



## **Return and Retrieve Light Body Exercise**

### **MMW-2**

#### **The Light Body**

The light body is a body double and holds a larger version of the etheric body and all chakras. It is the light body that one can travel within during dreamtime for meetings or the purposes of researching information surrounding one's ascent.

Due to the misuse of light body travel amongst ascending initiates, light body movement has been restricted in recent months to the bare minimum required to ascend, and special escorts are required to disengage from the etheric vessel.

It is the light body that gathers photonic energy emanating from the Great Central Sun and utilizes such energy to rotate the larger chakras that sustain one's global auric field.

The auric field of the Bodhisattva expands to be outside of the moon's orbit, boarding upon becoming solar in nature. It is also the light body that acts as a bridge for information from one's soul, oversoul and source to the physical vessel and consciousness of the form.

#### **Return and Retrieve Light Body Exercise**

*I intend to dissolve all grid work in all energy flow in my auric field, chakra system, subtle bodies, grid work and light body that is not of my energy signature. I return such energy to whomever it belongs to. I retrieve my energy from all others that I have given grid work unto. I now reweave my own field with my own grid work founded upon my own energy signature.*

*I intend to return all molecules gained over time in my ancestry and my current life experience that belong to another. I intend to release all karma that causes me to take molecules from another. I intend to get to the original cause of the molecular gain of any part of the form that has caused a growth, excess weight gain or deformity in my ancestry, or could cause such in my continued ascent.*

*I intend to return all grid work that is not of my own personal energy signature from the etheric body, genetic grid work, ascension grid work, subtle bodies (mental, emotional, intuitive, and creative) along with light body, chakra system and greater auric field. I intend to retrieve all grid work from others that have taken it, and request of the angelic kingdom that each portion of my field be rewoven as the grid work returns. I intend to connect to my ascending ancestors from all other parts of the world during dreamtime so that we may share holographic records. I intend to separate from the disease machines in the etheric to the best of my ability at my given level of ascent.*

*I intend to open all chakras in each meridian within the etheric body of the form, along with all chakras within my field and light body. I choose to spin the chakras at a synchronistic timing that is even and balanced. I gather up any chakras or portions of chakras that I have lost over time in my ancestry and present life; I also intend to return any portions of chakras that belong to another, and release all karma associated. I intend to open all new meridians necessary to provide enough chi to resurrect and ascend my form at each level of ascent. I intend to infuse all meridians with enough fire and chi for the continued resurrection of my form in ascension. I pull up chi from Mother Earth through my feet to energize all meridians of my etheric vessel in a continuous and ongoing manner and intend to release all karma, patterning and machines that disconnect me from such energy flow.*

*I intend to return any portion of my light body that is not my own. I intend to retrieve any portion of my light body that is held by another and release the associated karma. I intend to retrieve any missing light bodies that have been taken for grid work in association with the former planes of the Mahatma. I dissolve all retrieved light bodies and their associated silver cord that attaches to my solar plexus. I intend to rotate my light body and larger auric field to a high enough speed and syncopation to assure a balanced field that can continue to ascend.*

*I intend to separate from the planes of extinction that were constructed by the secret nonphysical governance of Earth. I intend to release all holographic agreements to participate in the dance of extinction. I intend to push out all poisonous serpents from my etheric body, subtle bodies, chakra system, light body and greater auric field that can be perceived in my ascension to date. I replace them with new serpents that are Language of Light based and offered by my soul, oversoul and source. I release all karma for how each set of poisonous serpents came to be in my field and ancestry. I also intend to retrieve all poisonous serpents that I have sent into the fields of others unconsciously and unknowingly sending them to the Aurora for dissolution. I intend to step out of the dance of poison and disease.*

### **What Is Real Ascension?**

Real ascension involves the evolution of the physical biology and the light body (body double) biology. Generally speaking, the physical is one segment of ascension behind the light body in real ascension. If the light body has attained 6,000 segments, the physical will be able to attain 3,000 segments in this lifetime. If the light body moves on to attain 15,000 segments, the physical will be able to master 6,000 segments in this lifetime.

The light body planes of reality are an octave higher than physicality, and essentially a lighter version of human existence catching a dream that is semi-etheric in nature. It is upon the light body planes that there is extraterrestrial interaction with light bodies of other humanoid forms from other creations; it is upon the light body planes that there is space exploration and craft that travels light years away. One reason this is possible as there is no requirement to eat or sleep upon this plane of reality.

Real ascension is a slow and gradual process. There will be no shooting of oneself or one's ancestor from this dimension into the next. Instead, one's future ancestors will gradually construct a fourth dimensional vessel as the physical and light body body-double grows increasingly alike and blend into one.

As the light body and physical merge, they shall merge into a fourth dimensional form that shall hold a higher frequency that will appear invisible in the third dimension. This will be so gradual that it will be no different than the process by which one ascends from 2 to 3,000 segments in terms of experience. One merges with one's parallel lives in present time ascension just as one day one's future ancestry will merge physical and light body lives. Each subsequent generation born shall inherit the changes that the previous set of parents or relations embodied, and carry forward in the goal of continued ascension to the fourth dimension during their incarnation.

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