

Session Notes - To Do List :)

Books

- 1) The OverSelf Awakening
- 2) The Law of One
- 3) The Keys of Enoch - The Book of Knowledge - by Doctors J.J. and Desiree Hurtak The Website to Order <http://www.keysofenoch.org/html/home.html>

Vitamins + Fluoride Free

TJClark.com (1 cap of each 2 hours before bed time or before gym)

- [Polyphytogenic](#)
- [Legendary colloidal mix](#)
- [Liquid msm](#)
- [Co-Q10](#)
- Etherium Gold (Monatomic Minerals) - HarmonicInnerPrizes.com
- Skate Liver Oil by *Blue Ice* OR Tamarind Powder (**For Decalcification of Third Eye**)
- Fluoride-free Toothpaste ([Hello](#) Brand or comparable. Beware of *Burt's Bees* or *Thomas of Maine* - now owned by The Clorox Company & Colgate-Palmolive.)
- Berkey Water Filter System - BerkeyFilters.com (+ Fluoride Reduction Filter)

Protection/Clearing Space - 4 Count Mantra

"ONLY THOSE BEINGS WHICH EXIST IN THE HIGHEST ORDER OF LIGHT MAY STAND IN MY PRESENCE." - (Repeat this 4 times to the 4 Directions)

What To Do Before Sleep

- Call in your Med Team to work on your hands, throat & 3rd Eye.
- Request to process your 3D Experience first- your present incarnation.
- Next, request to work on your past lives.
- Then, work on integrating your Higher Selves.

Work out Routine: *The Manual Over-Ride*

Cardio = Vibrational Increase

- Elliptical Machine - 30 min with Resistance - Utilize music that inspires your body. I close my eyes and focus on engaging Light Body while on Elliptical. Your goal is to get your Heart Rate up to a safe but higher level. For example, my energy body *really* shifts after my heart reaches 110-140bps. After training to maintain that level of output for a duration of time, you can Raise your Frequency & Meditate in a Higher Vibrational form.

Helpful Video Links

- Experiencers Speak 2015: <https://youtu.be/njF5Bv08P9k>
Experiencers Speak 2016: https://youtu.be/_yHh0gy35Dg
Multi-Dimensional Template: <https://youtu.be/i9KqIo0ur1U>
StarSeeds: How to Clear: <https://youtu.be/D00IWh8Lg5I>
Bed Set/Organite Breakdown: <https://youtu.be/ci1IhN-aer4>

Namaste & Blessings Family - It is my honor to be of assistance on your Journey:)