



MMW-4

Development of Crystalline Organs, Glands, and Systems

We have written extensively about the changes associated with ascension in [Chapter 4 “Ascending into A Regenerative Biological System”](#) of Ascension Insights, Volume 4. Each may wish to reread this article in conjunction with this chapter. We wish to create an overview of changes that should be watched for in the ascent to 6,000 segments so that each may check for such shifts.

The layers of grid work become increasing numerous over the course of ascension. There are 4 layers of grid work in each organ, gland, or system at 2 segments of DNA. By 1800, there are 16 layers of grid work that have developed; by 2400 segments there are 26 layers of grid work; by 3000 segments there are 38 layers of grid work per organ, gland, or system. By 4600 segments, one will have 48 layers of grid work: by 6000 segments, 96 layers and by 9000 segments, 144 layers. One can see in this why one has a more vibrant etheric body the further that one ascends. One way to perceive how well each part of the biology is coming along in the ascent is to measure the layers of grid work that have been woven.

The Crystalline Bone Structure

Crystalline bones are derived from a slightly different combination of minerals than non-crystalline bones. Many with Anu or Anu-Slave inheritance may have a load of silica in their bone structure, nails, hair, and teeth. Silica is released and another molecular structure defined that is less dense in the crystalline form. We perceive the difference between silica-based bones and crystalline bones as the difference between a very hard mineral and marble or sandstone. Crystalline bones are more like sandstone and are less brittle and therefore less likely to break. The surface of non-crystalline bones is hard; crystalline bones are coated in a substance not unlike the cartilage in one's nose or ears. This creates a softer surface that also bends more easily upon impact.

Teeth are coated in a shiny resin that dentists call enamel. Crystalline enamel will not wear off and can be reconstructed through intention as well as during one's regeneration cycles. Asur'Ana has been surprised when surface decay or cavities have appeared and then been repaired through the regeneration capabilities of her ascending biology. The enamel will also be repaired in a two-month cycle year-round. Regeneration requires the rotation of the regeneration chakras; and so,

if one is having difficulty regenerating the teeth or any part of the body for that matter, the regeneration chakras may be missing. As the regeneration chakras are retrieved and reconstituted and spun each day, regeneration of the teeth should occur on a two-month schedule.

Brushing the teeth with baking soda or sea salt each day is good to retain the health of crystalline teeth. Per has found that brushing his teeth with sea salt is very good not only to keep his teeth white, but to assist with the regeneration cycles of teeth and gums. One can also mix a little of green or white clay with sea salt. One can also add peppermint and eucalyptus to create a better flavor. The clay will assist in the dissolution of plaque. Lemon oil is also useful for dissolution of hardened plaque but will also wear at enamel; so, brushing once per week only with lemon oil and sea salt or baking soda is recommended.

Asur'Ana has found that combining 15 drops tea tree oil, 5 drops lemon oil and 5 drops eucalyptus with water in a four-ounce mister is a natural way to remove stains from the teeth. Just mist's the teeth as many times per day as desired; one can also spray this upon one's toothbrush as well. Tea tree oil also kills bacteria at cause of tooth decay.

Crystalline bones require a different type of calcium than non-crystalline bones. Asur'Ana and Per discovered that combining vegan yogurt with coconut and pumpkin seeds was one way to provide all the necessary ingredients in their diet for crystalline bones. Often, they would place this on top of a large fresh fruit bowl and make it a lovely ascending meal.

Crystalline Bone Marrow

Bone marrow hosts the growth of red blood cells along with two types of white blood cells in the crystalline blueprint. Crystalline red blood cells are capable of carrying more oxygen and sugar or waste than non-crystalline blood cells. The difference is directly related to the surface of the red blood cell which in the crystalline form hosts a type of lipid that can attract more oxygen, sugar, or waste unto each cell. The two white blood cells formed in the bone marrow are the most common throughout the body and therefore are produced en masse; they absorb most viruses, bacteria, and other foreign waste in a less "specialized" manner than other varieties.

Asur'Ana has not a medical background and so we speak in layman's terms here. The two forms of white blood cells as well as the crystalline red blood cells develop around 1800 segments in most ascending humans. Sometimes not all bones are easily converted to the crystalline structure due to the density of thoughtform carried within the minerals in certain regions of the body. Bones are the densest substance of the body and take the most cycles of ascension to completely ascend. Those having difficulty with all bone marrow converting to the production of crystalline blood cells will find that there are herbs that will support this transmutation in ascension. (Please refer to Ascension Insights, Volume 3 [Chapter 6 "Language of Light and Herbs"](#) for more information.)

The Crystalline Muscles and Ligaments

The primary change in the crystalline muscular structure is the presence of fat surrounding each cell. The fat allows for less density and a higher frequency to be run through the muscles. Those

ascending beyond 3,000 segments may begin to notice how one floats in fresh water; this is because the density of the bones and muscles has lessened in ascension causing one to not sink as rapidly. Per has been known to float across the pool so gracefully as he swims making others wonder how he does it as they struggle so hard just to keep their head above water. The sign of a much less dense biology!

Ligaments stretch further than in non-crystalline structures. One initiate has accidentally twisted her ankle all the way to the ground; not only did the ankle not break but she did not experience much of a strain either. This is because the crystalline ligaments stretch without damage or breaking, much like a rubber band.

Crystalline muscles will hold their tone without exercise. One can intend to run chi through the etheric body to the same degree as when exercising and one will tone the muscles. This is important as toned muscles will also better hold the organs, glands, and systems in place within one's biology. Sometimes women who have given birth suffer from the intestines pressing upon the bladder or uterus as well as lost tone of the abdominal muscles. As one tones the muscles of the pelvis, then they will pull the organs into the appropriate place so that they cease to press upon one another. Intention is good for this; also, one can hold one's hands over the pelvis as one naps or sleeps with the intent to tone the muscles of the abdomen.

Exercise is important to move the lymph and one can also intend to tone the muscles as one walks or swims. As one does so, one will get twice the tone normally received from one's exercise. Yoga and Tai Chi are other exercises to intend to tone the muscles through. We do not recommend working with weights or jogging as this can damage crystalline muscles and bones.

