

Akashic Soul Ap

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What is the Akash:

the akash is the 5th element, the ether, and in the ether it is said by many cultures that all information is held from past, present, and future. The ether record details that the participant will discover will be a map to what and where a client has been and is connected to, to allow for any release of any energetic entanglement to be released, and allow for any of the soul essence the record cleared to be returned and integrated back to the participant to assist with over all well being, and neutrality to any record or imprint held in space.

Do NOT hang on to the details:

The details discovered are not meant to be held onto, they are better there to show a trail of connection to anything that would like to be reviewed by consciousness to have a better inner standing of their ancestors and most ascended self. As the record fully releases it will be best to focus on any upgrade downloaded to the participant's intuition, and the participant will be encouraged to continue focusing on any new inner standings, and begin a meditation daily practice.

** Some times the details pulled up do not make any sense to the participant at that time, and should not deter them from completing the record investigation with the clearing statement of "Higher Self please clear, integrate soul essence, and upgrade the record(s) pulled up now." As the record fully clears the greater understanding can come with spae allowed.

** What If the details do not seem to be true or connected to the participant personally, it is them asked that the participant to be willing to clear their bigger being which may indeed have a connection to the record being pulled up for mass collective akash clearing.

WHICH CHARTS ARE NEEDED?

Use the body sway muscle testing, where your body acts as a pendulum, or any other way of intuiting answers to see if each chart is needed by asking the client's consciousness, if each individual chart is needed.

Remember when using each chart there may be more than one detail on the chart, so at the end of using a chart ask the body pendulum or intuit if this chart is complete with this specific chart.

A participant may only need to use 1 chart or they may be guided to use all.

Once the participant has all the details detected from the charts they will then restate the details connected to their consciousness to ask if these details are correct.

Then ask if there is any more information needed to assist with understanding the record being examined. If they get that there is, then take a moment to listen from within to higher self consciousness for clarity before moving on.

Once all details discovered, also check to see if there is a solution, on Solutions Chart, to be done after the record clearing statement as been completed, and session is complete.

Ask the higher self to please clear, integrate, and upgrade the record(s) found.

Contact www.solterrawellness.com or solterracenter@gmail.com for more information, to take Soul Healing Training, to get one on one assistance on your Ascension Journey for Wellness and Cleansing Protocols.

BODY SWAY KINESOLOGY FOR INDICATION

Have the client face north (or you if you are doing the asking for their consciousness) to face north (it is not a must but will assist)

If you have to test for them through your body, make sure to state their name and consciousness level before each statement or question.

Next have them say out loud (can be statements or questions):

1. I AM the only soul in my body. if the participant go backwards then command for only their consciousness to be within their channel, by simply saying "clear me now, and pull me forward when complete.

2. I AM CLEAR (then wait for the participant to go forward for YES they are clear, or if they go backwards or side to side, have them then say ALL THAT NEEDS TO CLEAR FROM MY FIELD CLEAR NOW, or simply say “Clear me now, and pull me forward when complete

3. I AM MOVING FORWARD (if the participant go forward, then they and their meridians for moving forward, and if they go backwards or side to side then have them say ALL MERDIANS RUN FORWARD NOW, and wait for them to move forward.

4. I TRUST THE ANSWERS I GET FOR MYSELF. If the participant goes backward them say “Clear me now, and move me forward when complete.”

5. I AM HYDRATED, if they go backwards then have them take a sip of water.

6. Now begin asking questions with their body being the indicator. For:

a. yes/complete=forward,

b. for no/not clear=backward,

c. maybe/rephrase the statement or question/the energy is clearing=side to side.

*How to receive clear answers with a pendulum:

1. Make sure the pendulum are clear of any interference. Ask Higher Self to clear any and all interference (disincarnates, lower astral entities, anyone connected to your channel)

2. Get participant central channel connected to HS point, Source Point, and Grounding Point, by saying “Please get me connected to perfect grounding point, and to true source for this session now.”

3. Hold the pendulum in between thumb and index fingers, while imagining that the directing energies _{down} from the channel out their fingers.

4. Ask pendulum what is my YES, what is my NO, and what is my MAYBE?

5. Make sure to address what part of consciousness the participant wants the pendulum to answer (use the consciousness chart, HS, Source, Body, other)

*** Practice receiving guidance from general consciousness directed pendulum questions:**

1. Make sure to address the general consciousness or whatever level of wanting to speak for each question.
2. Ask clear questions that can be answered with a YES, NO, or Maybe/wrong line of questioning.
3. Participant can ask if it is for the Highest and best good for all involved, within each question.

Types of intuiting:

- Clairaudience – (clear hearing) intuitive; the participant may hear a thought, or thought will come in.
- Clairvoyance – (clear vision) visionary; participant may pick up a thought and see an image or see the thought also may see a symbol very easily, colors easily within the mind's eye. It may be very easy for them to read auras, and usually very creative.
- Clair cognizance – (clear knowing) prophetic; participant may pick up a thought and just know it, precognitions, have hunches, dreams that show what will happen in the future, and knowing.
- Clairsentience – (clear feeling) feeler; participant may pick up a thought and feel it in your body and being. they may also may have a heightened sense of touch, be very kinesthetic. This person may be able to get feelings from a persons' belonging by holding it when meditating.
- Finger Kinesiology- Hold participant's non dominant thumb and index finger tip to tip, making an 'O', then with their dominant hand place their pincher thumb and index fingers within the non-dominant hand thumb and index fingers tips. Ask question addressing who they are speaking to and after asking try to spread their dominant fingers, opening their non-dominant fingers. Of course do not use excessive strength just a comfortable amount to try to open them, about 5-30 grams of force.

- Pendulum use can be employed if they are unable to hear, feel, know Soul/Source answers; sometimes as you use the pendulum it will assist them with hearing more clearly:
 - o Hold the pendulum at the tip of the index finger, with their arm hanging slightly down toward the floor so that energy can run through the corresponding meridian out their finger to the pendulum.
 - o Again feel the vibration or resonate energy stream and allow it to run from their antennae at the top of head, down the meridian channel out their finger to the pendulum.
 - o Before asking question address who is the participant asking.
 - Determine what swing is yes, no and maybe for the participant.

Additional readings for chart topics:

***Ascension (meaning increasing light coming into the physical body) symptoms:**

Some clients will come to you with their list of what they have been experiencing and that no one can figure out what is happening or why their symptoms exist. As new light enters the body, as the upper chakras of the being turn on, which are fast spinning and operating at higher and higher frequencies, the being begins to experience congested energies lifting, new abilities experienced (such as increased intuition, sense of purpose or need to find purpose), phantom pains in the body and off the body in their subtle bodies, and more.

Some of these ascension symptoms are: ringing in the ears, off balance, light headed, dizzy, out of body, huge energetic presence, being in many places at once, slow motion, fast motion, orbs, lights and seeing shapes in mid-air, pressure in the head, phantom pain in the body and outside of the physical body, decreased appetite, over sensitive to others feelings and thoughts, heavy, and more.

NOTE: It is important to become attuned and acquainted with the makeup of the physical body to the smallest adamantine particle, so that when in session these parts of the body are needing assistance the participant already have a base knowledge of what they do at optimal function levels.

NOTE: Healing so called Crisis: Remind to participant that if they do go through a rearrangement of their energetics that the physical body may also go through a purging of dense formations such as phloem, bowel movements, colds, tears, sweat, emotions, and phantom pains in the body. This is natural at certain times of coming into new alignment with the higher self, as well as some will understand that their carbon based being begins a transformation to a crystalline base, and that transformation may take on many manifestations some instantaneous and some slow occurring due to the mind holds behind it. If a client does go through a SO CALLED Crisis, remind them to stay super conscious to what is truly occurring and rewiring from the new energies moving through them, to the new programs being downloaded for their new actions and realities.

All definitions listed are only a possible true definition for the reader, each participant must get their own inner interpretation, as well as can ask their consciousness if this definition or explanation from the writer's point of view is correct interpretation of the word. Also realize that if guided to google additional definitions, to also ask within if the definition looked up is a correct meaning that consciousness was wanting to investigate, or if there is another to be innerstood?

Consciousness Chart:

Here we need to see what aspect of your consciousness has the best guidance to assist with this record investigation. These are just possible interpretations given by the Soul Healing developer, the participant will want to intuit from within what the chosen aspect of consciousness wants to lead the investigation of the akash:

- 1. ADD GENERAL: means the totality of the participant wants to speak**
- 2. EARTH: how the participant related to itself as the earth, or that earth herself wants to speak, or an aspect of the earth wants to speak.**
- 3. CHILD: this is the inner child aspect of participant consciousness, sometimes it may answer to wounded child, as well as it could a child that wants to speak connected to the participant**
- 4. EGO: this is the participant's ego, or personality aspect of consciousness**
- 5. ASTRAL: this is the dreamer aspect of the participants consciousness**
- 6. ARCHATYPAL: this is the archetype aspect of the participant's consciousness, such as what the participant is meant to do or be in this life, their path, their dharma, some examples: healer, mother, father, guide etc**
- 7. ANGEL SELF: this an aspect of the participant's consciousness that knows itself as an angel**
- 8. CAUSAL SELF: this is the aspect of self that is in heaven state**
- 9. SOUL: This the singular soul aspect of consciousness that has incarnated into this life.**
- 10. HIGHER SELF: this is a multidimensional aspect of the Soul, and has a higher maturity than the singular soul**

11. OVERSOUL: this is the larger formations of the Soul, and knows itself as a multidimensional larger being that is from many aspects of the star constellations and systems. This part of consciousness knows itself as an entire universe and beyond.

12. MONAD: This is a multidimensional larger configuration of the soul that has worked through many planetary convergences and here to assist planetary consciousness evolution. It is also a theory that a monad is made up of 144 soul aspects.

13. ONE: this is similar to the monad level of consciousness since in Latin the monad translates to ONE. This aspect also displays much Law of ONE Consciousness understandings

14. SOURCE: Source can mean energy, creator, higher power

15. ALL OF CREATION: this is possibly how the participant relates to all of creation as a consciousness aspect.

16. ANGEL: this can be any angel such a guardian angel, or an arch angel

17. GUIDE: this can be a guide to the participant

18. ASCENDED MASTER: this can be an ascended master, or the participant as an ascended master

19. GOD: higher power, could mean Christ to some participants. This could also be a god, or knowing an aspect of self as a god.

20. CREATOR: this could mean creator, or the participant as creator consciousness

21. HIGHER VERSION SELF: this is the higher version self that wants to speak

22. PARALLEL SELF: this can be another aspect of self in a parallel dimension or life

23. STAR BEING: this could be the participant understanding himself/herself/itself as a star being, a star, a sun, or an aspect of consciousness that has retained star consciousness from another star system.

24. GODDESS: this could be a goddess, or knowing an aspect of self as a goddess.

25. EXSISTENCE: this could mean the participant is to know themselves as existence, or that existence itself wants to lead the record investigation.

26. ASCENDED SELF: this could mean the participant as their ascended self

27. SPACE: this could mean the participant as space, or space itself wanting to lead the record investigation.

28. ANIMAL: this could mean an animal wants to lead the investigation as a consciousness outside of the participant, or it could mean that the participant has an aspect of consciousness that is an animal or animal self.

29. REFLECTION: this could mean a reflection aspect of the client want to lead the investigation, or that another consciousness who is their reflection wants to lead.

30. OTHER: anytime there is an other the participant must tune in to receive the other, then cross check with body sway muscle testing or intuition of choice to check to see if they are indeed in the know of what the “other” is pointing to.

WHO CHART: WHO IS CONNECTED TO THER RECORD OR RECORDS BEING BROUGHT UP FOR REVIEW.

1. **GROUP:** is there a group of people, or an organization group involved with this record review
2. **Father:** a father or father figure is involved from this life or others.
3. **Mother:** a mother or mother figure who is involved with this record review
4. **Brother:** a brother or someone like a brother, from this life or others.
5. **Sister:** a sister or someone like a sister is involved, from this life or others.
6. **Daughter:** a daughter or someone like a daughter is involved, from this life or others.
7. **Son:** a son or someone like a son is involved, from this life or others.
8. **Grandparent:** a grandparent or someone like a grandparent is involved, from this life or others.
9. **Uncle:** an uncle or someone like an uncle is involved, from this life or others.

