healthy, is like a perfect lighted up purple amethyst. Other schools of thought call the Atma Body the buddhic, atmic or spiritual.

Layer 6 It's called the **Cosmic Body**. This layer envelops the Atma Body. This body carries our immortal consciousness of Self from one life to another. This layer is so important that it is also the source of the higher layers that usually do not exist in a given individual. The higher layers are the product of hard spiritual work in many lives. The Cosmic Body is the center of our Divine Self and it's the door to our individual potential for becoming Divine.

The polarity of this layer is Yang and its color, when healthy, is like a melted gold, more or less pale depending on the person. Other schools of thought call the Cosmic Body the atmic, divine, buddhic or brahmic.

Layer 7 It's called the **Light Body Yin**. This layer envelops the Cosmic Body. This Body is built by the Cosmic Body bottom up, but once it's built doesn't die with each incarnation. It's carried from one life to the next. This Body together with the 8th, 9th and the 10th bodies are the third group body that allows the development of the Alchemical Spirit that is called

the Shiny Red Phase or the Divine Plane. This body puts one in direct contact with the world of Divine Archetypes, what the ancients called “Gods” higher than Angels and Archangels. From this level upward all bodies are tied to archetypal geometrical forms. Here the basic geometry is based on the tetrahedron (doubled).

The polarity of this layer is Yin and its color, when healthy, is like melted silver, more or less pale depending on the person. Other schools of thought call the Light Body Yin the divine, buddhic, brahmic or the light.

Layer 8

It’s called the **Light Body Yang**. This layer envelops the Light Body Yin. Once this body exists and is actually working one can truly say: “I’m truly the maker of my destiny, in this life and the next.” This body is the second step of the development of the Alchemical Spirit. It permits the access to using higher energy in this life for advanced healing, to raise consciousness and to change the course of destiny. Its basic geometry is based on the dodecahedron (a 12 sided 3D shape).

The polarity of this layer is Yang and its color, when healthy, is Orange-Pink, more or less pale depending on the people. Other schools of thought call this Light Body Yang the divine, brahmic or the light.

Layer 9

It’s called **Divine body Yin**. This layer envelops the light body Yang. This body is the first contact with one’s Divine Energy and Power. It’s also the source of the upper Chi which feeds the lower bodies, including the Physical Body with new potentials to actualize, new health, and new power, its basic geometry is based on the cube.

The polarity of this layer is Yin and its color when healthy is olive green.

Layer 10

It’s called the **Divine Body Yang**. This layer envelops the Divine Body Yin. This Body is the source of the Light and Enlightenment and it’s the doorway that leads to the dimensions of the creation and the Absolute. Once this body is developed and Enlightenment is achieved, it will allow us to use its True Superior Power and Consciousness to create our life.

The polarity of this layer is Yang and its Color, when healthy is Yellow as the sun at noon, hot trans lucid.

The subtle bodies of the new structure are completely different, they are based on 999 subtle bodies starting with the first 111 subtle bodies, which are Crystal color, the second 111 subtle bodies are Multi color, then the third 111 subtle bodies are Shiny White color, then the fourth 111 subtle bodies are Shiny Black color, then the fifth 111 subtle bodies are Golden color, then the sixth 111 subtle bodies are Emerald Green color, then seventh 111 subtle bodies are Rose color, then the eight 111 subtle bodies are Dark Orange color, then the ninth 111 subtle bodies are Teal color (Light pale blue)

(You can see meditation number 13: "How to Develop the 999 Chakras and Subtle Bodies" at the end of the book)

What is a scepter?

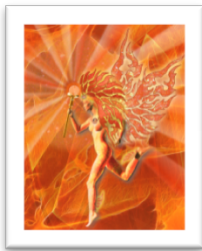
Throughout the history of civilization, the leaders of many spiritual movements, religions and cultures have adopted the scepter as a symbol of power and authority. Physical scepters can have different form and shapes with different symbols and usually are consecrated by a metaphysician, a religious figure or a shaman to contain the required magical power. Originally, scepters were used by the Gods as a Power tool. Today scepters are used for healing, raising consciousness and self-empowerment.

While navigating the fifth Dimension I was introduced to nine scepters that have different powers and knowledge. The scepters are based on two opposing multi layered pyramids. The upper pyramid is turning clock wise, meaning from the past to the future and the lower pyramid is turning counter clock wise, meaning from the future to the past and when they are humming in their full capacity they generate a teal color fire between the two pyramids and this space would be the present moment which is very important for the efficiency of the intended practice. Following are the 9 scepters and their function.

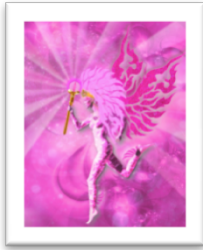
The nine (9) scepters:



1st scepter: a two opposed pyramids with 111 facets. Scepter color: teal (pale blue), color of God the Absolute. Its properties are to protect, to align and to center, to integrate our Body, Soul and Spirit.