Crystalline Circulatory System

The heart expands into a 6-ventricle system by initiation 4,200. By 9,000 DNA segments, an 8-ventricle system is developed. The added ventricles create greater blood pressure to assure that all veins receive the blood necessary to nourish the regenerative cells and receive their waste as well. The chest expands to make room for the larger heart as well as the increased size of the lungs in the crystalline blueprint. Sometimes as the new ventricles are set in motion, one may experience brief period of fluttering of the heart until the heart learns its new beat. If this occurs, one need not panic but breathe in and out slowly asking the heart to find its new rhythm. This can also occur as one ascends from the 6 to 8 ventricle system in the journey to 9,000 segments.

The veins change in crystalline blueprint to be much more elastic by initiation 2,200. It is the fat surrounding each cell in the vein that allows also for the elasticity. With a more elastic form of vein, it will expand without breaking if the blood pressure increases due to physical exertion or energetic exertion. This prevents buildup of plaque due to leaky veins that leads to heart attacks and strokes amongst those at 2 segments of DNA.

If one really moves the energy in a meditation, the blood pressure and heart rate will go up as high as if one were walking up hill. Sometimes the sweat will begin to drip between one's shoulder blades and perspiration will develop upon one's head. The increased circulation

supports the increased metabolism to move up in vibration for short periods for the purposes of clearing the field of heavy karma or holding energy at an event.

The Crystalline Lymph System

The crystalline lymph system fluid alters to carry white blood cells, hormones, and nutrients along with waste to cells that are less reachable through the veins of the circulatory system. This is the major change of the crystalline lymph; however, the lymph still does not move itself; it requires walking or swimming each day to flush the lymph from head to toe adequately in support of ascension. As the lymph turns, then all cells are assured of receiving enough nutrients as well as releasing the associated toxins. Toxins are collected by the lymph glands and then transported through the blood to the waste management systems (kidneys or intestines) of the biology.

Massaging the lymph glands is another useful means of purging the built-up toxic waste that gathers there each day. In the shower, one can use a shower massage to massage the underarms and buttocks. This is good to do after taking a walk or swim when the lymph has already turned. One can press upon the lymph under the arms in particular to assist in moving the toxins. Having a full body mud bath is useful to turn the lymph and also pull toxins from the pores; one can also liberally coat the underarms to receive the toxins from the lymph glands as well.

The Crystalline Master Glands

The Thymus gland and Pituitary glands are considered the master glands of the crystalline biology. The Thymus grows up the sternum to connect to the thyroid and lymph nodes in the neck by initiation 4,600. The Thymus is involved in the maintenance and distribution of all hormones that involve biological regeneration of the body. This includes hormones produced by the Thyroid which involve cell metabolism along with hormones produced by the reproductive and regeneration systems which involve regeneration. The Thymus also connects to the brain stem allowing for communication between the master gland of the nervous system or Pituitary Gland.

The Pituitary gland buds many nodes that each produce a chemical necessary to ascension. The Thymus then monitors the hormones produced by the Pituitary that come down through the brain stem making sure that they reach the appropriate destinations in the biology. There are ducts that run through the brain stem to allow ascension chemicals produced by the Pituitary to flow through to the body. Sometimes these ducts are small or nonexistent. If the ducts are nonexistent, then ascension does not occur in the physical. If the ducts are small or narrow, then ascension occurs more slowly than could occur otherwise. The intent to create or widen the ducts will resolve this problem.

The Pituitary begins to bud by initiation 1024 with the first nodes which number 14. By initiation 2200, there are 27 nodes. By initiation 3000, there are 48 nodes that should have budded. By initiation 4600, there should be 96 nodes; and by 6,000 there should be 144 nodes. By 9,000 there are 288 nodes. It is especially in the ascent to 6,000 and beyond that the cranial cavity may expand to make room for the budding nodes of the Pituitary gland. Each node produces a

different chemical necessary to ascension and to the biological understanding of the Language of Light.

The Crystalline Immune System

The immune system involves the production of 16 additional types of white blood cells (in addition to the two produced in the bone marrow) to assist in the removal of viruses, bacteria, or other agents of destruction from the cellular structure of the form. The white blood cells are manufactured in the spleen and sent to wherever they are required by the Thymus gland and through hormonal communication in the blood stream. Often ascension brings about the release of many viruses and bacteria along with pus and decay as regions that are heavily compromised are resurrected. It is the region that is to be worked upon in any given month that receives the majority of the attention of the immune system; this is to prevent any disease from spreading as the given region is resurrected.

Sometimes in spite of all of the care, regions that are highly toxic will still cause flu like symptoms or a case of the cold. We recommend taking hot baths or a mud bath in such times to pull the excessive toxins from the pores rather than leaving the immune system to the task; this generally reduces the infection enough that then the immune system can do its job and remove any remaining destructive agents. Making sure that one has developed each type of white blood cell associated with the crystalline immune system is one way to assure that one is better prepared for the continued ascent.

What are the types of white blood cells? This is complex but Earth will explain. There are two types of cells that are most gifted at absorbing pus. Due to the amount of pus that can be created in the resurrection of decay, these are often the most prevalent type of the white blood cells present all of the time within the blood stream. Three additional types of white blood cells are gifted at absorbing toxins that are held in scar tissue or decay and may be very different from the toxins that one lives within. Sometimes these toxins can be from former time periods that one's ancestry was poisoned by different substances; and so, these white blood cells are gifted at absorbing foreign poisons not from this time period.

Four additional white blood cells assist with viruses or bacteria that are also not prevalent in this time period. These viruses and bacteria created diseases that one's ancestry died of long ago. When heavy radiation was added to the environment due to nuclear holocaust, certain bacteria and viruses suddenly bred and invaded all living animals including humanity leading to new diseases as well as death. These viruses and bacteria are not seen much today as the radiation is not excessive enough to create them. However, they exist in the associated genetic scar tissue and then are released as the scar tissue is resurrected, becomes active again.

Understand that the amount of nuclear materials imported to Earth during the era of the Anu and before Merduk's cataclysmic choice to annihilate Earth was 90% greater than today. Today what humans harvest is so small in comparison that they are not capable of creating armament as destructive as Merduk; and perhaps this is good as it prevents humans from preventing global ascension.