- 10. Aunt: an aunt or someone like an aunt is involved, from this life or others.**
- 11. Husband: a husband or someone like a husband is involved, from this life or others.**
- 12. Wife: a wife or someone like a wife is involved, from this life or others.**
- 13. ADD Finance': a finance or someone like a finance is involved, from this life or others.**
- 14. Angel: an angel or someone like an angel is involved, from this life or other lifetimes/dimensions.**
- 15. God: a god or someone like a god is involved, from this life or others.**
- 16. In law: an in law or someone like am in law is involved, from this life or others.**
- 17. Teacher: a teacher or someone like a teacher is involved, from this life or others.**
- 18. Enemy: an enemy or someone like an enemy is involved, from this life or others.**
- 19. Religious Figure: a religious figure or someone like a religious figure is involved, from this life or others.**
- 20. Spiritual Figure: a spiritual figure or someone like a spiritual figure is involved, from this life or other lifetimes/dimensions.**
- 21. Disincarnate: a soul out of body, a spirit, a ghost, when this is identified sometimes it is a soul that is still lingering around the person who is doing the record and needs assistance or understanding from the participant to be released. Many people who are grieving over a lost love one will have the disincarnate around them to assist their grieving process.**
- 22. Guide: a guide or someone like a guide is involved, from this life or others.**
- 23. Androgynous: a being who is balanced within as divine masculine and divine feminine, or is viewed as this balanced state, or sees themselves as this balanced state. Someone may also be classified as this when born with both sexes.**
- 24. Family: a family or some beings like a family is involved, from this life or other lifetimes/dimensions.**

25. Co-worker: a co-worker or someone like a co-worker is involved, from this life or other lifetimes/dimensions.

26. Dark Energy: a dark energy or someone like a dark energy is involved, from this life or other lifetimes/dimensions. A dark entity may indeed be a negative thought form entity, where a participant or someone involved may have had a negative thought pattern for long enough that the thought matrix becomes an entity that feeds off essence.

27. Light Energy: a light energy or someone like a light energy is involved, from this life or other lifetimes/dimensions. Also may be a being is who is light, or an energy that is present that is made of light.

28. Parent Substitute: a step parent or someone like a step parent or parent substitute is involved, from this life or other lifetimes/dimensions.

29. Lower Self: a lower self of participant or another being or someone like a lower self is involved, from this life or other lifetimes/dimensions.

30. Parallel Self: a parallel self or someone like a parallel self is involved, from this life or other lifetimes/dimensions.

31. Guardian: a guardian or someone like a guardian is involved, from this life or other lifetimes/dimensions.

32. Friend of the family: a friend of participant family

33. Pet: a pet or someone like a pet is involved, from this life or other lifetimes/dimensions.

34. Other: participant will need to further intuit

When Chart: These are different time lines or dimensions, remember if many are checked off them the participant may have multiple timelines or dimensions that will have different characters and details connected to each timeline or dimension. So be mindful when intuiting how the details in the participant's review are connected. For Instance if the participant got past life, future life, astral plane, and mother and brother, the mother may be in the past life but the future life may be the participant's brother who was their mother. It can seem very complex to figure this understanding out, however if the participant trusts the investigation process of using their intuition, their logic with their body sway muscle testing they can figure out what is necessary to fully release the record.

Use this chart to find out when the record conceived itself. For the numbers you may have to be creative in getting to the exact age or time that the record occurred. Sometimes the record spans over a time period. Sometimes the record may have occurred in another dimension, world, life, or plane.

- 1. Before time: this can mean for this lifetime, before time existed, before time, before Gregorian time existed, or beyond**
- 2. Womb: this can mean while in the participant was in the womb of their mother. Further investigation of the 1st, 2nd, or 3rd trimester may be investigated**
- 3. Birth: this can mean the birth experience, this can mean at the time of birth of the participant or an aspect of consciousness, or even the birth of a project etc.**
- 4. 0-10: when any of the number ranges are identified, it will be wise to further investigate what number(s) exactly and are the numbers referring to years, months, weeks, days, or other**
- 5. 11-20: when any of the number ranges are identified, it will be wise to further investigate what number(s) exactly and are the numbers referring to years, months, weeks, days, or other**
- 6. 21-30: when any of the number ranges are identified, it will be wise to further investigate what number(s) exactly and are the numbers referring to years, months, weeks, days, or other**
- 7. 31-40: when any of the number ranges are identified, it will be wise to further investigate what number(s) exactly and are the numbers referring to years, months, weeks, days, or other**
- 8. 41-50: when any of the number ranges are identified, it will be wise to further investigate what number(s) exactly and are the numbers referring to years, months, weeks, days, or other**
- 9. 51-60: when any of the number ranges are identified, it will be wise to further investigate what number(s) exactly and are the numbers referring to years, months, weeks, days, or other**
- 10. 61-70: when any of the number ranges are identified, it will be wise to further investigate what number(s) exactly and are the numbers referring to years, months, weeks, days, or other**

11. 71-80: when any of the number ranges are identified, it will be wise to further investigate what number(s) exactly and are the numbers referring to years, months, weeks, days, or other

12. 81-90: when any of the number ranges are identified, it will be wise to further investigate what number(s) exactly and are the numbers referring to years, months, weeks, days, or other

13. 91-100: when any of the number ranges are identified, it will be wise to further investigate what number(s) exactly and are the numbers referring to years, months, weeks, days, or other

14. 100+: when any of the number ranges are identified, it will be wise to further investigate what number(s) exactly and are the numbers referring to years, months, weeks, days, or other

15. Bardo: a state of existence between death and rebirth, varying in length according to a person's conduct in life and manner of, or age at death.

16. Past this life: refers to the past of the participant's current life

17. Past life: refers to a past life of the participant

18. Present life: this refers the present life of the participant

19. Present future: refers to the present life of the participant in the future

20. Future life: this is referring to a future life of the participant that the record being investigating is happening or will be happening

21. Dimension: this is referring to beyond time but the record being investigated is connected to a certain dimension, it would be wise to further investigate which dimension(s). For more information on dimensions see dimension's chart below.

22. Parallel Life: this is referring to a parallel life going on connected to the record being investigating.

23. Other world: this is referring to another world or beyondTIME line that the record being investigated is connected to or occurring in.

24. Transition: this could be referring to the transition of participant at a certain time line current or other. This could also be referring to a transition in time, or in birth of a child.

25. Parallel Universe: this could be referring to a parallel world connected to the record being investigated

26. Astral Plane: this is referring to the dream plane where dreams take place.

27. Lower World: this could be referring to a lower world view, a lower world nature, this current 3d experience as a lower world.

28. Upper World: this could be referring to an upper world view, an upper world, heaven, or this current world viewed as something like 5D.

29. Causal Plane: can also be interrupted as 7th dimension or Heaven

30. In between lives: this is referring to the period of time, space between two lifetimes.

31. Other: participant will have to continue digging to locate the when “other” meaning.

What Emotion is coming from Abraham Hicks Emotional Scale Chart: These emotions listed could be current feelings held in relationship to the record being investigated, current emotions stuck, old emotions that are being held somewhere in an organ, meridian, subtle body etc, the emotion could also be connected to the new upgraded feelings that doing this record clearing will assist with .

1. **Bliss:** essential oil to assist through inhalation rose
2. **Joy:** essential oil to assist through inhalation jasmine
3. **Passion:** essential oil to assist through inhalation cinnamon
4. **Enthusiasm:** : essential oil to assist through inhalation peppermint
5. **Belief:** essential oil to assist through inhalation frankincense
6. **Optimism:** essential oil to assist through inhalation juniper berry
7. **Hopefulness:** essential oil to assist through inhalation geranium
8. **Contentment:** essential oil to assist through inhalation cypress
9. **Boredom:** essential oil to assist through inhalation peppermint
10. **Pessimism:** essential oil to assist through inhalation thyme

- 11. Frustration: essential oil to assist through inhalation orange**
- 12. Overwhelmed: essential oil to assist through inhalation wintergreen**
- 13. Disappointment: essential oil to assist through inhalation sandalwood**
- 14. Doubt: essential oil to assist through inhalation geranium**
- 15. Worry: essential oil to assist through inhalation lavender**
- 16. Blame: essential oil to assist through inhalation jasmine**
- 17. Discouragement: essential oil to assist through inhalation geranium**
- 18. Insecurity: essential oil to assist through inhalation geranium**
- 19. Loneliness: essential oil to assist through inhalation rose, jasmine**
- 20. Other: How are you feeling now?**

Energy Expansion Chart: This chart holds words and archetypes of being who may have been in an expanded state. These are brought into the work details of expanded states that may want to be remembered, reawakened, learned about, practiced, activated, and cleared due to acts and programming that no longer serves the present being.

- 1. Expansion: this could be interpreted that by doing this record clearing there will be an expansion, or at an expansion time.**
- 2. Activation: this could be interpreted that this record will expand the energy retrieved to do an activation at time of record upgrade.**
- 3. Wholeness: this expansion could be creating a wholeness feeling or understanding for the participant, esp at time of upgrade at end of session.**
- 4. Oneness: this expansion of energy could be assisting participant feel or know a new sense of oneness, or recall from a time when wholeness was felt.**
- 5. Grace: this expansion of energy could be assisting the client with tapping into pure grace, and ease.**
- 6. Truth: this could be an expansion of truth of the record being investigated.**

- 7. Divinity:** this energy expansion could be referring to current divinity or expanding the sensation of divinity over the participant after completion of the record.
- 8. Angel:** this could be referring to an expansion of energy felt by the participant that they too are an angel. This could be referring to the participant knowing themselves as an angel.
- 9. Living Guide:** this could be referring to the participant knowing themselves as a living guide.
- 10. Teacher:** this could be referring to the participant knowing themselves a teacher, or connecting them to a time where they were a teacher and having that merge with them here now.
- 11. Master:** this could be referring to the participant knowing themselves a master, or connecting them to a time where they were a master and having that merge with them here now.
- 12. Saint:** this could be referring to the participant knowing themselves a saint, or connecting them to a time where they were a saint and having that merge with them here now.
- 13. Religious or spiritual figure:** (could add this in separate bullet): this could be referring to the participant knowing themselves a religious or spiritual figure, or connecting them to a time where they were a religious or spiritual figure and having that merge with them here now.
- 14. Holy Person:** this could be referring to the participant knowing themselves a holy person, or connecting them to a time where they were a holy person and having that merge with them here now.
- 15. Guru:** this could be referring to the participant knowing themselves a guru, or connecting them to a time where they were a guru and having that merge with them here now.
- 16. Yogi:** this could be referring to the participant knowing themselves a teacher, or connecting them to a time where they were a teacher and having that merge with them here now.
- 17. Awakened:** this could be referring to an energy expansion of the participant knowing themselves awakened, or connecting them to a time where they were awakened and having that merge with them here now.

18. Enlightened: this could be referring to an energy expansion of the participant knowing themselves enlightened, or connecting them to a time where they were enlightened and having that merge with them here now.

19. Light being: this could be referring to an energy expansion of the participant knowing themselves awakened, or connecting them to a time where they were awakened and having that merge with them here now.

20. Star Being: this could be referring to an energy expansion of the participant knowing themselves a star being, or connecting them to a time where they were a star being and having that merge with them here now.

21. Star seed: this could be referring to an energy expansion of the participant knowing themselves a star being, or connecting them to a time where they were a star being and having that merge with them here now.

22. Prophet: this could be referring to an energy expansion of the participant knowing themselves a prophet, or connecting them to a time where they were a star being and having that merge with them here now.

23. Dakini: this could be referring to an energy expansion of the participant knowing themselves a prophet, or connecting them to a time where they were a prophet and having that merge with them here now.

24. Arch Angel: this could be referring to an energy expansion of the participant knowing themselves an arch angel, or connecting them to a time where they were an arch angel and having that merge with them here now.

25. Ascended Master: this could be referring to an energy expansion of the participant knowing themselves an ascended master, or connecting them to a time where they were an ascended master and having that merge with them here now.

26. Reiki master: this could be referring to an energy expansion of the participant knowing themselves a reiki master, or connecting them to a time where they were a reiki master and having that merge with them here now.

27. Healing master: this could be referring to an energy expansion of the participant knowing themselves a healing master, or connecting them to a time where they were a healing master and having that merge with them here now.

28. Host: this could be referring to an energy expansion of the participant knowing themselves a host, or connecting them to a time where they were a host and having that merge with them here now.