2nd scepter: a two opposed pyramids with 222 facets. Scepter color: dark orange. Property is demagnetizing implants, negative energies or entities.



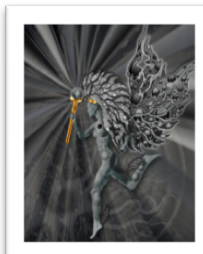
3rd scepter: a two opposed pyramids with 333 facets. Scepter color: rose. Its properties are the energy of Unconditional-Love used when nothing else is functioning.



4th scepter: a two opposed pyramids with 444 facets. Scepter color: emerald green. Property is for general healing, healing bone structure and used for organizing our life.



5th scepter: a two opposed pyramids with 555 facets. Scepter color: golden yellow. Property: to produce a great lucidity, and also helps develop different perceptions.



6th scepter: a two opposed pyramids with 666 facets. Scepter color: black brilliant (color of Alchemy). Very strong scepter that can neutralize the magic and the black forces and provide great protection



7th scepter: a two opposed pyramids with 777 facets. Scepter color: bright white, blinding. Its properties are to transgress the laws of physics and spiritual laws. It is also used as a catalyst, an amplifier with all other scepters.



8th scepter: a two opposed pyramids with 888 facets. Scepter color: Rainbow multi-color. Its properties are to create in all planes.



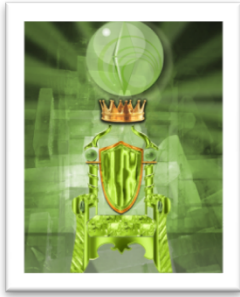
9th scepter: a two opposed pyramids with 999 facets. Scepter color: transparent, brilliant (like a Crystal) property to purify the self and our thoughts - to have access to all the knowledge of the Absolute.

Thrones

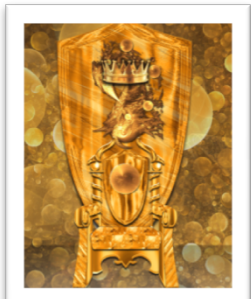


111 Throne is a symbol of power and authority. The black ball under the Throne is the ball of Chaos (the Primordial Energy) used for Creation. The Golden

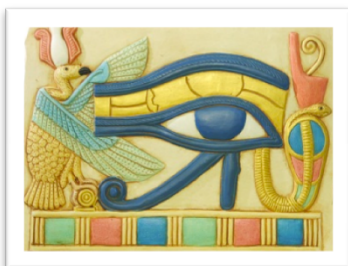
Crown represents Christ Consciousness and Energy. This throne is located in the 5th Dimension which is the Dimension beyond Time and Space. Once connected to this Throne we are able to co-create and to do very powerful healing.



444 Throne is a symbol for healing it is also located in the 5th Dimension which is the Dimension beyond Time and Space. Once connected to this Throne we are able to do very powerful healing and organize and structure our life.



555 Throne is a symbol for great lucidity. It is located in the 5th Dimension which is the Dimension beyond Time and Space. Once connected to this Throne we are able to perceive reality in Time and Space and to develop perceptions such as: Clairvoyance, Clairaudience Clairsentience and Clair knowing.



The Eye of Horus is a powerful symbol used for healing and protection. The eye also is used as a portal when navigating the higher dimensions and allows us to teleport from one dimension to another.

1. Meditation to Peel False Ego

- Center yourself, take a long deep breath and let it out slowly
- Allow your breathing to become full deeply relaxed
- Allow your rational mind to rest and you will be more open to your unconscious mind
- Now visualize an eye (the Eye of Horus)
- Next go through the eye and sit on the Golden Throne (Images of the Thrones and their meaning are in the previous chapter)
- Once you sit on the Throne, ask to see or feel how many layers of your false ego you have (the throne will make your perceptions easier).
- Next use the orange scepters to question first and then disintegrate each layer. By questioning them, you may ask them what they represent, when and where they manifested in your life etc... (Colors and meaning of the scepters are in the previous chapter)
- Next use the emerald green scepter to nurture the inner flame. As discussed previously, this flame presents itself as the layers of the false-ego are taken off and one has to strengthen it each time we work on the ego and before passing to the next layer.
- You keep questioning and releasing all the layers until you reach the last two core layers and this is when you need to decide to remove these two layers through the **Conscious Mystical Death** experience as I will share the details in the next page
- Once you are done, thank your throne and your scepter and bring back your awareness to your body