Earth is also in the process of speeding up the half-life of all remaining radioactive substances so that they will dissipate within the coming 100 years. As one ascends however, the remains of these viruses or bacteria as recorded in the scar tissue from periods of nuclear annihilation will emerge. As such the immune system has to learn how to deal with these substances and render them inert so that one does not get ill or develop the symptoms of radiation poisoning. This is the purpose of these four white blood cells.

Three additional white blood cells are created to absorb fractured pieces of cells as they are taken apart in ascension, or damaged for any reason in other parts of the biology. Resurrection releases a load of bits and pieces of cells that have no use; these three types of white blood cells absorb them and either carry them to the waste management systems of the biology or dissolve them with special enzymes.

The remaining four types of white blood cells produced in the crystalline spleen have to do with tracking hormones. Crystalline hormones become a complex set of commands that cause growth in particular areas and regeneration in those regions whose cycle is up to be worked upon in the continued ascent. The four white blood cells accompany hormones that cause cell growth making sure that they are relayed where they should be and bring back samples of what is breaking down so that the immune system can respond to the needs of each given cycle of evolution.

The Crystalline Thyroid

The crystalline thyroid produces three types of thyroid hormone that modulates body fat. Level 1 thyroid causes minimal body fat to be constructed in the liver out of excess sugars in the blood. This occurs at times that one requires no added body fat to hold one's vibration. Level 2 thyroid causes twice the fat to be constructed in the liver as level 1 for times that one is struggling with density and requires the added fat to hold one's frequency. Level 3 thyroid is used for times that the body knows one is going to need a load of assistance holding frequency, such as preparing for lengthy air travel or a visit with one's relatives over the holidays.

Excess fat can also be rapidly broken-down creating blood sugar so that one does not lose consciousness in such extreme circumstances as air travel. An initiate once gained as much as 13 pounds to get her through a 17-hour flight; all of which disappeared over the course of her travel. Those who have been low of thyroid, one should be able to go off synthetic thyroid as the new forms of thyroid develop in ascension, as synthetic thyroid will be a very different chemical than the new variations of crystalline thyroid that one produces naturally. The new thyroid hormone generally develops by initiation 2,800 in most initiates.

The Crystalline Pancreas

The pancreas grows to develop 5 different types of insulin that modulates cell metabolism in crystalline biology. This occurs by initiation 3,600. Each form of insulin causes cells to consume blood sugar at various levels. Level 1 and 2 forms of insulin causes cells to feed minimally, such as when one is asleep at night or in deep meditation. Level 3 insulin is for waking consciousness where cells need more chi. Level 4 and 5 forms of insulin are for times of physical movement or

exertion or spinning up the field excessively for the purposes of transmutation in ascension. Level 5 will cause one to experience sweating if the climate is warm enough.

Some initiates produce level 5 insulin at night leading to the experience of “night sweats”. The body does this to burn off karma and cause the field to spin up perhaps because one does not do so adequately during meditation or fails to exercise frequently enough. If one instead takes time for exercise each day, the body will be less likely to require the night sweats to continue to ascend. Those prone to diabetes will find that they can cease to consume the insulin that they inject over time. Many initiates have recovered from diabetes through ascension over the years. The five levels of insulin develop around initiation 2,900 in most initiates.

The Crystalline Liver

The liver produces four types of fat necessary to the crystalline biology. Type one body fat is cholesterol based and coats every cell in the crystalline form. This is the most produced and required fat in ascension. Type 2 body fat which is also cholesterol based is used for storage. Storage systems for fat generally occur under the skin and in the space between the organs and glands of the abdomen and chest.

Storage type fat hosts pockets that will contain other fluids or substances that the body knows it will need in larger supply to support the next cycle of ascension ahead. What is needed with each cycle will also trigger “food cravings” if one is connected enough to one’s body spirit to feel what the body requires to evolve. The craving for cholesterol-based foods is to support and sustain level 1 and 2 body fats in the crystalline biology.

Type 3 body fat is used in the nervous system. Nervous system fat allows for understanding of the Language of Light or unity based thoughtform. This fat is created from avocado along with nut and nut butters generally speaking and is non-cholesterol based. Type 4 body fat is used for gathering photon energy and holding it in the nervous system and spinal column. The spinal fluid is filled with this fat to also create a photonic storage facility for one’s own ascension requirements.

There are two other organs that develop by initiation 3,000 that filter the blood. The crystalline liver ceases to filter blood as much as produce and maintain the four types of fat required by crystalline biology. The filtering of the blood for toxins and other wastes is therefore deferred to what we have called Liver 2. Two additional livers grow along the waist region of the body causing one to expand the waistline substantially as this occurs.

Each of these organs known as Liver 2 has many ducts and storage glands to assist in filtering the blood. Some ducts filter nutrients so that they can then be sent off to where they are required for ascension or regeneration of a particular part of the biology; other ducts filter out waste and decay and send them off to the kidneys or intestines for disposal. The two liver glands develop by initiation 3,000 in most initiates. One’s ability to detoxify the blood increases dramatically as this occurs.

Crystal Fat Deposits Creating Crystal Grids

As of late, the school has discovered another type of fat drawn from a Jyreion blueprint that many ascending initiates are creating. This type of fat holds a storage pocket that hosts salt; the salt is then used to program electrical energy creating a crystal grid that looks solid in the etheric. We've discovered a crystal pelvis and a crystal skull constructed of this fat. The crystal pelvis and crystal skull attracted a load of radiation from the environment that had caused these regions to go cancerous over time in a couple of initiates.

Furthermore, the grid associated is used to capture a dream for death projected upon them by dark forces. There is no karma to justify the presence of this fat, and it is best to erase the genetic blueprint if one discovers that one has embodied it; and replace it with the other forms of crystalline storage fat that are harmless.

The Crystalline Spleen

The crystalline spleen manufactures the 16 forms of white blood cells explored in the bone marrow and immune system section above. The spleen also manufactures the fluid that transports the red and white blood cells, platelets, or hormones to their destination within the biology. Platelets are tissue that is used to repair breaks or ruptures anywhere in the biology. Platelets patch the region until new skin or tissue grows in its place, much like a scab that forms upon the skin until the new skin grows underneath.