29. God: this could be referring to an energy expansion of the participant knowing themselves a god, or connecting them to a time where they were a god and having that merge with them here now.

30. Goddess: this could be referring to an energy expansion of the participant knowing themselves a goddess, or connecting them to a time where they were a goddess and having that merge with them here now.

31. Messiah: this could be referring to an energy expansion of the participant knowing themselves messiah consciousness, or connecting them to a time where they were a messiah and having that merge with them here now.

32. Alien: this could be referring to an energy expansion of the participant knowing themselves an alien, or connecting them to a time where they were an alien and having that merge with them here now.

33. Creator: this could be referring to an energy expansion of the participant knowing themselves a creator, or connecting them to a time where they were a creator and having that merge with them here now.

34. Causal being: this could be referring to an energy expansion of the participant knowing themselves a causal being, or connecting them to a time where they were a causal being and having that merge with them here now.

35. Pure energy: this could be referring to an energy expansion of the participant knowing themselves a pure energy, or connecting them to a time where they were a pure energy and having that merge with them here now.

36. Orb: this could be referring to an energy expansion of the participant knowing themselves or their field of energy called the aura or orb, or connecting them to a time where they were a orb and having that merge with them here now.

37. Avatar: this could be referring to an energy expansion of the participant knowing themselves an avatar, or connecting them to a time where they were an avatar, and having that merge with them here now.

38. Divine mother ADD: this could be referring to an energy expansion of the participant knowing themselves a divine mother/feminine, or connecting them to

a time where they were a divine mother and having that merge with them here now.

39. Divine father ADD: this could be referring to an energy expansion of the participant knowing themselves a divine father/masculine, or connecting them to a time where they were a divine father/masculine and having that merge with them here now.

40. Godparent: this could be referring to an energy expansion of the participant knowing themselves a godparent to a child or children, or connecting them to a time where they were a godparent and having that merge with them here now.

41. Androgynous: this could be referring to an energy expansion of the participant knowing themselves a androgynous, or connecting them to a time where they were a androgynous and having that merge with them here now.

42. Chosen one: this could be referring to an energy expansion of the participant knowing themselves a chosen one, or connecting them to a time where they were a chosen one and having that merge with them here now.

43. True love: this could be referring to an energy expansion of the participant knowing themselves a true love, or connecting them to a time where they were a true love and having that merge with them here now.

44. Soul mate: this could be referring to an energy expansion of the participant knowing themselves a soul mate, or connecting them to a time where they were a soul mate to themselves and having that merge with them here now.

45. Tantric: this could be referring to an energy expansion of the participant knowing themselves a tantric being, or connecting them to a time where they were a tantric practiced being and having that merge with them here now.

46. Lover: this could be referring to an energy expansion of the participant knowing themselves a lover, or connecting them to a time where they were a lover and having that merge with them here now.

47. Radiant being: this could be referring to an energy expansion of the participant knowing themselves a radiant being, or connecting them to a time where they were a radiant being and having that merge with them here now.

48. Infinity: this could be referring to an energy expansion of the participant knowing themselves a infinity, or connecting them to a time where they were a infinity and having that merge with them here now.

49. Omnipresent: this could be referring to an energy expansion of the participant knowing themselves as Omnipresent, or connecting them to a time where they were as Omnipresent and having that merge with them here now.

50. Sacred: this could be referring to an energy expansion of the participant knowing themselves a sacred being, or connecting them to a time where they were a sacred being and having that merge with them here now.

51. Sacrifice: this could be referring to an energy expansion of the participant knowing themselves a sacrifice and completing that cycle, or connecting them to a time where they were a sacrifice to reclaim themselves and having that merge with them here now.

52. Knowing: this could be referring to an energy expansion of the participant knowing themselves a knowing being, or connecting them to a time where they were a knowing being and having that merge with them here now.

53. Presence: this could be referring to an energy expansion of the participant knowing themselves a goddess, or connecting them to a time where they were a goddess and having that merge with them here now.

54. No time: this could be referring to an energy expansion of the participant knowing themselves a no time being/present, or connecting them to a time where they were a no time being/present and having that merge with them here now.

55. No space: this could be referring to an energy expansion of the participant knowing themselves a no space being, or connecting them to a time where they were a no space being and having that merge with them here now

56. Galactic center: this could be referring to an energy expansion of the participant knowing themselves a goddess, or connecting them to a time where they were a goddess and having that merge with them here now.

57. Other enlightened civilization: this could be referring to an energy expansion of the participant knowing themselves as a participant that will assist with bringing forth other enlightened civilization wisdom or energy, or connecting them to a time where they were living or connected to an enlightened civilization, and having that merge with them here now.

58. Enlightened planet: this could be referring to an energy expansion of the participant knowing themselves as living on an enlightened planet or assisting with enlightening this planet, or connecting them to a time where they were living on an enlightened planet and having that merge with them here now.

59. Hathor: this could be referring to an energy expansion of the participant knowing themselves a Hathor, or connecting them to a time where they were a Hathor and having that merge with them here now. Hathor's known as a race of beings, also known as a major goddess in ancient Egyptian who was a sky deity.

60. Christ: this could be referring to expanding self into Christ state of oneness consciousness, or that they are expanding into a Christ state.

61. Buddha: this could be referring to expanding self into Buddha state of oneness consciousness, or that they are expanding into a Buddha state.

62. Shaman: this could be referring to an energy expansion of the participant knowing themselves a shaman, or connecting them to a time where they were a shaman and having that merge with them here now.

63. Medicine man/woman: this could be referring to an energy expansion of the participant knowing themselves a medicine man or woman, or connecting them to a time where they were a medicine man or woman and having that merge with them here now

64. Chief: this could be referring to an energy expansion of the participant knowing themselves a chief, or connecting them to a time where they were a chief and having that merge with them here now.

65. Priestess: this could be referring to an energy expansion of the participant knowing themselves a priestess, or connecting them to a time where they were a priestess and having that merge with them here now.

66. Queen: this could be referring to an energy expansion of the participant knowing themselves a queen, or connecting them to a time where they were a queen and having that merge with them here now

67. King: this could be referring to an energy expansion of the participant knowing themselves a king, or connecting them to a time where they were a king and having that merge with them here now.

68. Prince: this could be referring to an energy expansion of the participant knowing themselves a prince, or connecting them to a time where they were a prince and having that merge with them here now.

69. Princess: this could be referring to an energy expansion of the participant knowing themselves a princess, or connecting them to a time where they were a princess and having that merge with them here now

70. **Other:** participant is advised to keep digging for what energy expansion is being identified, or is the record just showing that there will be an “energy expansion” happening from doing this record clearing.

Where: Body Parts Chart: this chart can point to where on the body the energy is being held, will be released, or will be assisting after the record has been fully cleared.

1. Physical body: meaning the whole physical body is being affected
2. Subtle body: an energetic body surrounding the physical body is connected in some way to this record.
3. Emotional Body: the second subtle body that holds the emotional energy of the being.
4. Mental body: the third subtle body that holds the mental energetic matrix patterns, beliefs, and thoughts.
5. Spiritual Body: this can be the fourth subtle body through seventh subtle bodies holding the higher self consciousness of the being
6. Chakra: typically this is speaking to the first 7 seven chakras, they are wheels of light that are also known as the energetic centers of the being.
7. Head: this typically means the head of the being, it could be referring to a specific part of the skull or the brain, at times you may want to further dig or investigate.
8. Eye: this typically means the 2 eyes on the head but could also be referring to the 3rd eye at the brow middle.
9. Ear: this detail the participant may want to find out which ear or both.
10. Brain: this body part may require further investigation of other parts of the brain.
11. Spinal cord: this is referring to the spinal cord, may require understanding where on the spinal cord.
12. Spine: is referring to the spine, may require investigation of which vertebra.
13. Bones: is referring to a bone or all bones of the participant is somehow connected to the record being investigated.

14. Teeth: is referring to a tooth or all teeth of the participant is somehow connected to the record being investigated.

15. Ligament: is referring to a ligament or all ligaments of the participant is somehow connected to the record being investigated

16. Tendon: is referring to a tendon or all tendons of the participant is somehow connected to the record being investigated.

17. Muscle: is referring to a muscle or all muscles of the participant is somehow connected to the record being investigated.

18. Arm: is referring to a arm or both arms of the participant is somehow connected to the record being investigated.

19. Leg: is referring to a leg or both legs of the participant is somehow connected to the record being investigated.

20. Heart: is referring to the heart of the participant is somehow connected to the record being investigated, may need to further investigate as to heart area or inner heart.

21. Lung: is referring to a lung or both lungs of the participant is somehow connected to the record being investigated.

22. Liver: is referring to liver of the participant is somehow connected to the record being investigated.

23. Pancreas: is referring to pancreas of the participant is somehow connected to the record being investigated.

24. Gallbladder: is referring to gallbladder of the participant is somehow connected to the record being investigated. Sometimes people have this removed and it is reminder that they still have an energetic gallbladder.

25. Spleen: is referring to spleen of the participant is somehow connected to the record being investigated

26. Reproductive: is referring to the reproductive system of the participant is somehow connected to the record being investigated, may need to further identify where.

27. Anus: is referring to the anus of the participant is somehow connected to the record being investigated.

28. Digestive: is referring to the digestive system of the participant is somehow connected to the record being investigated, may need to further investigate as to which part.

29. Stomach: is referring to stomach of the participant is somehow connected to the record being investigated.

30. Intestines: is referring to the small and or large intestines of the participant is somehow connected to the record being investigated.

31. Hand: is referring to a hand or both hands of the participant is somehow connected to the record being investigated.

32. Feet: is referring to a foot or both feet of the participant is somehow connected to the record being investigated.

33. Cells: is referring to the cells, or master cell of the participant is somehow connected to the record being investigated.

34. Adamantine: is referring to the adamantine particles of the participant is somehow connected to the record being investigated, adamantine are the smallest identified particles of matter.

35. Lymphatic: is referring to the lymphatic system of the participant is somehow connected to the record being investigated.

36. Adrenals: is referring to adrenals of the participant is somehow connected to the record being investigated.

37. Thymus: is referring to thymus of the participant is somehow connected to the record being investigated.

38. Thyroid: is referring to thyroid of the participant is somehow connected to the record being investigated.

39. Pituitary: is referring to pituitary of the participant is somehow connected to the record being investigated.

40. Pineal: is referring to pineal of the participant is somehow connected to the record being investigated.

41. Thalamus: is referring to thalamus of the participant is somehow connected to the record being investigated.

42. Sinuses: is referring to sinuses of the participant is somehow connected to the record being investigated.

43. Other: participant will want to further investigate which body part is highlighting in this record investigation.

Acupuncture Systems:

One meridian can affect the other, for you are a whole being. Also realize that each organ has a masculine meridian channel and a feminine meridian channel. Feminine channels correspond to the left side of the body, and the masculine channels correspond to the right side of the body.

*Remember that different emotions especially those repressed can affect specific organs in the body.

Always intend that Soul or Source send the highest healing love light down the Central Channel to clear out the intended organ and meridian channels, allowing the organs to function properly and assimilating and balancing the connected emotions.

1. Central/Vessel of conception--from the center point below bottom lip out the perineum: proper entry into this world, sexual/rooting trauma. This can also be referring to the entire central channel of light that comes down from source into your spinal column.
2. Governing Vessel--from the middle point above top lip out the tailbone: disconnection between vessel of conception, not walking your talk or walking your purpose.
3. Small Intestines--from the small intestines out the small fingers: storing of small traumas that were needed to be released.
4. Large intestines--from the large intestines out the index fingers: letting go what no longer serves, excess storing of what no longer serves you.
5. Tri-warmer--from the outside of ear out the ring fingers: excess fight or flight or inactive fight or flight from overload at one point in your life.
6. Heart--from the heart out the small fingers: relates to loving and being loved; fear of loving or not being loved.
7. Pericardium (Heart constrictor) --from the covering of heart out middle fingers: protection from being hurt in love, and fear of love.

8. Liver--from the liver (right side of body below right lung) out the inside web of big toe: unresolved anger and depression.

9. Spleen--from the spleen (left side of body behind stomach) out the medial aspect of big toes: disappointment and worry, sympathetic, healer organ needs to be cleaned frequently.

