



MMW - 4

Complementary Body Systems

CIRCULATORY SYSTEM

Heart, arteries and veins, blood, bone marrow, spleen

LYMPH SYSTEM

Lymph nodes, lymphatic ducts

RESPIRATORY SYSTEM

Lungs, diaphragm

DIGESTIVE SYSTEM

Throat, esophagus, stomach, small intestine, large intestine, gall bladder, pancreas, liver, kidneys, bladder

MUSCULOSKELETAL SYSTEM

Muscles, bones, ligaments, tendons, cartilage

NERVOUS SYSTEM

Brain, brain stem, spinal cord, nerves, autonomic nervous system (sympathetic and parasympathetic)

REPRODUCTIVE SYSTEM

Ovaries, fallopian tubes, uterus, breasts and testes

SENSORY SYSTEM

Eyes, Ears, Nose, Mouth (teeth and gums), Skin

ENDOCRINE AND IMMUNE SYSTEM

Pituitary Gland, Pineal Gland, Thymus Gland, Thyroid Gland, Adrenal Glands

The Spinal Fluid

There is an alternative metabolic system to the one sustained by blood sugar, and one that begins to develop in a crystalline form at initiation 1,800. This new metabolic system is the result

of the collection of photon energy. Photon energy replaces sugar metabolism by providing another level of energy that is all pervasive. Photon energy can be collected, in particular by special fluid that contains fat particles in the spinal column. Such fluid acts as a magnet that traps photonic energy. Over time and later in the ascension, another form of blood and lymph carrier is produced that carries the photon energy from the spinal column to the cells direct. This reduces the amount of sugar required by the cell to sustain its vibration.

A self-sustaining biology will thrive out of photonic energy and not sugar. This is where Earth and all species are headed into the future, and in particular after entry into the photon energy of the Great Central Sun itself. As this occurs, there will be ample photon energy, and all species can shift in nature to become self-sustaining. A self-sustaining vibration shall be fueled by photon particles in the future, which act much as a battery in your current technology. Photon particles can be gathered and retained particularly in modified forms of body fat and then administered to the system as necessary to sustain the vibration and energy level of the whole of the form.

It is not until the ascent from 1,800 to 3,000 that one begins to rely partially upon photon energy to sustain the vibration of the form. As this occurs, new cells are produced in the blood and lymph that act as carriers of photon particles. Such cells are made of fat as fat is the only substance that can trap photon energy, and much like a battery, hold it for later use to supply energy where and when it is needed. Such blood and lymph carrier cells then transport the photon particles to those cells in need of additional chi throughout the form.

What cells in particular require additional chi in the form of photon particles? Primarily the brain and nervous system require additional chi to embrace the Language of Light

thoughtform. In order to hold the Language of Light magnetic thoughtform within the brain, photon energy is required and acts as a recipient of such thoughtform. It is the presence of photon energy in the brain cells that allow ascending humans to begin to remember the principles of unity that once prevailed in one's ancient ancestry.

The Spleen and Bone Marrow

It is the spleen and bone marrow that manufactures 18 additional carrier cells of certain substances throughout the blood and lymph. Such substances include the fat cells that act as a carrier of photon energy to the brain.

Other substances carried by specialized cells produced in the spleen include cells that carry 3 additional types of fat required to construct the crystalline form; cells that carry 2 types of fats that must be sent to the intestinal tract or kidneys for disposal as they are no longer required by the crystalline form; cells that carry 4 types of salt required to resurrect cells from non-crystalline to crystalline; cells to carry 2 forms of potassium not required by crystalline cells that must be removed and carried to the intestinal tract or kidneys for disposal; cells to carry 8 types of sugar required to sustain the crystalline cells; and cells to carry 14 types of amino acids that are the building blocks of the crystalline form.

There are two versions of cells produced by the spleen and bone marrow in the crystalline structure. One version travels primarily in the blood, and another modified version travels

primarily in the lymph. We say primarily as there is a cross over with some carrier cells between both the blood and the lymph.