The spleen also filters the blood of deformed platelets or red and white blood cells that have gone dysfunctional. In the crystalline system, deformed platelets or blood cells are repaired rather than destroyed. The crystalline spleen has many "factories" for repair that grow by initiation 3,800 allowing for regeneration of the blood and immune system.

There are two additional organs that grow that we have referred unto as Spleen 2. Spleen 2 is involved with the creation of photonic carrier cells that are emitted in the blood to provide enough photon energy to assist in triggering a more rapid rate of genetic growth for the continued ascent beyond 6,000 segments. These organs associated with Spleen 2 grow just above the sacrum adding to the expanding width of one's mid-drift in the ascent to 6,000 segments.

The Crystalline Lungs

Crystalline lungs expand to be up to two times the size of one's original biology at 2 segments of DNA. This too adds to the expanding chest and bra size or shirt size of ascending adult humans. The lungs formulate 50% more cavities for the purposes of collecting more oxygen from the air that one breathes in each in-breath or releasing ether or other noxious gases in each out-breath. Sometimes in the transmutation of the lungs, one will end up with symptoms of bronchitis as the pockets are revamped creating a load of mucous therein. Learning to move vibrations that transmute mucous both energetically and physically can be helpful in such times.

Detoxification tones are related to compassion and non-conditional love and appear as pale blue, pale green, and pale silver in color. Asur'Ana has run these tones through her head when her sinuses were plugged and vaporized all etheric mucous, which had the effect of minimizing the

physical mucous. This was at a time that she had a long plane flight ahead, and the excess mucous could compromise the ear drum in particular. Running these tones also makes one feel better in such times of biological transmutation. Taking mud baths or more frequent baths with Epsom salt will also pull the excess mucous out of the pores of the skin leading to a more rapid recovery from such symptoms of ascension.

The lungs go through yearly reconstitution. In the ascent to 3,000 segments, the lungs will more or less become complete with the crystalline blueprint. No further alterations occur much in the ascent to 9,000 in the lungs (unless one has schismed over part of the genetics.) The crystalline lungs are capable of gathering as much as 900% more oxygen from a single breath than one's pre-ascension state of being.

Half of oxygen collected by the lungs in each in-breath is sent directly to the cells through the blood stream. Cells require oxygen to subsist. Oxygen "aerates" the cells. Much as carbonation in spring water adds bubbles, oxygen adds bubbles within each cell that allow the various components within to be able to move around each other in the act of cell metabolism or the breaking down of the blood sugar. Too little oxygen and then the components of the cells become too sticky to break down sugar or move out wastes; if this occurs long enough, the cell will become sick and begin to die. It is for this reason that the city is not a good place to ascend; and one may wish to have many house plants at home and at work to provide the body with the oxygen requirements for cell aeration.

The Crystalline Diaphragm

The other half of the oxygen gathered in each in-breath by the lungs goes into the blood and to the diaphragm. By 3,000 segments, the diaphragm has grown up to 18 pockets that protrude outside of the rib cage. Each pocket hosts glands that take in oxygen and apply enzymes to formulate eight types of blood sugar. The size of the pockets will increase or decrease depending upon the level of sugar that is being produced in the moment.

The eight types of blood sugar are various sized molecules from small to medium to large that provide the sugar necessary for various levels of cell metabolism. When insulin level 1 is released by the pancreas, level 1 and 2 blood sugars are produced in the diaphragm and released into the blood. Level 1 and 2 blood sugar are the smallest molecules that resemble glucose and are released when one is resting or asleep. When insulin level 2 is released, level 3 blood sugar is produced in the diaphragm which feeds the cells a little more sugar that resembles fructose in molecular structure. This is for times one is in deep meditation.

When insulin level 3 is released, level 4 and 5 blood sugar is produced in the diaphragm which is 3 and 4 times larger in molecular structure than fructose. This level of sugar provides enough to the cells to bring consciousness to the day-to-day activities of one's life. When insulin level 4 is released, this occurs when one engages in physical activity, and level 6 and 7 blood sugar is released, which is 2 to 3 times larger in molecular structure than level 4 and 5 blood sugar. This is for times of mild physical activity such as taking a gentle walk or other forms of movement.

When insulin level 5 is released, the largest blood sugar is produced known as level 8. Level 8 contains all types of blood sugars 1 through 7 combined into a super-sized sugar molecule; this is produced during heavy exercise such as walking up the mountain, or during times of holding a load of energy, such as holding space for an event or releasing a very large series of karmic patterns from one's field. This is also a time that one's skin may produce a dripping sweat as the body heats up due to the cells consuming so much sugar and producing so much chi upon a biological level. The heart rate is also guaranteed to go up along with one's blood pressure when this occurs. It is also a sincere sign of real biological ascension underway!

Sometimes Level 5 insulin is released during the night and creates night sweats. Many initiates with busy lives do not have time to focus upon the karma up to be cleared. The body then heats up at night to clear the days' worth of karma to assist in the continued ascent. Many ascending initiates therefore sleep with few covers even in the winter as a result. We suggest that each embrace the night sweats as a sign that real ascension is underway.

The diaphragm is the most obvious ascension organ that develops due to the protrusion of one's stomach. If one has yet to develop the Buddha belly in ascension, then one may be missing the genetic blueprint for this structure. It is very difficult to ascend the rest of the biology without the blood sugar necessary to feed the crystalline cells. We will use [the worksheet section of this chapter](#) to examine what may be missing from one's blueprint in one's ascension to date so that one can begin to release the karma for how one may have lost their crystalline genealogy in this lifetime or throughout one's ancestry.

The Crystalline Digestive System

The crystalline digestive system is comprised of the glands in the mouth that produce saliva, the esophagus and stomach, and gall bladder and glands that secrete the digestive enzymes, along with the small and large intestines. The crystalline digestive system goes through many levels of transmutation to 3,000 segments.

The glands in the mouth produce an enzyme that breaks down simple sugars. Most embody this blueprint by initiation 2,200. This brings an end to cavities caused by glucose or simple sugars as the sugar is broken down through the saliva enough that it cannot corrode the teeth's enamel any longer. Why if this is so, do some initiates develop cavities? The cavities generally are due to psychic machinery or cords of attachments to others that impair the grid work of the teeth or gums; as the machinery is released and cords returned to sender, then the teeth have an opportunity to regenerate.