10. Lung--from the lung(s) out the thumbs (2 lungs so 4 pathways): unprocessed grief; afraid to breathe life in fully.

11. Gallbladder--from the gallbladder out the 4th toes: excess or little wise judgment.

12. ADD/Delete "Sex and Circulation and put Kidney) Kidney--from the kidneys (low back) out the bottoms of feet (4 pathways to clear, 2 for each kidney): fear, lack.

13. Stomach--from the stomach out the 2nd toe: stomaching emotions, stomaching what did not serve you instead of releasing it completely from system.

14. Bladder--from the bladder out the small toes: pissed off.

15. Upper Channel—this could be referred to as participant's upper channel above heart chakra and beyond.

16. Lower Channel: this could be referring to the participant's lower channel low heart chakra and beyond.

17. Heart Horizontal Channel: This is a revived channel for this time for the human race. This horizontal running channel that comes out of the thymus/Higher Heart chakra center is a gateway to the Unity Grid spread out around the entire earth. This channel links the being to other hearts in a much evolved way of non-attached, neutral understandings, and now-time heart space. When this channel is activated it allows the being to be able to interact with others at a 4th dimensional self and higher abilities, there is less reaction and more cooperation in this space and a new sense of being connected to all beings as one heart. You may be guided in sessions to assist in a re-opening or activation of this part of their matrix. Some will remember it from long ago, and some will come to it for the first time with a sense of coming home within themselves. When this channel activates it seems that all that the client has been searching for from outside of themselves now becomes a living inner universe and a true sense of oneness is finally obtained.

Why Chart: These can point to why this record is being investigated, why the record set it self up in way that is wanting to be reviewed and possibly cleared/upgraded.

1. Protection: this could be referring to this record was set up due to needed protection, or that is showing a protection aspect to this record investigation.
2. Benefit: this could be referring to this record is of benefit to the participant or that the reason why this record set itself up originally or the need to investigate it is of benefit.
3. Punishment: this could be referring to this record was set up as punishment.
4. Lesson: this could be showing why this record is being investigated due to a lesson from time of record conception or a lesson now.
5. Timing: this could be referring to this record is being investigated now due to right timing.
6. Growth: this could be referring to this record is being investigated to grow the participant in understanding.
7. Sabotage: this could be referring to this record was set up as a self sabotage program.
8. Mass mind: this could be referring to this record set it self up due to mass mind belief, or that this is being investigated due to the mass mind connection to the participant.
9. Unconscious: this could be referring to this record is being investigated due to the energy was affecting client from the unconscious.
10. Subconscious: this could be referring to this record is being investigated due to the energy was affecting client from the subconscious.
11. Conditioning: this could be referring to the why this record wanted to be investigated due to release of some conditioning.
12. Safety: this could be referring to the why this record was set up due to safety needed at a time, or now it is adjusting the record for safety.
13. Hiding: this could be referring to this record is being investigated due to the energy connected was for hiding, and now it is ready to be released so that they can align with being visible.
14. Maturity: this energy of maturity could be showing that the reason why this record is being reviewed is for maturity.

15. Stress: this could be referring to the record being reviewed is causing stress, was set up due to stress, or other.

16. Identification: this could be referring to the record being reviewed is showing that it is an identification record, or to why is it being reviewed to identify.

17. Belief: this could be referring to the record being reviewed is showing that there is a belief connected or the why is connected to a belief, or false belief that wants to be adjusted.

18. False belief: this could be referring to the record being reviewed is showing that there is a belief connected or the why is connected to a belief, or false belief that wants to be adjusted.

19. Imprint: this could be referring to the record being reviewed is an imprint and that's why it is being called to clear or upgrade.

20. Re-programming: this could be referring to a record being reviewed because it is wanting to be re-programmed to a higher alignment understanding.

21. Desire: this could be referring to why the record is being reviewed due to a desire wanted.

22. Need: this could be referring to the why as a need to better the participant in some way.

23. Want: this could be referring to the why the record is being reviewed to a want by the participant.

24. Participant knows: this could be referring to the why the record is being investigated or why the record set it self up was due to something the participant knows.

25. Participant does not know: this could be referring to the why the record is being investigated or why the record set it self up was due to something the participant knows.

26. Other: this is referring to the participant will want to further investigate why this record is set up in certain way or is being reviewed.

Planets: these known planets may have an connection to the record being reviewed in some way at the time of conception of the record or now.

1. Moon: inner being, feelings, reactions, soul development, or that some aspect of the connection to the moon is connected to this record.
2. Earth: some aspect of the earth consciousness is connected to this record.
3. Sun: creative energies, nature of self, life purpose, consciousness, or some aspect of the sun is connected to this record reviewed.
4. Mercury: mentality, mind, communication, nerves, senses, or some aspect of mercury is connected to this record being reviewed.
5. Venus: values, receptivity, intake, harmony, love or some aspect of Venus is connected to this record being investigated.
6. Mars: Action, self-projection, ambition, impulse, or some aspect of mars is connected to this record review.
7. Jupiter: expansion, spirit, assimilation, compensation, or some aspect of Jupiter is connected to this record review.
8. Saturn: Structure, form, responsibility, protection, limitation, teacher, or some aspect of Saturn is connected to this record review.
9. Uranus: change, breakthrough, new energies, transformation, or some aspect of Uranus is connected to this record review.
10. Neptune: integration, obligation, loss of distinction, unconscious, beyond the individual, or some aspect of Neptune is connected to this record review.
11. Pluto: Transition, life-death-rebirth, cycles, power sources, compulsion, or some other aspect of Pluto is connected to this record review.
12. Chiron: wounded healer consciousness, victim, or some aspect of Chiron is connected to this record.
13. Other: participant is being asked to further investigate.

Zodiac: these known zodiac signs may have an connection to the record being reviewed in some way at the time of conception of the record or now.

1. Aries: march 21-apr 20; I am
2. Taurus: Apr 21-May 20; I have

3. Gemini: May 21-Jun 21; I think
4. Cancer: Jun 22-Jul 22; I feel
5. Leo: Jul 23-Aug 23; I will
6. Virgo: Aug 24-Sep 23; I analyze
7. Libra: Sep 24-Oct 23; I balance
8. Scorpio: Oct 24- Nov 22; I lust
9. Sagittarius: Nov 23-Dec 21; I see
10. Capricorn: Dec 22- Jan 20; I use
11. Aquarius: Jan 21- Feb 18; I know
12. Pisces: Feb- Mar 20; I believe

13. Ophiuchus: new sign shared which has the Nov 29-dec 17th dates of birth, this is said to be the time people are born that are of this sign. The 13th zodiac sign is the one that's creating the disruption in the energetic fields of those that are connected to the ethers and are here to serve humanity. The energetic focus from this zodiac sign will help us all stay more balanced throughout this process because were expending enormous amounts of energy on a daily basis and we're carrying a lot for the collective. We need to give credence to the sign and connect to it pull power from it so that it can balance out our field accordingly.

Energy Being Chart: This chart has center star points, chakras, subtle bodies, and DNA factors listed. You can review additional notes descriptions of each if needed, however remember not to get lost in the details, they are to help create a story and can be cleared by Higher Self without knowing full story, and can be giving the to the client to assist them to pull up what needs to be understood or to assist with the detection of a long lost covered over memory. Also these details on this chart can assist the SHF to know where to do the energy sweeping, or adding of energy.

1. Universe

2. DNA 1-Stability, basic needs feel met, stability
3. DNA 2-Emotional stability, able to assimilate of feelings with ease
4. DNA 3-Power issues, manipulation, control, discernment issues
5. DNA 4-Ability to give and receive love, trust issues
6. DNA 5-Ability to speak the truth, Ability to listen
7. DNA 6-Ability to go within in, inner vision, inner council
8. DNA 7-Ability to connect to a higher power
9. DNA 8-Ability to have a balance of femininity and masculinity
10. DNA 9- Ability to radiate highest loving energies in all situations
11. DNA 10-Ability to see all as God and all
12. DNA 11-Ability to connect to higher realms, ability to recognize the many dimensions
13. DNA 12-Full realization of Soul and God seed within
14. in between space
15. S1-Red Star: Body/Crystalline Self at Ascension, Body will take on full light, complete contentment and sovereignty. Stabilized to a Red Orb/Star/Cube
16. S2-Orange Star: Inner Child/ Animal Self, Mastery of Play and Imagination for now time moment manifestation and expansion. Stabilized to Orange Star/Icosahedron/Orb
17. S3-Yellow Star: Ego, Personality, Mastery of Sacred Singular Role. Stabilization to Yellow Star/Orb/tetrahedron
18. S4-Green Star: Astral Self Presence, Grounded Soul Embodiment, master astral travel and sacred astral plane service. Stabilization to Green Star/Orb/Octahedron
19. S5-Blue Star: Archetypal Mastery Presence, awakened to the play and our sacred roles for awakening the whole in the moment. Speaking authentic truth based in neutral love and wholeness. Stabilization to Blue Star/Orb/dodecahedron
20. S6-Indigo Star: Service as angelic presence becomes self expression service through light and prayer. Seeing divine in all beings. Stabilization to Indigo Star/Orb/ star tetrahedron

21. S7-Violet Star: God Goddess Self Realization. Stabilization to violet Star/Orb/sphere
22. S8-Gold Star: Awakened Soul Self, eternal presence realized. 1 Soul Star
Stabilization to Golden Star/Orb/
23. S9-Silvery Star: Realization of collective of 12 Soul Aspects + hidden greater being
which will go to 13 (this will also affect the rest of the geometry) Stabilization to White
Orb
24. S10-White Star: Realization and Merger of 12 Higher Selves Aspects= 144 Soul
Aspects (13 Higher Selves would be 169 Soul Aspects) Stabilization of Silver Orb
25. S11-Platinum Star: Realization and Merger with larger geometry of OverSOUL
Consciousness. Realization of Missions to assist collective connection to Galactic
Heritage. Stabilization of Clear Gold Orb
26. S12-Gold SUN Star- True SOURCE for you, all that is: Realization of Grounding
Heaven on Earth, Master BluePrinter. Stabilization of Ascended Earth Illumination
27. True Source: the participant connection to their true source could be connected or
getting participant aware of this connection, or beginning place of energy.
28. God: the participant may be coming into the knowing of themselves as a god.
29. Creator: the participant may be coming into the knowing of themselves as a creator.
30. Nature: the participant may be coming into the knowing of themselves as nature.
31. B1-Electric matrix -Etheric Body
32. B2-Fluid clouds of rainbow colors, Chakras -Emotional Body
33. B3-Yellow matrix-Mental Body
34. B4-Fluid ether of pastel colors-Astral-Travel Body
35. B5-Blue matrix-Archetypal Body
36. B6-Fluid ether of lighter pastel colors-Angelic Body
37. B7-Matrix of light purple-Causal Body
38. B8-Fluid ether of turquoise- Soul Body
39. B9-Matrix of silvery purple- Higher Self Body

40. B10-Fluid of magenta- Earth centered and grounded Christ Consciousness, Monadic Body

41. B11-Matrix of Silvery colors, OverSOUL Body (direct connection to Creator, Big Brother or Big Sister to lower bodies)

42. B12-Fluid ether of Gold, Oneness, SOUL SOURCE Body,

43. Chakras: this could be referring to all chakras or a higher than listed chakra, see chart below of 0-36 chakras 3-5th dimensional chakra system suggested meanings.

44. C0 Earth Chakra Earth Star or Grounding Star of the 3rd dimension and birth this chakra opens about 6 inches below the earths surface, marking your birth spot and aligning your constellation makeup and qualities of character to be. This chakra has shown itself to be able to lift out of the earth as needed and esp when moving out through your ascension journey and techniques.

45. C1 Root Chakra: The first chakra is the seat of the physical body. It focuses your Earthly life, connecting you very specifically to the Earth. It deals with issues such as grounding and survival. It is the seat of the etheric 1st subtle body. The first chakra deals with consideration about being here on Earth. The gland associated with this chakra is the gonads. In early Lemurian period it was the base chakra that

46. C2 Sacral Chakra- It has to do with creativity, masculine and feminine balance, and our sexual energies. The back side of the second chakra relates to the seat of the subconscious. The gland associated with this chakra is ludig, or lyden gland which relates to the lymphatic system. This chakra is associated with the water element. It is the gateway to the emotional- 2nd subtle body.