The Immune System

The immune system is really a function of the bone marrow and spleen that produces 8 types of white blood cells that can ingest most forms of toxins, viruses and bacteria released in the act of ascension. Those toxins that cannot be transmuted by white blood cells are transported to the intestinal tract or kidneys for disposal. The white blood cells work both in the lymph and circulatory systems. 2 forms of white blood cells can also enter a cell clearing the toxic problem therein and then exit.

One may wish to know how this occurs? One can imagine what might occur if one tried to enter one's hand through the body of another. The molecules would move aside one another in a synchronistic manner to allow what appears to be solid to pass through another solid mass. In a parallel manner, the molecules of these two white blood cells overlay the infected cell by a form of merger or blending, remove the toxic substance, and then exit and transmute the toxin moving on to another infected cell.

Many are concerned about viruses such as aids. Aids and other immune dysfunctions appear to be the result of the immunization process that has created a new set of viruses that attack the immune system. As the crystalline blueprint is anchored, white blood cells and other immune functions are modified in a manner that causes aids and many other autoimmune viruses

to cease to be able to destroy such cells. The immune system then is capable of doing its job, which is to consume and transmute the aids or other autoimmune viruses. One can ascend out of aids or other related diseases by 3,000 segments provided the body is strong enough to tolerate the detoxification inherent in ascension.

The immune system of a crystalline form is efficient enough to make disease, even the common cold or flu an experience of the past. Ascending humans therefore can use flu like symptoms or a cold to understand that one is overly toxic and require increasing one's detoxification practices to transcend.

Flu and cold symptoms are also a sign of energetic harm towards oneself from another that is occurring in the unconscious. More or less one's field is being "beaten up". Such experiences are karmic, and as the karma is transcended the patterning will pass. Furthermore, initiates can assess if they have lost records or are collapsing or rolling back in one's ascent due to the harm. An extreme drop in vibration will create a cold or flu, and generally speaking such an experience is the result of a karmic encounter in which one has given many to most of one's ascension records to another. Complete the karma and retrieve the records, and one can rebuild the system pulling oneself out of this type of decline.

Disease, if it manifests is a sign of an extreme imbalance in one's ascent. Address the imbalance and the karmic cause behind it, and the disease can be lifted through. This year we are examining the karma behind disease along with machinery that pulls grid work outside of the form and into devices utilized by the Annanuki long ago to collect chi. This appears to be the main source of most disease. As the karma is released, the machinery dismantled, and the grid work rewoven inside of the etheric body instead of outside, then most disease can be healed

through ascension. This is always of course provided that the form is strong enough to handle the detoxification inherent in ascension.

The Pancreas

The pancreas is modified to produce 2 types of insulin related to 8 types of sugar required to feed the crystalline cell. What is the difference between sugars? Primarily the difference is related to the size of molecular structure. There are more complex sugars and less complex sugars required by the crystalline structure at different times of the day when the body is focused upon different activities. At night, less complex sugars overall are required as the body rests. During the day, more complex sugars which provide more chi in the ingestion are required, particularly if one is partaking in a physical activity, or moves up in vibration in the act of ascension. Movement up in vibration requires an increasing metabolism, which requires more complex sugars to sustain the form.

The diaphragm with the oxygen collected by the lungs produces 8 types of sugar. Carrier cells in the blood and lymph take the sugar and distribute it to the cells. It is the insulin that causes the cells to digest the sugar. Some sugar can be stored in the fat surrounding the cells for later use. Crystalline cells are coated in fat rather than protein, which not only holds a higher vibration, but also is used to store sugar for future use. It is the insulin that causes the sugar stored in the fat surrounding the cell to enter the cell for consumption. Different forms of insulin cause different forms of sugar to be released. During the day, one form of insulin causes more

complex sugars to be released. During the rest period of night and sleep, another form of insulin causes less complex sugars to be released.