The crystalline esophagus and stomach hold a mucous that is thicker than the pre-ascension experience of digestion. The thick mucus is to block digestive enzymes that are as much as 40% more potent in the crystalline digestive system from digesting the esophagus or stomach as one eats. The stomach also is constructed from muscles that are stronger and more gifted at grinding up one's food if one does not chew it well enough. This occurs by initiation 2,200 in most initiates.

If one is prone to eating too fast and not chewing long enough; one's crystalline stomach can handle it in most circumstances and grind up what one has consumed enough that it does not ferment in the small intestines. Often fermentation and gas are really a lack of chewing one's food thoroughly enough; chewing each mouthful 10 times will assist with this; chewing 20 times will ensure that there is less fermentation and gas in digestion.

The crystalline gall bladder produces 12 new enzymes associated with the breaking down of fat. Those who had difficulty digesting fats in times past may find that this becomes non-problematic with the crystalline digestive system, even more rancid fats associated with deep frying. So, enjoy your French fries or chips! Level 1-4 bile breaks down simple fats much akin to the original form of bile produced by the gall bladder and easily breaks down nut and vegetable oil. Level 5-8 bile breaks down cholesterol as it is ingested. One may find as this form of bile is produced that one no longer has difficulty digesting milk, cheese, or eggs. Level 9-12 bile breaks down fats that are more rancid that humans like to consume, such as the fat from French fries.

The stomach also secretes 16 new enzymes including acids that are more powerful than hydrochloric acid at killing bacteria or viruses one may consume with their food or water. It is for this reason that ascending humans may not succumb to the diseases ahead in the times of cleansing. Four of the new enzymes within the crystalline digestion are used to break down carbohydrates and sugars. Those who may have been subject to food allergies for wheat or gluten may find that they break down without gas due to these new enzymes.

Eight new enzymes are used to break down protein for those mastering 3,000 segments. This allows more protein to be drawn from a vegetarian diet that includes eggs and cheese. Four additional enzymes are created for the breakdown of fiber in one's vegetables. Those who have tended to produce gas after eating salads or raw foods may find that these digest with less disturbance as the crystalline digestive system is embodied.

The small intestines and large intestines are replaced completely by initiation 3,600. A new intestine grows over the old, and the old is released into the new much like one would pull a sock through itself. When this occurs, one will have cramping and many bowel movements over a 4-to-6-day period. One will also not be hungry and one's intestines are filled with itself. Some initiates found eating pineapple and goat cheese or yogurt helpful with the turning. The pineapple helps to dissolve the old intestine allowing for a more thorough release through the tract; the yogurt or goat cheese helped to replace healthy bacteria into the digestive system, leading to a more rapid normalization of bowel movement.

The Vegetarian Intestine

In the ascent from 6,000-9,000 DNA segments, the small and large intestine formulate into 6 pockets, 3 pockets in the small intestine and 3 pockets in the large intestine. Each pocket has more enzymes secreted into the waste to digest more of the food therein before it is released to the next pocket. This is a vegetarian digestive tract and allows for no need to consume flesh to gather the protein one requires to continue to regenerate or ascend. Another turning of the intestines occurs in phases as the vegetarian tract develops. First the small intestines turn and

then the large over the course of 6 to 8 weeks. The turning may produce large bowel movements for a couple of days as the old small or large intestine is sloughed off.

For those going on to develop the crystalline vegetarian tract, each pocket in the intestine produces more enzymes to break down proteins, fiber, carbohydrates, and fats to a more refined degree than before. This system of digestion is taken from the crystalline structure of the Tibetan Root Race. It is a similar digestive system that once existed in the East and in India where many humans carry on with vegetarian diets to this day. Those without Tibetan Root Race ancestry may not have the genealogy to pull this blueprint forward into present time. However, your future ancestors can weave in lineages in their tapestries to make up for this weakness.

Remember genealogy did not come down the lineages evenly. Information splintered off going to some branches and not to others. Sometimes it is not possible to ascend beyond a certain level as there is no genealogy to support it. It is far better than to ascend all parts of the biology to the genetic encoding one does have available, as this will create the strongest possible crystalline biology to weather the coming times of cleansing ahead.

The Crystalline Bladder and Kidneys

The crystalline kidneys develop many larger pockets to hold substances that once were not allowed to pass through with the urine. As such, one may also release unnecessary fats and proteins with one's urine causing the water in the toilet to bubble. The filters of the kidneys are enlarged to allow for this for a more rapid pace of biological transmutation by initiation 1,800-2,200 in most initiates.

By initiation 3800, the kidneys also develop the capacity to create oxygen from water through a simple enzyme that breaks off the oxygen molecules from the hydrogen molecules of H₂O. This allows one to create as much oxygen as necessary if one is deprived for some reason through the breath. Additionally, the kidneys can create as much water from oxygen and hydrogen as necessary to prevent dehydration. This alteration in the kidneys is formed by initiation 6,600. The blueprint for this system of creating water as necessary comes from the Inuit Root Race. Again, if one has not lineages of this nature, one may not have the genealogical information to build such a system in this lifetime.

The crystalline bladder grows to have multiple ducts leading to the urethra. One of the ducts allows for toxins to be pressed into the urine straight from a small holding tank near a large artery. This increases the capacity to detoxify excessive pus and other toxins in the blood straight through the urine. The blueprint for the holding tank comes from the Aboriginal root race (Australia). Those who have not lineages to this root race may not have a genealogical template for this in one's ancestry.

The Crystalline Reproductive System

The crystalline reproductive system offers the capacity to balance the hormones so that one does not conceive. Much like taking the pill, one's hormones adjust to a state of "non-conception". Although Asur'Ana has had these hormones in place for a long time, she continues to menstruate

each month although no egg has been produced in many years. Why is this so? The push and pull of the tides due to the electrical geometry that has yet to be fully released from Earth's biosphere presses her body to build blood and then release it, much as the tide ebbs and flows. Why are energy systems so invasive upon Asur'Ana's field? It has to do with collective consciousness that believes that women menstruate and are fertile each month and this has overridden her system.