1. **C3 Solar Plexus Chakra:** The third chakra is the seat of the mental/3rd subtle body. Here is where the individual masters the ego/personality, and finds right/wrong, good/bad, this way or that way, duality consciousness.

2. The gland associated with this chakra is the adrenal gland. The Atlantis period of earth's history focused on the development of this chakra.

3. **C4 Heart Chakra:** The fourth chakra deals with unconditional love. This has been the focus in the Christian era.

4. The gland that is associated with it is the thymus gland. This is the seat of 4th-astral subtle body.

5. **C5 Throat Chakra:** The throat chakra deals with communication, expression, and the use of will.

6. **C6 Third Eye Chakra:** The third eye chakra has to do with inner seeing or spiritual sight and vision. The third eye chakra also relates to the conscious mind.

7. The gland associated with this chakra is the pituitary gland.

8. **C7 Crown Chakra/ Casual Chakra:** The crown chakra opens up connection to the super-conscious mind, the soul, the Higher Self, the Monad and/or God. It is truly our gate to bring through the higher energies. The gland associated with this chakra is the pineal.

9. **C8 Soul Chakra:** The first chakra of the fourth dimension is the seat of the soul. In the third dimensional chakras the earth (designated number zero) represents physical existence. It is solid and concrete. The seat of the soul now becomes the seat of our existence in the fourth dimension, just as the earth was the baseline for our existence in the third dimension. CENTER HOLDS THE SOUL STAR.

10. **C9 Higher Self Chakra:** The ninth chakra corresponds to the base chakra in the third-dimensional chakra grid. The ninth chakra corresponds to the body of light. It has to do with joy. When this chakra is activated the body of light is now in your cellular and sub-cellular structure. This chakra connects us with our ability to work with the thalamus, and it opens us up to interdimensional travel. CENTER POINT IS THE HIGHER SELF POINT.

11. **C10 Monadic Chakra:** The tenth chakra is associated with the polarity chakra in the third dimension. It has to do with the integration of polarities -the proper integration of male and female within self. This chakra actually starts functioning when the male and female energies are in total balance. This is experienced as a state of effortlessness, and alignment with one's soul.

12. **C11 OverSOUL Chakra:** This is the chakra of the New Age energies. It corresponds with the solar plexus chakra in the third dimensional chakras, connecting the third chakra to the eleventh chakra allows us to diminish the present and past life trauma stored in the third chakra. The eleventh chakra energy feeling will be like a wave, and it will move through your body and out again without staying in the body or without attaching itself to an area of misperception.

13. **C12 Divine:** The twelfth chakra is the Christ consciousness, which is a transformational energy that connects all energy forms. It is associated with the heart chakra in the third-dimensional chakra grid.

14. Other: participant is being asked to further investigate the energy being they are, and that this record is wanting to understand a detail connected to the energy being.

Animals Chart: this chart is some suggested animal metaphysical meanings to the animals listed, this could be referring the participant to an animal guide, an animal totem, and animal 2nd dimensional self aspect.

- 1. Alligator: primal mother**
- 2. Ant: community, patience**
- 3. Antelope: grace**
- 4. Bat: rebirth**
- 5. Bird: upper world communication, flight**
- 6. Cat: feminine, magic**
- 7. Cow: fertility, mother, abundance**
- 8. Dog: loyalty, Sirius b**
- 9. Dolphin, power of sound and vibration**
- 10. Elephant: remover of obstacles, power, royalty**
- 11. Fox: wisdom, cunning, cleverness**
- 12. Frog: fertility, new beginnings, great leaps**
- 13. Goat: steadfast, strong footing**
- 14. Hippo: verbal power, greatness, emotion, assertive**
- 15. Iguana: patience, kindness, understanding**
- 16. Jaguar: power, boundaries**
- 17. Kangaroo: nurture and protect**
- 18. Llama: confidence, perseverance**
- 19. mouse: resourcefulness, pay attention to details**

20. mountain lion: grounded wisdom, power, dominion
21. octopus: sixth sense, resilience, emotions, adaptable
22. pig: you value time, readily to move forward
23. rabbit: love, family, luck, creativity
24. slug: slow measures, trust in the pace
25. turtle: your home is your shell, mothering
26. tiger: strength, power, energy, royalty, protection
27. unicorn: innocence of a child, connected to past life, hope in life, imagination
28. vulture: rebirth, death, letting go of the old decay
29. whale: record keeper
30. white crane: higher authority within, high council
31. yak: great spirit
32. zebra: balance, free, wild, social, blending
33. other: this is suggesting to the participant another animal is wanting to be acknowledged as connected to the record being investigated.

Essential Oils Chart: this chart will assist with knowing which essential oil can be used for emotional assistance through inhalation of the essential oil to assist with clearing any cell receptor sites of old toxic emotions to allow for new emotions to be possible as well as to assist with overall health and wellness of the participant physically, emotionally, mentally and spiritually. Please see Modern Essentials Book or look on our doTERRA site under essential oil 101 uses tab <http://www.mydoterra.com/solterra/#/joinAndSave>

1. arborvitae: grounding, calming, and spiritual trust
2. basil: pain
3. bergamot: self confidence
4. cardamom: objectivity

5. Douglas fir: generational wisdom, release toxic generational patterns
6. Eucalyptus: release congested feelings
7. juniper berry: balancing lower astral energies, dream stabilization
8. lemon: cleansing
9. lemongrass: flowing, clarity
10. lime: uplift
11. lavender: communication
12. marjoram: connection, trust
13. myrrh: mothering
14. Melissa: light intake
15. Neroli: mental clarity
16. Oregano: non-attachment
17. Peppermint: energy boost
18. Patchouli: aphrodisiac
19. Rose: love
20. Sage: clearing stagnation of emotions
21. tea tree/melaleuca: boundaries
22. thyme: forgiving, peace
23. vetiver: deep grounding
24. wintergreen: surrender
25. yarrow: relief
26. ylang ylang: trust
27. other: suggested that the participant further investigate additional essential oils, as well as additional meanings for physical or emotional uses.

Events Chart:

- 1. awakening: this may be referring to an awakening that is about to happen.**
- 2. Birthday: this could be referring that at the time of the participant birthday is connected to the record being reviewed, or a birthday marker of time of an event.**
- 3. Conception: this could be referring to the conception or beginning point of an event is connected**
- 4. Transition: this could be referring to a transition event, at birth, at death, or even just making a transition from one event to another.**
- 5. summer solstice: marks the onset of summer, at the time of the longest day of the year, around June 21**
- 6. autumn equinox: marks the onset of fall, around September 23.**
- 7. winter solstice: marks the onset of winter, at the time of the shortest day of the year, around December 21.**
- 8. spring equinox: marks the onset of spring, around March 21**
- 9. full moon: is the lunar phase when the moon appears fully illuminated from the earth's perspective.**
- 10. new moon: the lunar phase when the moon appears dark, the phase of the moon when it is in conjunction with the sun and invisible from the earth.**
- 11. Eclipse: an obscuring of the light from one celestial body by the passage of another between it and the observer.**
- 12. Solar: sun**
- 13. Lunar: moon**
- 14. Standstill: could be referring to pause in flow of energy or events.**
- 15. Activation: this could be referring an activation about to happen from this record being reviewed.**
- 16. Ascension: this could be referring the awakening or bringing in more light to the participant, an awakening of their light body.**

17. Birth: this could be referring to a beginning, a birth, a new start.

18. Rebirth: this could be referring to a sense of renewal, a rebirth, a starting over or fresh start.

19. Transfiguration: a complete change of form, or appearance into a more beautiful or spiritual state.

20. Transmutation: the action of changing or the state of being changed into another form.

21. Retirement: is the withdrawal from one's position or occupation or from one's active working life.

22. Shining: this could be referring to a movement of shining spiritual state, mental state, or a brightening of one's aura or environment.

***took out a doubled ascension. So numbers may be off**

23. Circle: could be referring to an event of coming full circle, or something about a circle is marking an event of this record review or when it is completed.

24. Pilgrimage: spiritual journey, religious or spiritual expedition, mission, crusade.

25. Fair: an event of a social gathering sharing items for sale or trade, a show of art, a social gathering for recreation play.

26. Baptism: religious rite of sprinkling water onto a person's forehead or immersion in water, symbolizing purification or regeneration.

27. Attunement: this could be referring to a reiki attunement, and spiritual initiation, a widening of the central channel along the spine for bringing in more source energy into body and all dimensions.

28. Nonlocation: this could be referring to moving your location from where you are only in your body at an exact latitude and longitude coordinate to a no location with your new grounding point being every where across the plane of existence.

29. new grounding: this could be referring to a new grounding point, or centering point where the participant's soul essence is most presently concentrated.

30. graduation: this could be signifying a completion of phase or course.

31. Celebration: this could be referring a time of celebration to be had, or in connection to the record being reviewed.

32. Union: this could be referring to a bringing together of two beings, or of the masculine and feminine within, or referring to a time in connection to the record being reviewed.

33. Marriage: this could be referring to a bringing together of two beings, or of the masculine and feminine within.

34. Pregnant: this could be referring to a conception of a child or project, and the time the seed is growing and developing or this type of event in connection to the record being investigated.

35. Delivery: this could be referring to a bringing forth of an energy being or idea/project.

36. Acceleration: this could be referring to a speeding up or quickening.

37. slowing down: this could be referring to a pause or lessening about to be experienced, or in reference to the record being reviewed.

***A 2ND FAIR WAS TAKEN OUT, WHICH COULD ALTER NUMBERS**

38. convergence: This could be referring to the process of when 2 more things or timelines come together to form a new whole or new timeline.

39. Collapse: this could be referring to a breakdown of old structure or timeline.

40. Other: this is suggesting that the participant identify another type of event.

Powers Chart: this chart has some of the top powers or energetic abilities that will be brought back into alignment as the record fully clears, integrates, and is upgraded.

1. Levitation: or transvection could be suggesting that in the paranormal context is the rising of the human body and other objects into the air by mystical means or meditation.

2. Teleportation: this could be referring to the ability to theoretical transfer matter or energy from one point to another without traversing the physical space between them.

3. **bi location:** this could be referring to the phenomenon of being in two places simultaneously.
4. **Clairaudience:** this is referring to faculty of perceiving, as if by hearing what is inaudible, and being able to intuit with the hearing of the answers or inner guidance as the way of receiving.
5. **Clairvoyance:** this is referring to the faculty of perceiving, by vision, as well as being able to perceive events in future timelines or beyond normal sensory contact. An intuitive gift, the ability to see clearly the things which appear either within your mind or external to yourself.
6. **Claire cognizance:** (clear knowing) prophetic; you may pick up a thought and just know it, precognitions, have hunches, dreams that show what will happen in the future, and knowing.
7. **Clairsentience:** (clear feeling) feeler; you may pick up a thought and feel it in your body and being. You may also may have a heightened sense of touch, be very kinesthetic. This person may be able to get feelings from a person's' belonging by holding it when meditating.
8. **Body Sway Kinesiology/ Muscle Testing:** the sway test or standing test, which is the easiest one to learn on your own home, suggests that your thoughts and emotions produce a certain response in your nervous system, affecting your motor response (movement in your body), when the thought creates a connection or strengthening in the body, the body will move forward which is a "yes", and when it weakens the body or causes a CNS disconnect the body will sway backwards which means a "no." When the body sways to the side(s) this is showing a slight strengthening or weakening, and can be defined a "maybe" or a "possibility."
9. **Pendulum:** use can be employed if you are unable to hear, feel, know Soul/Source answers; sometimes as you use the pendulum it will assist you with hearing more clearly:
10. **x ray vision:** this could be referring to the ability to see through physical objects at the discretion of the holder of the superpower.
11. **time travel:** this could be referring to the concept of movement between certain points in time, or the ability to travel when telling a story to that time period.

12. Stillness: this could be referring to a new level of ease and peace within, or the absence of movement within.

13. Presence: this could be referring the state of a being when they are fully engaged or giving attention to the moment.

14. self realized: fulfillment of one's own potential.

15. Neutral: this could be referring to being able to hold a new neutral position in reference to situations, people, and thoughts, moving from a dualistic point of view, and able to not get charged by the events to come.

16. Androgynous: this could be referring to being identified or feeling of a being balanced in male and feminine energies. Not strongly identified as a male or female.