2. Self-Initiation of the Conscious Mystical Death

- Center yourself, take a long deep breath and let it out slowly
- Allow your breathing to become full deeply relaxed
- Allow your rational mind to rest and you will be more open to your unconscious mind
- Now visualize an eye (the Eye of Horus)
- Next go through the eye and sit on the Golden Throne (Images of the Thrones and their meaning are in the previous chapter)
- Once you sit on the Throne ask to see the tunnel of death
- Once you visualize the tunnel, go to the tunnel until you see the Light at the end of the tunnel
- Once you step into the Light, you will see a large stairway to your left with possible beings on the stairs
- At the End of the stairway, you will see Victor a very tall bald male light being with long white hair and beard
- Ask Victor's permission to do the Conscious Death to eliminate the two or three last layers and or any other unhealthy energy that doesn't serve your highest good. Here you need to check also if you have any implants, portals, black magic or spirit entities in your inner flame
- Once these layers are removed with the orange scepter, use the white scepter to expand the inner flame of your true essence and make it 100% vibrant and then question your inner flame, who you truly are and the meaning of your incarnation and what is it that you need to do next in your Path
- Next go thank Victor for this self-initiation and bring back your awareness to your body

Once this journey is over, you will still have to do another conscious death journey at a later time to remove the impurities of the true essence.

3. Meditation to Activate and Develop your Inner Eyes (Third eye)

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus)
- Then go inside the eye with the intention of seeing a cliff, then levitate towards the emptiness of the cliff, facing the cliff you will see your energetic eyes (third eye) and you will see a waterfall between the eyes.
- Have a look and see how many pairs you have, examine the yin and yang eyes in order to awaken them and fuse them with each other.
- The yin eye may be at the right or the left side and the yang eye could be also at either side. There is always a pair of yin and yang eyes. The form of the guides in the eyes could be anything from humans to animals to divine being.
- There are three things to do with each guide in each eye; first, check the authenticity of the guide by creating a dark blue energy and asking the guide to pass through. If the guides refuses or cannot go through the dark blue energy, this means that the guide is an intruder and you need to disintegrate this guide by throwing crystal balls at him and create a violet energy and ask it to bring you the right guide. Second; ask the guide's specialty and third; ask for a message.
- Once you have visited the first eye, go to the next one and do exactly the same three things that you did with the first eye and when you finish go to the end of the room in the second eye, there you will see that both rooms join like a U shape. Ask both guides to come to you and ask them to hug each other and ask them to give you a joint message.
- Visit all of the pairs, one after the other and ask them about the consciousness that is there and their specialty. Ask them about your life and your orientation, what you have to live from a yin point of view and from a yang point of view. Ask them what they can do and how you can use them. You have to remember something here that these eyes could have many specialties, not only different forms of perceptions; they could have healing and other kinds of powers too.
- Once your eyes are activated, you can thank your guides and come back to yourself.

4. Meditation to Heal and Harmonize Relationships

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus)
- Then ask the eye to teleport you to the Gold Throne and sit on it
- Then visualize a golden light in front of you and ask the person that you need to heal the relationship with to enter the golden light
- Then look into the eyes of the person and tell them you love him/her and you want to heal the relationship; and ask if they are ok with that?
- If they are not ok, ask them what does it take for them to accept and agree to do it and ask them about the causes of the resentments that they have towards you and share with them what is also bothering you.
- Once they agree look between your energy field and theirs and see if you have any negative connections, and release them one by one with the orange scepter,
- Next, you need to both channel golden Orange energy through all your chakras and ask this energy to burn all of the unhealthy memories, emotions and energies in each cell of your physical bodies and your energy fields.
- Once you feel the work is complete, you both need to channel the Golden Blue Sapphire energy through all your chakras and ask this energy to heal the relationship in each cell of your physical bodies and your energy fields.
- Once you feel the work is complete, you both need to channel the Golden energy through all your chakras and ask this energy to remove the residues' from each cell of your physical bodies and your energy fields.
- Once the work is complete ask them if they accept a spiritual connection between your heart and theirs.
- Once they agree, send a golden energy and connect both hearts.
- Next ask if the person accepts to give you a hug.
- After the hug, liberate the person.

This meditation can be repeated as long as needed, until the relationship is in total harmony.

5. Meditation to Heal the Female Reproductive Organs

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus)
- Then ask the eye to teleport you to the your Uterus
- Once you connect with the Uterus see in what state it is, it could be unhealthy dark energies, or spirit entities or any unhealthy energy, and if it is not healthy at 100% it needs to be worked on until it is a 100% healthy. Use the Orange and Emerald Green scepters to heal it.
- Then visit the right and left Ovaries and heal them too.
- Next, visit the Vagina and heal it to.

Here you need to understand that even if you healed your reproductive sexual organs and they are healthy at 100%, you still need to visit them regularly for maintenance in order to have a healthy sex life and to stay young. The maintenance work is for once a week for 10 minutes.

6. Meditation to Heal the Male Reproductive Organs

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus)
- Then ask the eye to teleport you to the your Prostate
- Once you connect with the Prostate which will be the shape of a walnut, brake the shell and access the inner Prostate see in what state it is, it could be unhealthy dark energies, or spirit entities or any other unhealthy energies, and if it is not 100% healthy, it needs to be worked on until it is a 100% healthy. Use the Orange and Emerald Green scepters to heal it.
- Then visit the right and left Testicles and heal them too.
- Next, visit the Penis and heal it to.