In the new dream, Asur'Ana is striving to shut off her cycles now. It will be interesting to see if this can be accomplished. However, the balancing of hormones does create a natural birth control as there are no eggs produced or ripened for conception. This is the true crystalline biology in action. The ability to shut off reproduction or the creation of eggs within one's hormonal system can be accomplished by initiation 7,000. The information for this lies in most ancestries as it was once a way of being amongst all red nations' tribes. Reproduction was intended; it did not occur unless there was a conscious choice to bring in a child. In time so this will be into the future and as more master 7,000 segments or higher in vibration.

The Crystalline Regeneration System

For women and men, a more refined hormonal system develops in the crystalline biology in support of regeneration of the cellular structure. Hormones are substances that allow for communication between the master glands and the rest of the biology; they are also substances that hold the holographic blueprint for the regeneration of the crystalline cellular structure.

Testosterone and progesterone are two hormones associated with regeneration. Primarily these hormones lubricate the cells so that they stay soft and moist. It is for this reason as humans age and cease to produce as much of these two hormones that the skin becomes hard and wrinkled. Those ascending will begin to produce these hormones again if they have shut off as the testes and ovaries are resurrected enough to do so. Some women who have gone through menopause may begin to menstruate again; this too is a sign of regeneration and should be embraced.

The crystalline regeneration system develops 12 additional hormones for this purpose. In the female, 12 new glands grow under the labia major and mons pubis that produce these new hormones. In the male, the 12 glands grow in the testes causing them to become twice as large as one's pre-ascension state of being.

Each of the 12 hormones has a specific type of regeneration that they accomplish. Hormone 1 holds the blueprint to regenerate the skin and hair along with hair follicles. Hormone 2 holds the blueprint to regenerate mucous membranes such as one's eyes, inside of the mouth and inside of the vaginal area or anal areas. Hormones 3 and 4 hold the blueprints necessary to regenerate the muscular structure and ligaments. Hormones 5, 6 and 7 hold the blueprint to regenerate the organs such as the kidneys, liver, spleen, pancreas, and heart.

Hormones 8 and 9 hold the blueprint for the regeneration of the circulatory and lymph systems. Hormone 10 holds the blueprint for the regeneration of the bone structure. Hormones 11 and 12 hold the blueprint for the regeneration of the nervous system. Each hormone hosts a holographic blueprint for the structure and function of each cell within the associated organ, gland, or system

so that it can aid in the regeneration of the associated part of the biology. The crystalline hormonal system develops by initiation 4,600 in full.

One can see in this that the body is moving back to a holographic state of being. As the holographic state of being becomes cellular, then each cell recalls what it is to do in support of the overall health of the whole. The hormones hold key roles in this; it was as the hormones forgot how each organ, gland or system was to be regenerated that humanity fell into aging and disease. As this is rectified through ascension, regeneration can again become the norm for the human species. Humans will regain their health and longevity allowing for more spiritual understanding of the life experience; this adds to the “awakening” of the human species out of its slumber.

The Crystalline Skin and Sensory Organs

Crystalline skin becomes soft, subtle, and youthful again. Wrinkles disappear as enough oils are present upon the skin to fully regenerate. Pulling off dead skin cells will increase the capacity of more of the epidermis to become crystalline. We recommend that initiates use salt scrubs daily along with taking weekly mud baths, as these pull off the dead skin so that the skin underneath can regenerate more readily. The regeneration capacity of the skin increases with the further ascent, but generally is well underway by initiation 2,200. Regions that appear not to regenerate adequately, such as the face, feet, hands, or other areas may be lacking regeneration chakras. It is as the regeneration chakras spin that the skin is regenerated along with all other regions in the biology associated.

Crystalline skin may become darker in color with more melanin (the substance triggered as one tans). This is due to red nation DNA encoding for the skin. One can also pull more red DNA encoding to make one more resonant with your current yellow-orange sun and protect against sunburn. Long ago, Asur’Ana learned that she could create an energetic shield over her face and body when sunbathing to filter out those rays that would damage her skin. She rarely burned as a result. Per also learned this technique and it is one that each can intend to create for themselves if one enjoys spending time in the sun.

Crystalline skin will have more hair follicles, even on the face and in places that hair normally does not grow. This is due to the fact that it is the hair follicles that not only protect the skin from the sun by creating a small amount of fine shade, but also can create warmth in the winter. Per could easily grow a fur coat, so thick has the hair covering his legs, arms and body become of very fine blond hair. Asur’Ana of course still shaves her legs and underarms due to current standards of beauty. The animal kingdoms have watched her shave and likened it to molting in the summer! Nothing is right or wrong and it makes her happier to have smooth legs and underarms. Embrace the increased hair as a sign of regeneration and if you like, much like Asur’Ana, shave it off!

Crystalline eyes will improve sight to a point of not requiring glasses any longer if one so chooses to intend it so. Near sightedness is associated with the shape of the eye that is too round; the round shape causes the inner screen that sight is projected upon to be curved making vision blurry at a distance. Intend to reshape the eyes to be more flat and step the change into the

physical and one will have 20-20 vision again. Far sightedness is from the opposite where the eyes are too flat, and the screen then causes blurry vision up close. Intend to reshape the eyes to become more round and one will ascend into 20-20 vision. One may also have to release karma in the ancestry for how one became near or far sighted in the process, but it is doable.

Crystalline smell may increase to perceive the nonphysical aromas around oneself. Nonphysical aromas can be good and bad. One initiate noticed that sometimes her son smelled like baby poop even after she had changed him. Then she noticed that he had picked up a load of stinky entities on the playground. As she had her son return the entities to the playground, he would smell sweet again. This is so for 90% of smells that are bad; most is nonphysical, and one can intend that they be sent off Earth through the kundalini of the sun for transmutation. In parallel manner, one can call pleasant odors around oneself such as floral, wood, or spicy scents. Asur'Ana often does this in conjunction with placing essential oils upon her skin or in aroma burners in the room.

Crystalline taste may amplify the number of taste buds upon the tongue as well as receptors in the nose. One may be able to taste and smell more as a result causing certain herbs or foods to be more complex to experience while dining. Asur'Ana noticed also that the taste buds can expand leading to communion with the associated kingdom that is quite beautiful to experience. This is triggered as one rubs the tongue with some essential oil for a minute or so until the taste buds open. In the expanded state, even more taste is experienced.