17. Balanced: this could be referring to an event that marks an arrangement that is in good proportions.

18. Dematerialize: this could be referring to disappearing or cease to be physically present through some process.

19. Portals: this could be referring to a doorway, gate, or other entrance.

20. Medium: this could be referring to being able detect and interpret other soul's messages or even empathically embody them for a period of time to relay messages.

21. Channel: this could be referring being able to channel energies from one dimension to another, this could also mean that the participant will be able to give messages from other states of consciousness their own and others outside of themselves.

22. trans channel: this could be referring being able to channel energies from one dimension to another, this could also mean that the participant will be able to give messages from other states of consciousness their own and others outside of themselves. This can also refer to the ability to take on larger, more evolved consciousness, other souls, and embody this consciousness to allow for the consciousness to take use of the facilities and physical vessel to deliver messages and energy transmissions.

23. light language: this could be referring the ability to channel light codes of different vibrations and frequencies to assist with guidance, and activations within the energy field of self or others.

24. Flow: this could be referring to the ability to go with the flow more easily, or flow energies of source. This could also be referring to the flow state, where synchronicity is heightened.

25. source : this could be referring the ability to know one self as source energy, and to use source energy to manifest and create more easily. This could also be referring to source connection.

26. plane of existence: this could be referring to ground into the place of existence, space.

27. Manifestor: this could be referring to being able to actualize events, and desires, energy instantly.

28. actualizer: this could be referring to the ability to bring forth and event, object, energy or a manifestation instantly.

29. Generator: this could be referring to the ability to bring forth enormous amounts of energy from within, and connection to true source.

30. Magnifier: this could be referring to the ability to enhance or strengthen the connection the visibility of energetic connections to another, to self or to a situation.

31. Activator: this could be referring to the ability to begin or initiate energy or energetic connections to a situation, a person or to self.

32. Stabilizer: this could be referring to the ability to stabilize, balance, bring to harmony a situation(s), self, or other(s).

33. Healer: this could be referring to the ability to bring wholeness awareness or energetic connection, or flow of energy to another, self, land, hearts, to situation(s).

34. Miracles: this could be referring to to the ability to bring magic awareness or energetic connection, or flow of energy to another, self, land, hearts, to situation(s).

35. pet whisper: this could be referring to the ability to calm, communicate via telepathy, spoken word, and visions to animals. This could also be referring the ability to bring about total peace and stillness for animals and nature.

36. baby whisper: this could be referring to the ability to calm, communicate via telepathy, spoken word, and visions to babies. This could also be referring the ability to bring about total peace and stillness for babies.

37. earth keeper: this could be referring to the ability to activate meridians, acupuncture points, chakras, portals on the earth, to bring about energetic dimensional connection and balance to the earth multidimensional self. Also will tend to work with earth grids and geometry.

38. Guardian: this could be referring to the ability to hold care, and balance for beings, souls, earth, nature, children, animals, multiverse.

39. Magnet: this could be referring to the ability to draw forth energy towards the participant in relationship to anything further intuited.

40. money magnet: this could be referring to the ability to draw forth abundance, money, energy towards the participant and participant's path.

41. Initiator: this could be referring to the ability to start or begin the energetic flow towards a project, or others ascension.

42. Grounder: this could be referring to the ability to stabilize and center self, others, situations, beings, or animals.

43. Empathy: this could be referring to the ability to feel others feelings, sensations, and thoughts.

44. star gate birthing: this could be referring to the ability to activate and open up participant or others inner star gate portal, or that the energies within or being birthed to activate the participant, others, the universe. This could also be connected to the participant's inner constellation activating or aligning.

45. Other: this is suggesting that the participant continue to investigate the power being highlighted.

Vehicles Chart: this chart has suggested vehicles connected to the record being reviewed.

- 1. Car:** this could be referring to the participant's car/vehicle/body as a car, or someone else's car in relationship to the record being reviewed.
- 2. Truck:** this could be referring to the participant's truck/vehicle/body as a truck, or someone else's truck in relationship to the record being reviewed.
- 3. Van:** this could be referring to the participant's van/vehicle/body as a van, or someone else's van in relationship to the record being reviewed.
- 4. RV:** this could be referring to the participant's recreational vehicle/RV/vehicle/body as a RV, or someone else's RV in relationship to the record being reviewed. This could also be signaling a time of release of house, and move into an RV, lighten load, to expand to the plane of existence, to simplify.
- 5. Shed:** this could be referring to a storage or shed and what is in them.
- 6. House:** this could be referring to the participant or another's, house, or perceiving the house as the body of the bigger being that they are.
- 7. space ship:** this could be referring to a alien, light being ship, of the participant or another being. This could also be referring to their light body, or merkaba.
- 8. Ship:** this could be referring to the monad of the participant; this could be referring to a large boat.
- 9. Boat:** this could be referring to water vehicle.
- 10. Body:** this could be referring to the participant's body, or subtle bodies.
- 11. Human:** this could be referring to the human body, as a vehicle for spirit.
- 12. Light body:** this could be referring to the merkaba, or light body as the vehicle for the soul to travel within.
- 13. Merkaba:** this could be referring to the light body as the vehicle.
- 14. Meditation:** this could be referring to ascended travel within, during meditation.
- 15. Plane:** this could be referring to a flying airplane, or the dimensional plane being the vehicle for travel.

16. flying object: this could be referring to a type of vehicle that is flying within or without, may need further investigation.

17. Scooter: this could be referring to a scooter or moped, motorcycle that is the vehicle being highlighted.

18. Skates: this could be referring to skates or roller blades, for travel in space or dream.

19. Feet: this could be referring to the travel being highlighted is connected to feet or walking.

20. Earth: this could be referring to the earth being the vehicle.

21. Planet: this could be referring to another planet or star being the vehicle.

22. Other: this is suggesting that participant continue identifying the vehicle being highlighted.

elements

1. Earth: this could be referring to needing more of this element, or the elements of earth, and grounding elements.

2. Wood: this could be referring to needing more of this element, or it is one that seeks ways to grown and expand, in Chinese medicine wood is associated with negative feelings of anger, positive feelings of optimism, the organs associated are liver(yin), and bladder (yang), eyes, and tendon.

3. Water: this could be referring to needing more of this element, or that it is connected to going with the flow, intuition, magic, mystery, feminine, in Chinese medicine generally associated with kidney, bladder organs, brain, reproductive, our essence of life.

4. Fire: this could be referring to needing more of this element, or that there is a connection to this element and needed transformation. Also connected to passion, love and creation. In Chinese medicine associated with pericardium, the triple warmer, and the small intestines.

5. Air: this could be referring to needing more of this element, or the connection to wind.

6. Ether: this could be referring to needing more of this element, or that the akash or ether has a connection to this record.

7. Space: this could be referring to needing more of this element, or to allow for more space.

8. star: this could be referring to needing more of this element, or that the inner star constellation is being highlighted. Or a star is needing to be identified, or worked with.

9. black space: this could be referring to space, or outer space.

10. dark matter: this could be referring to a hypothetical form of matter that is thought to account for approximately 85% of the matter in the universe, and about a quarter of its total energy.

11. Gas: this could be referring to a gas connected to the record being reviewed.

12. Crystal: this could be referring to a crystal connected to this record and may require further investigation to which crystal (see crystal chart), and how to use the crystal. Some suggestions to investigate is to wear this crystal, to make a grid with this crystal, to place this crystal in water and make an essence tincture.

13. Mineral: this could be referring to a mineral connected to this record and may need further investigation.

14. Gold: this could be referring to a gold piece, or needed gold frequency to be worked with, or activated.

15. Silver: this could be referring to a silver piece, or needed silver frequency to be worked with, or activated.

16. North: this could be referring to the direction of north.

17. South: this could be referring to the direction of south.

18. East: this could be referring to the direction of east.

19. West: this could be referring to the direction of west.

20. Northeast: this could be referring to the direction of northeast.

21. northwest: this could be referring to the direction of northwest.

22. southeast: this could be referring to the direction of southeast.

23. southwest: this could be referring to the direction of southwest.

24. Other: this is suggesting to further investigate.

Cleanses: these are all suggested cleanses and support requested for the areas listed. It is also suggested to schedule a Wellness Consult with one of our health professionals at solterrawellness.com. We can schedule a phone call to assist with further muscle testing for which cleanse and plan of care of cleanse to follow.

1. GI Cleanse: this could be referring to beginning a Gastrointestinal Cleanse of the digestive system, with herb or oil blend such as "GX ASSIST." Elimination of certain foods such as wheat, gluten, eggs, dairy, or suggested during cleanse, and also suggested to begin digestive enzymes, such as "TERRA ENZYMES," and probiotics, such as, "PB ASSIST," to support healthy digestive system. Also suggested to clear home, to earth, to let go of emotional baggage.

2. Cardio Cleanse: this could be referring to beginning a heart and blood cleanse, such as "doTERRA Cellular Vitality Complex," or dilute orange and cypress essential oil and rub around arteries of heart. Also suggested to clear emotional lack of will.

3. Blood: this could be referring a blood cleanse, such as "Cellular Vitality Complex," or dilute lemon for blood pressure, or dilute marjoram and ylang ylang in warm bath water twice a week. Also suggested to clear emotional life force and support.

4. Respiratory: this could be suggesting quitting smoking, this could also point to clean air or air filter or purification system, as well as be suggesting a cleanse with essential oils such as "respiratory blend, eucalyptus, peppermint over the chest and to also inhale from a diffuser at night, or as needed. Also suggested to clear emotional congestion.

5. Lymphatic: this could be referring to needed lymphatic cleanse, with exercise, and use of "Cellular Vitality Complex," Omegas," diluted lemon essential oil, lemongrass essential oil, cypress essential oil, or lavender essential oil, over lymphatic pathways. Also may add in use of a dry brush over lymphatic pathways.

6. Cellular: this may be referring to a needed cleanse and support of the cellular system. Some suggestions are: "Cellular Vitality Complex," Omegas," frankincense essential oil 1-2 drop a day sublingual, or further muscle test for plan of care.

- 7. Brain:** this could be referring to a brain cleanse or support, using suggestions of: thyme, frankincense, myrrh, rose essential oils.
- 8. Nerves:** this could be suggesting a nerve cleanse or support of. Some suggestions are peppermint, basil, lemon, and frankincense essential oils.
- 9. House:** this is could be suggesting that a house or home or dwelling to be cleansed, decluttered, and even a distance or in person feng shui consultation or clearing.
- 10. Vehicle:** this could be suggesting a cleanse or clearing out of debris from vehicle.
- 11. Endocrine:** this could be suggesting a cleanse or supporting of the endocrine system/glands. Suggestions are chakra balancing, and essential oils rosemary, and cinnamon. Further muscle testing for plan of care is suggested.
- 12. Kidney:** this could be suggesting a cleanse or supporting of the kidney system/organs. Suggestions are grounding, earthing, chakra balancing, clearing of house, under bed, omegas, increase in high quality water, and essential oils lemongrass, and thyme. Further muscle testing for plan of care is suggested. Also suggested to cleanse emotional fear.
- 13. Spleen:** this could be suggesting a cleanse or supporting of the spleen. Suggestions are chakra balancing, and essential oil marjoram diluted over spleen daily. Further muscle testing for plan of care is suggested. Also suggested to do more emotional clearing of empathy for others, too much or too little.
- 14. Liver:** this could be suggesting a cleanse or support to the liver. Suggestions are clearing of emotional anger, and to diffuse geranium, or peppermint. Also may dilute clove and rub over liver daily or as suggested by plan of care with a health professional.
- 15. Ovaries:** this could be suggesting a cleanse or support of the ovaries or an ovary. Suggestions are to work with diluted basil over ovary as suggested by a plan of care set with a health professional.
- 16. Reproductive:** this could be suggesting a cleanse or support of the ovaries or an ovary. Suggestions are to work with diffuse basil, geranium, or frankincense.
- 17. Pancreas:** this could be suggesting a cleanse or support for the pancreas. Some suggested essential oils to dilute or diffuse are cypress, rosemary, or peppermint.