Here you need to understand that even if you healed your reproductive sexual organs and they are healthy at 100%, you still need to visit them regularly for maintenance in order to have a healthy sex life and to stay young. The maintenance work is for once a week for 10 minutes.

7. Meditation to Release Spirit Entities from the body

- Center yourself.
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus).
- Then ask the eye to teleport you to the Golden Throne and sit on it.
- Here ask the Throne to show you where you have Spirit Entities that need to be released from your body.
- Use the Orange scepters to release them and if you have difficulty releasing them, use the Shiny Black scepter as well.
- You can thank yourself and the scepters, for this healing, transformation and liberation.

8. Meditation to Release the Evil Eye

For this meditation prepare a glass of water for you to drink after blessing it.

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus)
- Then ask the eye to teleport you to the Teal Throne and sit on it,
- Next, visualize the Emerald Green scepter on the glass of water for 30 minutes, with the intention of releasing the Evil Eye from you.
- Next, drink the water and you will feel the release and the healing as you drink the water.
- This easy meditation to release the Evil Eye can be repeated once a month or whenever is needed.
- You can thank yourself and the scepters for this healing, transformation and liberation.

9. Meditation to Release implants

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus) and ask to be connected to the Golden Royal Throne and sit on it.
- Ask the Throne to show you or to make you feel the negative implants one after the other.
- Use both the Orange and the Shiny Black scepters to release each of the negative implants.
- At the end, you can thank yourself and the scepters for this healing, transformation and liberation.

Once you release all of your implants which could be by the dozens, you need to visit the Golden Throne regularly to make sure that you are free from other implants that could possibly infiltrate you. This kind of maintenance work will allow you to be in a healthy state of mind at all times.

10. Meditation to Release Portals

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus) and ask to be connected to the Golden Royal Throne and sit on it.
- Ask the Throne show you or to make you feel the negative portals one after the other. Once you see a portal use the Orange and the Shiny Black scepter to destroy them one after the other
- At the end, you can thank yourself and the scepters for this healing, transformation and liberation.

This meditation can be done on a regular basis for maintenance work.

11. Meditation to Release Black Magic and Voodoos

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus) and ask to be connected to the Golden Royal Throne and sit on it.
- Ask the Throne to show you or to make you feel the Black Magic and Voodoos one after the other
- Next, use the Orange and the Shiny Black scepters to neutralize Black Magic and Voodoos one after the other
- You can thank yourself and the scepters for this healing, transformation and liberation.

12. Meditation to Release Carapace Armors (Unhealthy Protective Shields)

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus) and ask to be connected to the Golden Royal Throne and sit on it.
- Ask the Throne to show you or to make you feel the carapace armors one after the other (and there could be so many around the heart and chest region, the solar plexus, the sexual region and the back)
- Next, use the Orange and the Shiny Black scepters to neutralize and to releases all the existing carapace armor one after the other.
- You can thank yourself and the scepters for this healing, transformation and liberation.

13. Meditation to Develop the 999 Chakras and Subtle Bodies

This mediation is to be done when you have few hours of spare time because you need all the time you need to complete the task and you need to rest after this meditation is completed. This meditation is to be repeated at least 7 times to allow the full integration of this new system.

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus) and ask to be connected to the Golden Royal Throne and sit on it.
- Next ask the throne to show you your body, with your existing major and minor chakras and subtle bodies
- Next use the orange scepter number 222 to disintegrate and to release all your chakras and subtle bodies and then use the multi-color scepter number 888 and the white scepter number 777 to create the first 111 Subtle Bodies (which are crystal color 999) and 111 of each of the 7 major Chakras until you feel it is complete. (You do not need to see the details of each of the chakras and the subtle bodies completed Just 5 minutes is sufficient to develop each of the seven chakras of the 111 Subtle Bodies and chakras)
- Next use the multi-color scepter number 888 and the white scepter number 777 to create the second 111 Subtle Bodies (which are multi-color 888) and 111 of each of the 7 major Chakras until you feel it is complete.
- Next use the multi-color scepter number 888 and the white scepter number 777 to create the third 111 Subtle Bodies (which color is shiny white 777) and 111 of each of the 7 major Chakras until you feel it is complete
- Next use the multi-color scepter number 888 and the white scepter number 777 to create the fourth 111 Subtle Bodies (which color is shiny black 666) and 111 of each of the 7 major Chakras until you feel it is complete