Asur'Ana found certain essential oils were sweet, bitter, and salty at the same time if placed upon the tongue when the buds had opened in this manner. She also experienced the energetic communion with the associated kingdom. She cleanses her tongue generally to clear her spoken communications so that they will be a sincere reflection of the kingdom she is channeling for or Mother Earth or the Tao. Rubbing the tongue also triggers the entire digestive system to run.

Long ago, the Grand Masters would balance themselves with small amounts of tinctures and sacred oils by rubbing certain tastes upon the tongue. The Grand Masters did not consume to subsist; and so, they would use tastes to assist in retaining their balance. If they required more water element, they would rub salty tastes upon the tongue; if they required more air element, they would rub sweet tasting oils upon the tongue; if they required more fire element, they would rub more sour tasting substances upon the tongue; and if they required more earth element, they would rub bitter tasting substances upon the tongue. The expanded taste buds would relay the information to the brain which would alter the hormones to balance the biology for health.

Crystalline hearing includes an ability to hear telepathic thoughts or words as well as hear in the physical. Telepathy is really just an ability to hear the nonphysical that is present in one's field. There are also nonphysical music planes that one can attune to and hear music without a CD player. These are abilities that were present for most red nation root races who could clearly hear nature as a result and at the time that they were first seeded. Opening to telepathic hearing is the first step; but one must be careful about who one is listening to as the false gods would like to communicate with you through these as well as Earth and nature. Far better perhaps to ascend into holographic communication instead in the long haul as then one will be more assured to have clearer guidance in support of ascension more of the time.

Holographic communication flows through the heart chakra as the human hologram therein spins. The human hologram is anchored around 2,400-2,600 segments and as the heart lotus begins to bud. As one spins the hologram at certain rotations, one will hear nature kingdoms, Earth, or one's soul. It takes time to learn to sustain a particular spin to attune one to a particular bandwidth to hear the thoughts of Soul, Nature, or Earth, but the more that one practices, the easier it becomes.

Touch may become more sensitive as the crystalline nerves prevail under the skin. Sometimes the nerves will fire when there are etheric stuck points making the pain that is really nonphysical feel physical. Sometimes muscles will even spasm in response and if the associated nerves are triggered enough. Moving the kundalini and spinning up the field while taking a gentle walk or swim or hot bath will cause the stuck point to release; then the nerve shall cease to be triggered and the spasm cease. Another focus can be to take the stuck point at cause of the feeling of pain and stretch it out over one's entire field; most experience instant relief with this intention, and it allows one's entire field to spin off the density of the current ascension moment instead of just the regeneration chakras.

The Crystalline Nervous System

The crystalline nervous system has a series of changes that occur in ascension to various levels of vibration. We will strive now to shed light upon how the brain and nerves alter in the crystalline blueprint so that each may better understand. The brain is made up of two hemispheres that act much as a circuit board in a computer. Within the hemispheres are neurons and synapses and as they are fired in a particular algorithmic pattern, they cause consciousness or the experiencing of being alive as a human. Underneath the hemispheres is the interpretive center of the brain, or what scientists call the hippocampus. In the core of this is what scientists call the "pain or pleasure" center.

From Earth's point of view, the region under the hemispheres is where the algorithmic pattern of neurons firing upon the two hemispheres is interpreted or understood. What causes the neurons to fire? Primarily the energetic exchanges between humans or between kingdoms; there is an energetic exchange between any two humans that meet for any reason; the neurons then fire in a particular algorithmic pattern that then leads to the experience, conversation, sharing and exchange that occurs.

When there is fear between two or more humans, an algorithmic pattern associated with fear goes off within the neurons of the hemispheres. When there is anger, a pattern associated with anger is triggered. When there are thoughts of judgment or non-judgment, greed or generosity, lust, or rejection, suffering or harmony, pain or pleasure, fear or peace, death or life, there is an algorithmic pattern associated with each that is triggered in the firing of the neurons of the brain.

Ascension brings about a reprogramming of the neural algorithmic patterns to bring about a response of unity in place of polarity. We have witnessed those who ascended without reprogramming the neural system; this led to more extreme expressions of polarity in the life dance. Generally, those with a brain drawn from Anu lineages in the tapestry when the brain was

constructed in the womb are incapable of ascending into unity. This is why they are restrained at 1,800 segments in vibration at this time as increasing emotional upheaval is the experience beyond 1,800 segments due to an inability to understand the Language of Light or move towards unity in the dance of life. The reason for this is ultimately the brain chemistry which cannot be altered towards red Sirian DNA from an Anu blueprint.

Those with a Sirian brain and brain stem can begin to alter the algorithmic response of the neurons to that of unity-based patterns of forgiveness, truth, peace, unity, non-conditional love, and harmony. This occurs first as the biochemistry makes a shift from a system that is reactionary or in other terms fires all day long whether there is something justifying the neurons to be triggered or not. Humans associate this with “stress” today. Stress comes from interactions with any other human or group of humans causing the neurons to literally fire all day long causing tension in the muscular structure, particularly in the back of the neck and/or lower back amongst most at two segments of DNA.

Ascension brings about a restructuring of the biochemistry so that it ceases to fire all day long and inside of human interactions. Crystalline neurons only fire if there is conversation or some sort of verbal exchange, and then in association only with the nature of the exchange. So, if the exchange is amongst other ascending humans at a workshop or meditation retreat, unity based algorithmic responses occur in the brain of those whose hemispheres have been altered enough to allow for it leading to greater experiences of unity together.

The experience of unity is directly related to the perception of the circumstance, and the perception is directly related to the algorithmic patterning of how the neurons fire in the brain in each exchange. The alteration to the neurons and algorithmic patterns of the brain are continuous throughout one’s ascension; one is forever learning new patterns that increase one’s perception in the unity paradigm. Therefore, one will never cease ascending or understanding new concepts even though one may be limited to a particular vibratory rate in this lifetime due to limited genealogy. Once the brain becomes fully crystalline, it is unlimited in the number of algorithmic unity-based patterns it may learn allowing for continued evolution, nonetheless. The brain becomes fully crystalline by initiation 3,000 in most initiates.

The perceptive center interprets the algorithmic patterns that relayed from the right and left hemisphere. The left hemisphere is associated with language and so the words associated with any experience come from the algorithmic patterns in the left hemisphere. The right hemisphere is associated with emotion or nonverbal language and therefore the experience of feeling or kinesthetic knowing comes from the algorithmic patterns occurring in the right hemisphere.