- 18. gall bladder: this could be suggesting a cleanse or support for the gall bladder. Some suggested essential oils to dilute or diffuse are geranium, rosemary, or lavender.**
- 19. Adrenals: this could be suggesting a cleanse or support for the Adrenals. Some suggested essential oils to dilute or diffuse are basil, rosemary, or clove.**
- 20. Thymus: this could be suggesting a cleanse or support for the Thymus. Some suggested essential oils to dilute or diffuse are cinnamon, lemongrass, or peppermint.**
- 21. Thyroid: this could be suggesting a cleanse or support for the Thyroid. Some suggested essential oils to dilute or diffuse are clove, lemongrass, or peppermint.**
- 22. Pituitary: this could be suggesting a cleanse or support for the Pituitary. Some suggested essential oils to dilute or diffuse are frankincense, sandalwood, or ginger.**
- 23. Pineal: this could be suggesting a cleanse or support for the Pineal. Some suggested essential oils to dilute or diffuse are frankincense, sandalwood, or cedar wood.**
- 24. Water: this could be suggesting needing more water, better quality water, alkaline water, mineralized water, purified water, or all of the above.**
- 25. Fast: this could be suggesting a period of time where participant fasts from food, or type of food/emotion.**
- 26. Dairy: this could be suggesting a cleanse from dairy of all kinds.**
- 27. Wheat: this could be suggesting a cleanse or elimination of wheat from diet.**
- 28. Gluten: this could be suggesting a cleanse or elimination of gluten from diet.**
- 29. Eggs: this could be suggesting a cleanse or elimination of eggs from diet.**
- 30. elimination of food: this is suggesting an elimination of a certain food from diet for a period of time or indefinitely.**
- 31. Alkaline: this could be suggesting a cleanse of acid food, water, or environment.**
- 32. People: this could be suggesting a a cleanse from certain people, or all people.**

- 33. Environment:** this could be suggesting a cleanse of participant environment.
- 34. Work:** this could be suggesting a cleanse of a type of work or from work entirely.
- 35. Experiences:** this could suggest a cleanse of a type of experience.
- 36. Anger:** focused emotional cleanse of anger from life.
- 37. Emotional:** suggesting a cleanse of emotions that are causing stress, use of essential oils in diffuser daily can assist.
- 38. Silence:** this could be suggesting a silence retreat.
- 39. intermittent fasting:** this could be suggesting a period of time or indefinitely practicing intermittent fasting.
- 40. Master:** this could be suggesting a 10 day cleanse using the Master Cleanse remedy of lemon, water, cayenne pepper, and maple syrup.
- 41. apple cider vinegar:** This could be a suggestion to add apple cider vinegar to daily remedy plan, to alkaline the body.
- 42. baking soda:** this could be suggesting a cleanse using baking soda.
- 43. Magnesium:** this could be suggesting a lack of magnesium.
- 44. negative thoughts:** this could be suggesting a cleanse of negative thoughts, it is suggested to implement a positive phrase to be said to self during meditation and ideal thinking.
- 45. unconscious speech:** this is suggested that participant cleanse self of unconscious speech.
- 46. Electronics:** this could be suggesting a cleanse from electronics for good or a period of time, or the beliefs around them.
- 47. Pathogen:** this could be suggesting a cleanse of a pathogen, CPTG Essential oils such as diluted oregano.
- 48. Parasite:** this could be suggesting a cleanse of a pathogen, CPTG Essential oils such as diluted oregano

49. Bacterial: this could be suggesting a cleanse of a pathogen, CPTG Essential oils such as diluted oregano.

50. Virus: this could be suggesting a cleanse of a pathogen, CPTG Essential oils such as diluted oregano.

51. Fungus: this could be suggesting a cleanse of a pathogen, CPTG Essential oils such as diluted oregano.

52. Energies: this could be suggesting a cleanse from certain type of energies.

53. Other: this is suggesting needing further investigation of what to cleanse and what type of cleanse. It is suggested to work with a health profession or one of Wellness Advocates for a free Wellness Consult at www.solterrawellness.com.

Temples chart: these are possible temple parts connected to the record being reviewed

1. House: this is suggesting that the house is connected to this record.
2. Shed: this may be suggesting that a shed or storage is connected.
3. Mansion: this may be suggesting that a mansion is connected.
4. Church: this may be suggesting that a church as a temple is connected.
5. Temple: this may be suggesting that a temple is connected.
6. Door: this may be suggesting that a door is connected to the record.
7. Window: this may be suggesting that a window is connected to the record.
8. Portal: this may be suggesting that a portal is connected to this record.
9. Grid: this may be suggesting that a grid is connected to this record
10. central channel: this may be suggesting that a central channel in the temple is connected to this record
11. grounding point: this may be suggesting that a grounding point in the temple is connected to this record
12. source: this may be suggesting that a source is connected to this record

13. guardians: this may be suggesting that a guardians is connected to this record

Nature Chart: these are possible connection to the record being reviewed.

1. Tree: this may be suggesting that a tree is connected.
2. Spider: this may be suggesting that a spider or the patterns of the spider is connected.
3. Butterfly: this may be suggesting that a butterfly or the stages of a butterfly is connected.
4. Caterpillar: this may be suggesting that a caterpillar is connected.
5. Worm: this may be suggesting that a worm or similar is connected,
6. Gnome: this may be suggesting that a gnome is connected.
7. Fairy: this may be suggesting that a fairy is connected.
8. River: this may be suggesting that a river is connected.
9. Ocean: this may be suggesting that a ocean is connected.
10. Woods: this may be suggesting that a woods is connected.
11. Forest: this may be suggesting that a forest is connected.
12. Trail: this may be suggesting that a trail is connected.
13. Mountain: this may be suggesting that a mountain is connected.
14. Valley: this may be suggesting that a valley is connected.
15. Garden: this may be suggesting that a garden is connected.
16. Rocks: this may be suggesting that a rocks is connected.
17. Vines: this may be suggesting that a vines is connected.
18. Storm: this may be suggesting that a storm is connected.

19. Hurricane: this may be suggesting that a hurricane is connected.

20. Volcano: this may be suggesting that a volcano is connected.

21. Stars: this may be suggesting that a stars is connected.

22. Rainbow: this may be suggesting that a rainbow is connected.

Crystals: this chart may be suggesting to work with these crystals in grid, on person, emotionally, or in some way.

- 1. Agate: spiritual protection, good fortune, stimulate life force**
- 2. Amazonite: filtering out stress, healing traumas, spiritual power**
- 3. Amethyst: spiritual protection and purification, assists with spiritual light**
- 4. apache tears: healing grief, give protection and grounding**
- 5. apatite: personal power, clears away confusion**
- 6. aquamarine: calming soothing, and cleansing**
- 7. bloodstone: the coach, courage, vitality, and energizing**
- 8. calcite: attract wealth and love in your life.**
- 9. Carnelian: stimulates creativity, courage**
- 10. Celestite: uplifting, calming, gift of the prophecy**
- 11. Citrine: cleansing, abundance**
- 12. Fluorite: peace, bliss, calming**
- 13. Garnet: wealth and love**
- 14. Hematite: protection, grounding**
- 15. lolite: dreams and intuition**
- 16. Jade: wealth, success, and wisdom**

- 17. Jasper: grounding and stability**
- 18. Kunzite: heart, helpful to new mothers, sleepless babies helpful for star children to adjust to this planet and atmosphere.**
- 19. Kyanite: universal bridge to higher centers aligns all chakras and subtle bodies.**
- 20. Labradorite: intuition, cleanses the aura, clears bad habits, thoughts, and feelings.**
- 21. Larimar: calms fears, serenity, calm, relaxation, pregnancy**
- 22. Malachite: transformation, openness, and love**
- 23. Moonstone: divine feminine powers, fertility**
- 24. Obsidian: protection**
- 25. peacock ore: blessings, intuition, and positivity**
- 26. prenite: balance, expansive, and open hearted**
- 27. quartz: programmable, magnifying, energizing, manifesting**
- 28. rose quartz: love, abundance**
- 29. rhodonite: love, healing of the heart**
- 30. selenite: cleansing, protection, enhancing light and clarity**
- 31. sodalite: communication, harmony, trust, and wisdom**
- 32. tektite: raising vibration, strengthening aura**
- 33. tigers eye: intuition**
- 34. tourmaline: psychic shield, protection**
- 35. turquoise: protection, stone of shaman**
- 36. unakite: emotional balance, healing of heart and mind**
- 37. other: suggests that the participant continue investigation.**

Geometry chart: this chart shares various geometry that may be connected to the record being reviewed currently being highlighted to expand or at another timeline to clear, integrate or upgrade.

1. circle: this is could suggest that a circle is connected related to a building a plan, a gathering or within.

2. vesica-pisces: Is two circles overlapping creating a middle area that has an opening similar to the female anatomy and also connected to the Christ fish symbol.

3. Triangle: 3 sided shape

4. Hexagon: a plane figure with six straight sides and angels.

5. Pentagon: a plane figure with five straight sides and 5 angels. Could be connected to the building in Washington DC or any inner geometry that may be limited and creating pent up energies.

6. Square: a plane figure with 4 straight sides with four angels. Could mean a square of energies in a natal chart.

7. Pyramid: three dimensional figure with triangle sides four of them.

8. Spiral: winding in a continual or gradually widening curve, around a central point on a flat plane

9. flower of life: multiple evenly spaced overlapping 19 circles that arrange to make a flower pattern with a six-fold symmetry like a hexagon, contains metatron cube and all platonic solids

10. golden mean ratio: a golden rectangle or golden spiral is calculated by tilting the square of Fibonacci numbers.

11. Merkaba: two super imposed tetrahedrons one facing forward and one facing backwards, creating light vehicle, for inter dimensional travel, also associated with the 6th chakra geometry.

12. tree of life: garden of eden tree, a tree like structure representing the evolutionary divergence of all living creatures, a diagram in the form of a tree bearing spheres that represent the sephiroth.

13. star tetrahedron: two super imposed tetrahedrons one facing forward and one facing backwards, creating light vehicle, for inter dimensional travel, also associated with the 6th chakra geometry, element of star.

14. Hexahedron: 3 dimensional cube associated with the 1st platonic solid, element of earth

15. Octahedron: 3 dimensional diamond shape associated with the heart chakra platonic solid, element of air.

16. Dodecahedron: 3 dimensional having 12 plane faces, in particular solid figure with 12 equal pentagonal faces, element of ether.

17. Icosahedron: a solid figure with 20 equilateral triangular sides, associated with the sacral platonic solid, element of water.

18. Sphere: a ball associated with the crown chakra

19. Symbol: a symbol of some kind is connected to this record, further investigation needed.

20. Mandala: a geometric figure representing the universe

21. Line: a ling is connected to this record

22. Angle: an angel is connected to this record

23. Other: it is suggested that participant further investigate.

Solutions Charts:

1. essential oil: this may be suggesting to use an essential oil to support your akashic record clearing, further investigate with the essential oil chart for which

essential oils are being called for solutions in emotional and physical cleansing, and activations.

2. Herb: further investigate to what herb is being called for in cleansing or support to your body.

3. Elements: it is being suggested to further investigate as to what element is being needing to be balanced or be experienced.

4. Soul Healing Training, or Session: contact our Wellness Advocates at www.solterrawellness.com or look on schedule of in person and online classes.

5. Learn muscle testing: contact our Wellness Advocates at www.solterrawellness.com

6. Schedule a free Wellness Consult: contact our Wellness Advocates at www.solterrawellness.com

7. Another Session on Self Required: this is suggesting that another session on self is being required to complete this session on clearing the akashic records.

8. Crystal: this is suggesting to further investigate to which crystals(s), with crystal chart, as well as to how to use the crystals, such as in a grid, in water, in bath, on person, dream work, or other.

9. Clear house: this is suggesting a cleansing of participant's home, or room, de-cluttering, Feng shui consultation www.solterrawellness.com.

10. Eliminate food: this is a suggestion to eliminate a certain food(s). Further investigate with cleanse chart, or contact our Wellness Advocates at www.solterrawellness.com

11. Retreat: this is a suggestion of a period of time to retreat away from normal life. Further investigate to a plan of care.

12. Silence: this is a suggestion of a period of silence for deep introspection and cleansing of sound in life.

13. Sounding: this is a suggestion to allow for a meditative sounding session with self to release any additional charges from within, and allow for the photonic light particles to make their way back to chakras to stabilize geometry and make use of the energy for wholeness and balance. A sound session with a sound therapist or use of crystal bowls, or tuning forks are also suggestions.

14. Sweat lodge: this is a suggestion to facilitate some type of sweat to cleanse the vessel, a sweat lodge is ideal, could use a sauna, or hot magnesium bath.