- Next use the multi-color scepter number 888 and the white scepter number 777 to create the fifth 111 Subtle Bodies (which color is golden 555) and 111 of each of the 7 major Chakras until you feel it is complete
- Next use the multi-color scepter number 888 and the white scepter number 777 to create the sixth 111 Subtle Bodies (which color is emerald green 444) and 111 of each of the 7 major Chakras until you feel it is complete
- Next use the multi-color scepter number 888 and the white scepter number 777 to create the seventh 111 Subtle Bodies (which color is rose 333) and 111 of each of the 7 major Chakras until you feel it is complete
- Next use the multi-color scepter number 888 and the white scepter number 777 to create the eight 111 Subtle Bodies (which color is dark orange 222) and 111 of each of the 7 major Chakras until you feel it is complete
- Next use the multi-color scepter number 888 and the white scepter number 777 to create the ninth 111 Subtle Bodies (which color is teal, pale blue 111) and 111 of each of the 7 major Chakras until you feel it is complete

Once you have completed this meditation you can repeat this meditation once a week or as much as needed to integrate this new structure completely.

14. Meditation to Disintegrate the Tree of Life, the DNA and the Cells and Build the Three Strand DNA

This mediation is to be done when you have few hours of spare time because you need all the time you need to complete the task and you need to rest after this meditation is complete. This meditation is to be repeated at least 7 times to allow the full integration of this new system

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus) and ask to be connected to the Golden Royal Throne and sit on it.
- Once connected to the Throne, ask the Throne to show you your tree of life
- Once you connect with your tree ask the permission to disintegrate the tree from your system
- Next use the 222 Orange scepter and disintegrate the tree until it is complete
- Next ask the throne to regress you in time, to the third day of the physical conception and connect with your first cell
- Next use the 777 White scepter to transform that cell until you feel the transformation is complete
- Next, once this cell splits into two cells use the 777 White scepter to transform these two cells until you feel the transformation is complete
- Next, once these two cells splits into four cells use the 777 White scepter to transform these four cells until you feel the transformation is complete
- Next, once these four cells splits into eight cells use the 777 White scepter to transform these eight cells until you feel the transformation is complete
- Next, authorize the 777 White scepter to continue working on all of the remaining cells
- Next, ask the throne to connect you with your existing double strand DNA
- Once you feel connected, ask the permission to disintegrate your existing DNA
- Next, use the 222 Orange scepter to disintegrate the DNA
- Once the disintegration is complete, use the 777 White scepter and build the new the triple strand DNA until you feel it is complete

999

**SUBTLE BODIES WITH THE
ALCHEMICAL BODY, SOUL, SPIRIT,
BODY OF CREATION AND BODY OF THE ABSOLUTE**



15. Meditation to Build the Alchemical Body and to Complete the Shiny Black Phase

This mediation is to be done when you have few hours of spare time because you need all the time you need to complete the task and you need to rest after this meditation is complete. This meditation is to be repeated at least 7 times to allow the full integration of the Alchemical Body above and underground and to complete the Alchemical Shiny Black Phase (Please note that it is not possible to complete this phase unless you make the changes in your life as suggested by your Alchemical Body)

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus) and ask to be connected to the Golden Royal Throne and sit on it.
- Once connected to the Throne, ask the Throne to show you your Alchemical Body
- Once connected to your Alchemical Body, ask what do you need to change in your life to allow the completion of the Shiny Black Phase
- Once you become aware, take the decision to make these changes and then use the 777 White scepter to complete building your Alchemical Body above and underground and to complete the Shiny Black Phase

16. Meditation to Build the Alchemical Soul and to Complete the Shiny White Phase

This mediation is to be done when you have few hours of spare time because you need all the time you need to complete the task and you need to rest after this meditation is complete. This meditation is to be repeated at least 7 times to allow the full integration of the Alchemical Soul above and underground and to complete the Alchemical Shiny White Phase (Please note that it is not possible to complete this phase unless you make the changes in your life as suggested by your Alchemical Soul)

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus) and ask to be connected to the Golden Royal Throne and sit on it.
- Once connected to the Throne, ask the Throne to show you your Alchemical Soul
- Once connected to your Alchemical Soul, ask what do you need to change in your life to allow the completion of the Shiny White Phase
- Once you become aware, take the decision to make these changes and then use the 777 White scepter to complete building your Alchemical Soul above and underground and to complete the Shiny White Phase

17. Meditation to Build the Alchemical Spirit and to Complete the Shiny Red Phase

This mediation is to be done when you have few hours of spare time because you need all the time you need to complete the task and you need to rest after this meditation is complete. This meditation is to be repeated at least 7 times to allow the full integration of the Alchemical Spirit above and underground and to complete the Alchemical Shiny Red Phase (Please note that it is not possible to complete this phase unless you make the changes in your life as suggested by your Alchemical Spirit)

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus) and ask to be connected to the Golden Royal Throne and sit on it.
- Once connected to the Throne, ask the Throne to show you your Alchemical Spirit
- Once connected to your Alchemical Spirit, ask what do you need to change in your life to allow the completion of the Shiny Red Phase
- Once you become aware, take the decision to make these changes and then use the 777 White scepter to complete building your Alchemical Spirit above and underground and to complete the Shiny Red Phase