The two are combined in the perception center to allow for both verbal and emotional understanding of any circumstance. This is vital to the understanding of the Language of Light which is both emotional and verbal in nature. The perception center also continues to evolve throughout the life and is unlimited in its ability to make new interpretations regardless of one’s limitation in crystalline DNA in the rest of the biology.

Ascension does not stop just because one has not genealogy to the next level of frequency in the human biology; as one’s perceptions and experiences will continue to evolve and change,

nonetheless. This is more important than ascending in genetics from Earth's point of view, as it is the emotional understanding gained as one learns the spiritual lessons of the karmic dance around oneself that leads to the momentum of the emerging unity paradigm in the dance of life. As humans can learn to relate again from love and unity, the entire dance can change, and one is not limited in moving towards this goal regardless of where one rests in their ascent in this lifetime.

The perception center also goes through a biochemical alteration along with the biochemistry of the neurons and synapses of the hemispheres. Asur'Ana does not have enough of a medical background to put these changes in anything but laymen terms. The alteration has to do with the release of limited bandwidths of thoughtform and the embracing of more expansive bandwidths of thoughtform. The Language of Light is a more expansive thoughtform that begins at roughly 2,200 segments and ends around 48,000 segments of DNA in vibratory bandwidths that surround Earth. It is beyond 48,000 segments that one begins to move towards photonic biology and the Language of ONE; prior to this one is working with the Language of Light and attracting this thoughtform to the field and perception center.

The perception center gathers Language of Light thoughts through a pocket of photonic fluid that is constructed in the center of the brain beginning at 2,200 segments of DNA that host fat cells that carry photon energy. The more photonic pockets in this region of domain that develop, the greater one's ability to begin to perceive life from the vantage point of the Language of Light rather than disunity or polarity-based thoughts. What is it like to transcend into the Language of Light? From Asur'Ana's and Per's own experience of it, one begins to perceive all sides of any given experience in a very personal way.

One may perceive the pain and suffering that another is going through in the physical, as well as the pain and suffering one is feeling in the nonphysical due to psychic abuse. One may perceive that the other has no control over the unconscious game and does not understand it in the physical. One begins to perceive all truths and then can have compassion for all scripts in the cast of characters in one's life dance. From this, one will then learn to have compassion for those who do not understand and from such a state of being, they judge or are harmful; and for oneself in how difficult it is to ascend inside the current destructive paradigm. This is how compassion in action is learned in ascension.

As one forgives, the dance also concludes in the unconscious. Forgiveness requires that one cease to participate in the unconscious abuse by oneself in this life or within any other ancestral life; as one forgives all sides, then the dance changes and one pulls out of the game of harmful energy flow. How does this work within the hemispheres and perception center of the brain?

Forgiveness releases a chemical that alters the algorithmic patterning in the neurons; as the patterning changes, one no longer creates the pattern that causes one emotional or energetic suffering. As all algorithmic patterns at cause of suffering are transmuted to new patterns that allow for balance and joy, then one steps out of any experience of suffering into the future. Many initiates are just beginning to move into this direction of greater ongoing peace, as there are so many algorithmic patterns associated with non-joy and suffering encoded into the human brain.

Where did all the patterns of suffering and non-joy come from? Humans upon Earth have taken on all the patterns associated with Sirian humans and Pleiadian humans and many other human civilizations that did not want to transmute their patterns of suffering but simply slough them off elsewhere. In so doing, the associated neural genetics were moved to humans upon Earth rather than transcended in their ascent or continued existence.

Machines were probably created to remove patterns within their civilizations and fractured them off into the unconscious where they were then moved to Earth. This of course resolves nothing as humans have really never moved out of their biological state of suffering; they have only deferred it to other relations in other creations. This does not work, and so Asur'Ana and Per set out several years ago to transmute all patterns that created suffering and have accomplished this goal more or less as of late.

This is where they work well together in dreamtime. Asur'Ana is very good at bringing in new algorithmic patterns as she scopes out information from the Tao or Great Central Sun; Per is very gifted at finding a way to make the new pattern fit into the neural transmitters that he and she have. Then they are each gifted at stepping the pattern down so that others in vibratory rates beneath them can embrace the new algorithmic patterns as well, leading to greater forgiveness, compassion, non-conditional love along with life experiences of unity and joy.

One must still transmute the old algorithmic patterns associated with suffering or non-joy or pain as well as the associated karma to embrace the new. However, much of the original cause of these patterns came from other creations, and so one can intend simply to press the original cause of any algorithmic brain pattern that is not from Earth to its creation of origin and step out of the game.

Certain foods are also helpful for humans to embrace new algorithmic patterns of the Language of Light in ascension. One of such foods is chocolate. Chocolate hosts an acid that is useful in restructuring neural patterning. It is for this reason that we recommend eating chocolate whenever possible to assist each in embracing the new thoughts offered by Earth and the Tao. Another helpful food is peanut butter or other nuts or nut butters. Nuts host fats or lipids also useful in the reprogramming of algorithmic patterning of the brain. Humans also love to combine chocolate and nuts, and so perhaps in this they recognize that this is a necessary food now at this time of ascension. So, enjoy your chocolates and nuts beloved!

Summary

To reprogram the biology for unity, regeneration, and health, all parts of the biology must ascend so that a complete crystalline structure is created that encompasses each organ, gland, and system. We hope in going through the nature of the crystalline structure that each will better be able to assess where they are strong or weak in this process in their ascension to date. [The worksheet section of this chapter](#) will be useful in making one's own assessment of one's ascent to date.

Earth reminds each that intention is everything. Intend to repair and replace a particular set of encoding or DNA where one is weak or one's ascension is behind, and the nonphysical strives to

deliver upon one's commands. However, if one is surrounded with non-supportive nonphysical forces, then it is highly likely that one's commands may be only partially fulfilled upon or perhaps not fulfilled upon at all. Learning to manage the field in a way that causes such nonphysical forces less to no say over one's ascension is therefore useful before one endeavors to command parts of the biology that are behind to catch up in the ascent. (Please refer to [Chapter 5](#) for more information on managing one's field in ascension.)