15. Cleanse: this is a suggestion to further investigate which type of cleanse, and use of the Cleanse Chart to assist as well as to contact a Wellness Advocate at www.solterrawellness.com to set up a free wellness consult.

16. New path or profession: this is a suggested new path or profession.

17. Learn birth chart: this is suggested to learn both chart to easily navigate the inner cosmos through ascension journey.

18. A move: this is a suggestion of a move of location, or some type of move. Can also mean to move furniture.

19. ADD An activation: this could be a suggestion for participant to sit in meditation and ask for the higher self to please download an activation to assist with completion of this record, with an inner standing of what the activation will assist with.

20. ADD Review Record in meditation asking to be shown Upgrade and higher innerstandings.

21. ADD Rescript the record: this is suggested that the participant sit in meditative state and send a super conscious super intelligent message or ball of encoded light to the other souls and consciousness of this record.

22. ADD Rewrite the record: this is suggested that the participant sit in meditative state ask for the higher self to show the participant a super conscious super intelligent new scene with the other souls and consciousness involved with this record.

23. Other: it is suggested to further investigate as to which solution is being highlighted to complete your record session on self.

CALLING BACK POWER and Soul Essence: May need to call back Soul Power from certain individuals involved, or situations. Also call back all soul essence.

Recommendations for the client after sessions: drink plenty of fluids; take a sea salt bath to clear the energetic bodies of trapped debris and get the physical body pushing out debris as well; do the assignments created until there is no emotional charge and they are easy to complete; stretch; and meditate daily with soul as their guide.

*****All are subject to the participant's interpretation and any SACRED Imagination colors, downloads, innerstandings, geometry interpretations, and realizations.**

Clearing of the record:

can mean that the energetic entanglement or any energetic charge connected to there record details is being released, and your soul essence can reconfigure itself into a higher innerstanding pattern in relationship to the record being investigated, and the details connected to the record.

Integration of record:

can mean you are integrating the details of the record and the charge of record or anything that was keeping it not of benefit to you, or you are integrating your soul essence from the record imprint as it releases and upgrades.

Upgrade of a record: can mean that you are receiving an energetic, a knowing, an new scene, a higher perspective, a rewrite of the record, or beyond to assist with moving forward in life balanced and in better harmony with the intial record details pulled up.

****The details pulled up for your record review are the closest details on these charts that your consciousness most strongly resonates with to assist you with intuiting from within a point of view, energy configuration, an imprint, a memory, an event, a period time, or any other type os story to that will assist you in innerstanding what is being released, integrated or upgrades within the akash or etheric field of energy that you exude and project to create your universe.**

Additional Information:

DNA Activation:

By simply performing the Gridding-Up Log form you are beginning the initiation for re-activating of all 12 or more of your DNA strands to come back to Perfect Human Form.

This may be a slow process or unfolding, for there will be certain lifetimes that you will need to un-kink, core lifetimes that you have to see and integrate with a greater

understanding of what that strand's ability has within it. It could be a present lifetime test to pass. This technique is telling SOUL and Source that you are ready for sending down the proper energy and tools for assistance.

Possible DNA strand factors to address during healing technique to allow for its full activation:

Subtle Bodies:

There are more subtle bodies I am sure beyond these 12, however this gets us into territory yet to be fully understood, if you are moved to a layer beyond the 12, make sure to consult with the Higher Self to confirm that what you are about to do is appropriate.

When moving energy through the subtle body you will want to follow the guidance of the Higher Self, most of the time you will be guided to clear out energies up or down to a receptacle. Other times you will be guided or intuitive in your movements, possibly smoothing out areas in the subtle body, or even sealing cuts in the layer (use a ray of light right index finger to direct energies to the cut and seal it with your intentions). Other times you may see images in the subtle body. The odd number subtle bodies are typically seen as a layer of matrix energy, like a wall of sorts. Whereas the even subtle bodies seem to be a filler of energies, like a cloud in between the odd subtle bodies layers.

NOTE: The subtle bodies have many interpretations to many people. With that being said, I have been slowly learning and remembering this lifetime. As information is presented and unfolded, I will continue to share on each layer. As I open, you open, as you open, we open. I recommend further questioning and education of all material presented. Some of the first books that I read early in life that helped to shape my understanding of chakras and subtle bodies were: Anatomy of the Spirit by Caroline Myss, Hands of Light by Barbara Brennan.

Dimensions

I see the dimensions as levels of your mind, as dimensional spaces that hold 1 of 12 of your Soul Collective Selves (for example 1st dimension holds your connection to your Earth Core Self or Rock Self, and 4th dimension holds your connection to your Astral Self).

So in this work we are integrating the 12 dimensional Soul Selves into One Soul Self. One Soul Self has many incarnations, which are held, within the current Soul Matrix. The Current Soul Matrix may have 11 other shared Soul Matrixes, which all together are held within your Over Soul.

At one level of our consciousness we know our Soul and its multidimensional abilities. Most of us came here to this dimension to re-member those parts of us and bring them back together. So first part of the client's work in this class is to unwind the dense memories of those lower dimensional lives where we shut down this understanding of oneness, where we got caught in the duality of our own nature. As we progress in our lower self mergers, we will then be asked at times to merge higher parts of our 12 dimensional selves to here now. So for example it may be asked by Soul to envision the client being an angel and then merge that vision within them in the here and now. These types of exercise give them the deeper understanding of how we are living as a multidimensional being, and have access to other dimensions via meditations and energetic (subtle) bodies.

So here we are in the 3rd dimension, living most of the time as a 3-D personality, moving in mainly 3-D movements, up, down, left right, back and forth. Then we go to the understanding for instance in our dream time in the Astral plane where we can also fly, which adds a whole other type of movement. Understandings of each dimension open us to new ways of being. So again at one level of understanding the dimensions are layers of your understanding/your consciousness/mind. And at yet another level of understanding they are places where another part of us resides/other dimensional selves, and they are parts of the client to be merged with.

So I give you this brief dimension outline to be explored. There are many interpretations of which dimension is what, I must say since we are here in this plane, and our frequencies are rising so that 4th and 5th dimensions are being easier to access and live in. I also remind you that I give them to you hierarchically but that does not mean to limit them to such.

Dimension Chart: This chart can assist with knowing where the energy is being held, or needing to connect deeper into. For more information, go the dimension table, and assignments later in this manual.

| Dimension | Actual Dimension | Creation Level | Type of Dimensional Self |
|------------------|--|---|---------------------------------|
| 1 | Deep Earth, rock, underworld | Lower | Self; Earth Self |
| 2 | Nature, upper lower world of the Earth | Lower | Your Animal Nature Self |
| 3 | Surface of the Earth, where most live feeling separate from Soul and Source | Lower | Your Personality Self |
| 4 | Creations and constants are breaking down, feeling like nothing to hold on to, kind of like when you are in a dream and you are all of sudden in a new scene in the dream. | Lower; where we are moving through right now, planet moving, these lower dimensions will be rolled up into higher dimensions, this will be the new rooting dimension; we are mid-astral | Your Astral Self |
| 5 | God(dess) self realization, also realization of light body and higher selves | Mid-creation Realm | Your Archetypal Self |

| | | | |
|---|--|---------------------------|------------------------------|
| <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">6</div> | <p>Angelic Realm, where you can become in contact with an angelic self; this is also where DNA patterns are held for all species; light, geometric shapes, tone are here, this where consciousness creates through thought</p> | <p>Mid-creation Realm</p> | <p>Your Human Angel Self</p> |
| <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">7</div> | <p>Causal plane where you go to get your next incarnation assignment and go for review. Over Soul meeting</p> | <p>Mid-Creation</p> | <p>Your Causal Self</p> |
| <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">8</div> | <p>Harmonic Plane; Where you can go to merge with your twin flame the other sex of you; this is plane where you can also speak with your Soul Collective Easily</p> | <p>Mid-Creation</p> | <p>Your Harmonic Self</p> |
| <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">9</div> | <p>Radiant plane is where you are in a Radiant energetic form; you are in star form and are one with the galaxy; when you travel</p> | <p>Mid-Creation</p> | <p>Your Radiant Self</p> |

| | | | |
|---|--|-------|------------------------------------|
| | <p>here it is very fast. This is a great place for travel.</p> | | |
| <div style="border: 1px solid black; padding: 2px; display: inline-block;">10</div> | <p>Great highly evolved beings make plans here, such as creating new life form, this is where we can get a better understanding of our "I am one with creator"; work with planets as beings; where plans are created to then send to Mid-creation levels</p> | Upper | Your Christ "I am" Self |
| <div style="border: 1px solid black; padding: 2px; display: inline-block;">11</div> | <p>Over Soul Matrix of the 12 other Soul Matrixes (12 other selves) creations; pre-formed light, the point before creation; realm where the Archangels live, Records for entire Source Systems; where your big brother and sister are assisting and guiding your soul and over souls</p> | Upper | Your Monadic Self; Light Body Self |

| | | | |
|----|---|-------|------------------------------|
| 12 | One with all that is, with the One, with your Source; where complete ONENESS and unity is experienced; highest awareness of all selves as ONE | Upper | Your Oneness Self; Soul Self |
| 13 | Oneness travel | | |
| 14 | Portal to other Universes | | |
| 15 | Pure energy | | |

Healing Crises as Conscious Clearings: Remind the participant that these sessions change their entire being and energetic matrix that surrounds them, so when they return to their life things around them might change, as well within them may go through a clearing or change. If a so called clearing or healing crisis occurs have them go through their normal routes of attending, doctor, herbs, etc., but to stay super-conscious of what is really occurring. Remind them to not go into victim mode, or in a space that is unconscious of their call to change and their inner healing quest.

Past Lives: When pulling up a past life for a client, the participant is typically going to find that the participant needs to see this past life to understand the current life topic repeating itself in themselves or the opposite is happening to them because they had been the doer in the past life. Being the participant may not be fully conscious of

this past life, they may or may not be able to immediately resonate with the details that are being pulled up so with that said remind them of three things:

1. The participant may start to become more aware of this past life as we clear the energies in their field blocking the conscious remembrance of this past time;
2. they may never be able to recall it however it may make them forgive or accept a part of this current life; or
3. if they can completely resonate with it upon the detailed report of the record, it will assist them at further integrating the wisdom from that past life and become more present in their here now.

Note: remember that the wisdom of the soul will only share with them what the the participant is ready for, so at times they may pull up many details about a record and others it may only be a few details just to begin to open the door to being able to fully see that record at a later date.

Future Lives: Future life may show up because they are being called to look at how their present life and actions are assisting in creating a future possibility, by connecting with that future life or future life possibility they may choose to shift or embrace a part of them now so that it will steer them towards that life possibility or at times they may choose to steer their life in new directions, for there are always many possible future lives, each free will choice we make can take us in new lifetime directions.

Also check when future life detail comes up, if it is next life, or a future scene of this life. And always make the client aware of that all future possibilities are only possibilities there are so many factors of free will choice connected to themselves and, also to the other players in their life.

Soul Sessions are opportunities for LIVING LIFE REVIEW! The participant is able is assisting the self in being able to do the same life review that happens upon transitioning into the next life, they are being given an opportunity to review their past false beliefs and limiting ways of being, and opening up space for new super-conscious choices in new directions, freeing karma from all lifetimes, and accepting grace to activate their enlighten state. The participant receives the choice to free themselves from the many karmatic patterns that have been blindly leading their lives, they now have an opportunity to learn how to accept their higher self perfection. Also, they are able to operate from a higher inner law that allows for their brilliance and infinite abilities to become a here and now reality.

Dimensional Doorways: Remember that one of my greatest discoveries was that a participant can enter a dimension much more easily by taking themselves to that corresponding chakra and then having them intend to enter that dimension at the center point/star point to get into that dimension or to get better acquainted with that dimensional self.

Guides: participant's guides may pop up for recognition or to offer assistance in the session, which is wonderful!! However always double check with the participant's higher self to see if their guidance is needed, useful or applicable to the higher self wants to accomplish for the record adjustment.

Angels: A guide for the participant may be an angel, which again is great. However we still want to check with the higher self for approval of what the angel is wanting to relate or do. And again we invite them for overall space guardianship for greater ease of session details and transmissions.

References:

<http://www.scribd.com/doc/24962639/The-I-AM-22-Chakra-Chart>

Ascension Tools Manual By Elasa Tiernan

Source Guidance through Elasa Tiernan