18. Meditation to Build the Alchemical Body of Creation and to Complete the Golden Phase

This mediation is to be done when you have few hours of spare time because you need all the time you need to complete the task and you need to rest after this meditation is complete. This meditation is to be repeated at least 7 times to allow the full integration of the Alchemical Body of Creation above and underground and to complete the Alchemical Shiny Golden Phase (Please note that it is not possible to complete this phase unless you make the changes in your life as suggested by your Alchemical Body of Creation)

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus) and ask to be connected to the Golden Royal Throne and sit on it.
- Once connected to the Throne, ask the Throne to show you your Alchemical Body of Creation
- Once connected to your Alchemical Body of Creation, ask what do you need to change in your life to allow the completion of the Shiny Golden Phase
- Once you become aware, take the decision to make these changes and then use the 777 White scepter to complete building your Alchemical Body of Creation above and underground and to complete the Shiny Golden Phase.

19. Meditation to Build the Alchemical Body of the Absolute and to Complete the Teal Phase

This mediation is to be done when you have few hours of spare time because you need all the time you need to complete the task and you need to rest after this meditation is complete. This meditation is to be repeated at least 7 times to allow the full integration of the Alchemical Body of the Absolute above and underground and to complete the Alchemical Shiny Teal Phase (Please note that it is not possible to complete this phase unless you make the changes in your life as suggested by your Alchemical Body of the Absolute)

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus) and ask to be connected to the Golden Royal Throne and sit on it.
- Once connected to the Throne, ask the Throne to show you your Alchemical Body of the Absolute
- Once connected to your Alchemical Body, ask what do you need to change in your life to allow the completion of the Shiny Teal Phase
- Once you become aware, take the decision to make these changes and then use the 777 White scepter to complete building your Alchemical Body of the Absolute above and underground and to complete the Shiny Teal Phase

20. Meditation to Manifest your Philosophers Stone

This meditation is to be repeated at least 14 times to allow the full integration of the Philosopher's Stone (Please note that it is not possible to build, to complete and to earn your Philosopher's Stone unless you make the changes in your life as suggested by your Philosopher's Stone)

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus) and ask to be connected to the Golden Royal Throne and sit on it.
- Once connected to the Throne, ask the Throne to show you your Philosopher's Stone located between the heart and the throat chakra
- Once connected to your Philosopher's Stone, ask what do you need to change in your life to allow the completion
- Once you become aware, take the decision to make these changes and then use the 777 White scepter to complete building your Philosopher's Stone

21. Meditation to Repair and Activate the Three Machines that Produce Chi

This meditation is to be repeated at least once a week for life to allow the flow of energy in your body. It takes 20 to 30 minutes to do this meditation for the first time to repair and activate the three machines that produce energy, but the maintenance work after takes 5 minutes to do.

- Center yourself
- Take a long deep breath and let it out slowly.
- Allow your breathing to become full, deeply relaxed.
- Allow your rational mind to rest and you will be more open to your unconscious mind.
- Now visualize an eye (The Eye of Horus) and ask to be connected to the Golden Royal Throne and sit on it.
- Once connected to the Throne, ask the Throne to show you your building where you have your machines that produce energy located 2 inches below your belly button
- Once connected to the building, go inside the building and check the ground floor, and if the place is not clear, clean it with the 222 Orange scepter
- Once the ground floor is complete, go to the end of the room until you see a stairway that leads to a basement
- Then go to the basement and try to find a piece of metal on the floor and pick it up
- Then find a place where the piece of metal fits and place it there
- As soon as you place the metal, you will see a beam of light emerge from it
- Be aware of its color and where you are feeling it in your body
- Next go out of this room and to your left you will see another stairway that leads to the second basement
- Go down the stairs and there try to find also a piece of metal and place it where it can fit and be aware of the beam of light and where you are feeling it in your body
- Next go out of this room turn to your left you will see another stairway that leads to the third and final basement
- Go down the stairs and you will find a door, open the door and enter the room, there you will find two doors one to your left and one to your right
- Look up the ceiling, you will find a crack in the ceiling, use the 777 White scepter and send energy towards the crack in order to activate the third machine that produce energy
- Next, enter the door to the right and check how clean is the room, using the 777 White scepter make sure that the room is clean and the floor is dry
- Next, enter through the left door and do the same
- Once you finish the meditation, come back to yourself and take a few minutes to appreciate the work you just did.

Power, Consciousness and Heart

Power is an important ingredient to raise one's Consciousness. You can't have Great Power without True Consciousness. And you can't have True Consciousness without Great Power. There are always three things to look at: Power, Consciousness and Heart. To reach the higher levels, you need the 3 components to achieve your true potential. However Potential and Actual are not the same. For example, a kid who has a talent to be a violinist but he is not yet. If he never gets violin lessons and his parents don't buy him a violin and he doesn't practice, he won't become a violinist. If he learns violin, it's Consciousness. If he practices it is Power, when he interprets the music, it is Heart.

Let's take an example of people with low consciousness and high faith. (They pray with all their heart, with no consciousness, no power). If their heart is pure enough, the divine will answer but it will not make them Conscious or Powerful, it will just intervene in the measure of their heart and faith. For them, the divine is still separate. With their prayers and faith they find the right structure to make the machine work. Then there are the ones who use knowledge or external power such as angels, symbols and mantras to manifest their desires, they end-up seeing and working with the Divine but it's still separate from them. The thing is that if you separate Consciousness, Power and Heart, you can never integrate and become one with the Divine. Healing is Power and Consciousness. You cannot just do one without the other. Your instinct knows that if you only do the Power or only the Consciousness, you are not going ahead. Understanding things from the heart means that you understand their true meaning, rather than their functioning.

The Heart can happen between men and women. Men and women theory is not created for nothing. If men want the true presence of the divine themselves, they have to go through the women. Men cannot reach the divine by themselves, neither can women. A woman becomes like a tunnel and she needs the male to go through the tunnel. It's like she makes the path and he goes through the path. Then, at the other end, when men reach the higher dimensions, they have to bring something back. They have to claim the fires of Heaven and bring them back down the tunnel. You cannot bring them back just for yourself because that is not possible. Basically, you have to give the fires of heaven to the woman. It requires practice and practice and trust between the two. And that's the matter of the heart. Trust requires Unconditional Love. At the beginning, the woman has the toughest part because she has to open up totally with no reservations at all to the man, not knowing what is going to happen. You cannot penetrate what is not open and if you force it doesn't work. She cannot open to you more than she trusts you. Luckily, it works in stages. In the stage 2, the man has to penetrate the female. I do not mean just the tunnel. It's like there's a hallway entrance to the tunnel and the hallway entrance is who the woman is, which is her **True Self**

Unconditional Love and Sacred Sexuality

The past 2 thousand years during the Age of Pisces, we were supposed to learn the positive side of Pisces which is True Compassion. The next 2 thousand years during Age of Aquarius we are going to learn how to Love Unconditionally.

Unconditional love means that your love is not conditional to what you get from it which is very different from what people think. It just means that they are who they are and you love them like that and you don't expect benefits. When you start needing benefits from your love, then it's conditional. I love you if you are this way, or if you do this, if you come home at 6 o'clock for supper or whatever, that's conditional. Unconditional Love is when you perceive the true reality of that other person, you accept that other person for what he or she is including their potential for growth. And then since you see them so clearly, you will act to favor that they grow in their own pattern even if it means that your woman goes away from you because she needs too, you still favor or help her. That's Unconditional Love.

Unconditional Love doesn't mean that you accept any abuse from a person that you love. When they mistreat you, you're not going to take it. It means you love them and you set no conditions for loving them. But if they give you mistreat you, maybe you disagree with them while you still love them. Unconditional Love does not mean that you are supposed to love anybody, anyhow, anywhere all the time. That's stupid love. Unconditional means that you put no conditions of self-benefit on the love you give to people.

When you reach Enlightenment through this work, Wisdom would come with some forms of compassion, and some forms of true Unconditional Love. But Enlightenment is the first big step into reaching God. But people think that it's the end of the path, but it's the true beginning towards the Absolute through the 5th Dimension.

The first sign of pre-Enlightenment is a psychological one. People start having a true sense of humor about themselves, about sin, about error. And the great tolerance for human faith but the sense of humor is maybe the first sign. You have all these serious people out there who think that things are terrible or good or all that, when they start getting a true sense of humor and they can laugh about it, even about themselves, they're maybe not enlightened yet but they're getting there. That's the first sign. The second sign is realizing that everything they have learned in their culture or religion or whatever, is just one form, not the form. They're born Jewish or Christian or Muslim etc. and suddenly they realize that that's just one little form among many that are possible. And suddenly they go beyond. Maybe nominally they remain Jewish, Muslim or Christians etc. They just don't make social waves around their religions and their more open,

compassionate and respectful to the other point of views. The third sign is the radical change in their attitude toward sex. Here I am not referring to people denying sex or not denying sex or having hang ups or not having hang ups. That's not the point. Suddenly they realize that sex is very important. Not as a gratification like you have an ice cream or something. Sex becomes very important because it touches upon something Divine. It doesn't matter. If they had no hang ups before, they have no hang ups now. But the way they approach sexuality changes. Also they tend to detach sex from the couple, from love and all that. They suddenly see sex as something Divine and Sacred that has enormous value and importance for their energetic development and spiritual evolution. They tend to start abandoning judgments about what's right and wrong about sex. And they go into it. It doesn't mean they're going to divorce their wives or husband or not divorce them. It's just means that the whole relationship with sexuality changes tremendously. There's one problem and this happens often when these people are in a couple, there's no guaranty that the two are going to be enlightened at the same time.

The Stages of Sex

The first stage of sex is human automatic biological urge when we are young, which is important to live it in order to develop our chakras, our subtle bodies and our first Alchemical Body. Then the second stage begins, it's still human but it is the sex of becoming the individual who we truly are, not just automatic biological urge. Many reach that stage and once they assimilate that, most people go into a period of where they are sexless. It's not that they cannot have sex, or situations are not presented, it's because they lose interest. At this point if you don't have a partner or find a partner that is at the same level or higher you might obstinate. Many understand that instinctively and make changes with their sexual relationships. To have sex at this stage with the same level partner or higher, does not mean necessarily to be in love with , it means that you are working together with the same energy that helps both of you to grow and to advance spiritually and to develop their Alchemical Soul.

Then there is the third stage of sex which, is called Divine, transgressed sex when you start to go beyond the illusions of having limits. Not many reach this stage unless they are on a conscious spiritual path. In some cases we can find artist who reach that stage or even in very rare cases we can find people with the use of so called spiritual drugs such as Ayawaska and Peyote reach that stage. Unless there is a conscious spiritual work combined on this level then it might become destructive and dangerous.

At this stage it is difficult to find someone at this level to have sex with unless the couple is evolving at the same time. And if single, theoretically the universe will provide you the person that you need. In some exceptions it is possible for someone from the third stage to have sex with someone from the second stage, this could be very constructive for the person of the second stage, which will push his/her limits and evolve tremendously. In the same time we have to be careful because this can be a delicate situation because the person of the third stage can push the person at stage two further than they are capable to assimilate that can hurt them instead of helping them.

The sexual energy is very powerful energy that can be used to develop energetically and evolve spiritually, and besides using it for Self-transmutation it can be used for planetary transmutation to raise the vibration and the consciousness of our planet. For this we need to master the third stage and practice Sacred Sexuality through the Kundalini raising experience.

(You can see meditation number 22: Meditation to Raise the Kundalini Energy and to Claim the Fires of Heaven)

22. Meditation to Raise the Kundalini Energy and to Claim the Fires of Heaven

Please note that you need to do this meditation at the end after developing your 5 Alchemical Bodies above and below ground and doing all the other meditations to be able to achieve the required success. This meditation could be done with a partner that has done the same meditations. Also this meditation could be done on your own for raising your consciousness, to activate psychic abilities, self-transmutation and for reaching the Absolute through the 5th dimension. I personally use this meditation during my healing practice and while practicing planetary Alchemy to enhance my healing powers.

For doing this alone without a partner, you can sit upright, breathing in a rhythmic calm manner. As you inhale let your lower abdomen expand and as you exhale pull in the lower abdomen, as you inhale imagine the energy of kundalini to stir and to build the pelvic area. When you feel the energy, intent on raising the two coiled serpents from the base of the spine, and then raise the shiny black serpent from the left and the golden serpent from the right up the spine. At the same time direct the serpents towards the Alchemical Body (Shiny Black) below your feet. As the serpents move up and down the Alchemical Bodies above and below simultaneously they cross over each chakras, making their path way up and down to the crown and in the head center, around the pineal gland and chakras, then the two serpents are facing each other at the lip, when the two serpents thongs touch each other, then you will feel the magnetic energy spreading all over your body.

Next, do the same with your Alchemical Soul above and below. Then do the same with your Alchemical Spirit (Shiny Red) above and below. Next do the same with your Body of Creation (Golden) above and below, followed by the Body of the Absolute (Teal) above and below.

Once you have completed each of the 5 Bodies above and below separately, work on raising the serpents through the 5 Alchemical Bodies above and below simultaneously through the rhythmic breathing. You will feel an energetic orgasm through all your bodies, and this energy will increase your magnetic fields to use for Self-Transmutation, to activate psychic abilities and to expand your consciousness.

For doing this meditation with a partner! Assuming that there is Love and Trust between the couple and both partners have done all the other meditations of this book as discussed previously and they are willing to experiment and want the true presence of the divine and claim the fires of heaven, both the female and the male would do the meditation first on their own until the raising of the Kundalini. As they make love, the

two bodies interconnect and this causes the female to open up her magnetic field and as the passion of their connecting increases, powerful chemicals are released in the brain and in the body. The male will navigate the higher dimension and connect with the fires of heaven to bring them back down the tunnel of the female. You have to give the fires of heaven to the woman. When this happens, both female and male can have energetic orgasms where they shake uncontrollably and the energetic orgasms can spread through the entire body that can last for hours. Another option to the male after the moment of energetic orgasms, he can ejaculate and there is instantaneous reaction within the womb of the female, as the energetic essence of his sperm creates very complex magnetic fields that can be drawn by the couple into their entire bodies.