Insulin production and release is modulated by the thymus. The thymus generates another hormone that causes the production of insulin to increase or decrease, and certain types of insulin to be produced, as they are required to sustain the overall vibration of the form. For those with diabetic or hypoglycemic tendencies, one can ascend out of such imbalances by initiation 3,000 and as the pancreas is restructured. One will find that it is often parasites that have grown in the pancreas that cause the deficiency or overproduction of insulin. Therefore, those with such problems may be served by supplementing one's ascent with a simple de-parasite herb program.

The Heart and Circulatory System

The heart expands to have a total of 8 ventricles that contract to pump the blood throughout the circulatory system by initiation 3,000. This is double the number of ventricles in a non-crystalline system, and the heart in the process also doubles in size. In order to make room for a larger heart, the chest and upper rib cage expand in size in ascension. This is why so many women increase in bra size in ascension, or men find themselves wearing larger and larger shirts.

The 8-ventricle system has a new rhythm that may cause a fluttering sensation in the heart for a time. Ascending humans need not panic under such circumstances, but simply breathe through it intending that the heart come to balance and find a pace of contraction that supports the circulation of the form in the moment.

Why is a larger heart required? There is more fluid flowing through the system due to the increased number of carrier cells required to support the regeneration and detoxification of a crystalline system. The amount of fluid in a crystalline circulatory system and lymph system is double the requirement of a non-crystalline structure. This too contributes to the overall expansion of the size of the form in ascension. Much as pregnant women double the amount of fluid to support the life of the fetus, ascending humans double the amount of fluid to support the crystalline form. Much like the pregnant woman's organs and glands increase in size to support the fetus, so do the organs and glands of the ascending human increase in size to support the crystalline form.

Sometimes initiates find that they seemingly have "high blood pressure". A crystalline structure has higher blood pressure as there are more ventricles pumping the blood and more fluid to be pumped, and therefore one need not be concerned about such things. If your medical professionals understood what was happening, perhaps they too would be less concerned. We recommend not drugs to thin the blood beloved, even aspirin, as such things can cause other complications that later interfere with one's ascent. Rather simply muscle test or pendulum if the blood pressure that one has is suitable to one's level of ascent, and then embrace it as a symptom of ascension.

Autonomic Nervous System and Nervous System

The autonomic nervous system, which is run by the brain stem, along with the nervous system and all nerves associated within the form at large makes a major biochemical shift around 3,000 DNA segments. In essence, a new biochemical structure comes forth that ceases to run primarily upon electrical impulse, and instead relies upon magnetic impulses to direct the movement of the

heart, organs, glands, intestines and digestive tract along with the muscular structure. A magnetic system is far more relaxed than an electrical one, and those transiting this phase of ascension may find themselves far calmer, far less tense than prior times in one's life expression.

There are many changes in the brain. Primarily the pituitary gland buds with over 1,000 different nodes that produce 1,000 different chemicals necessary to ascension, and necessary to the sustenance of a crystalline system. One of such chemicals is related to the measles virus, which is transmuted to a chemical that supports the form in the blueprint of ascension. As this occurs, the size of the brain cavity will increase and the head will grow. Sometimes one will feel a soft spot on the top of the head as the cranium expands. The shape of the face may also become increasingly round or heart shaped again to make room for the expansion of the pituitary gland.

It is beyond our translator to try and explain in detail what each of these 1,000 substances does. However, let us suffice to say that there are ducts that grow from the pituitary and down the back of the neck to allow the ascension chemicals to enter the blood stream and lymph system of the form. If such ducts fail to manifest, one's ascension chemicals, which include the production of HGH or human growth hormone, will not adequately be available to cause biological ascension to occur.

If one's biological ascent and growth is failing to come about, one area to check is the ascension ducts that run along the back of the neck. Sometimes in abduction experiences with the Greys or Reptilians, these ducts have been connected to one another rather than freely and openly traveling to the lymph or blood. As one releases such abduction karma, the blueprint for the ducts can be altered to allow them their proper structure and function.

Initiates can also muscle test or pendulum how much of the chemicals produced in the brain are transferred into the form. If less than 70% of such chemicals are entering the blood or lymph of the form, one may wish to increase the size of the ducts to allow more of the chemicals to freely flow into the system to cause a more rapid biological ascension. A slow biological ascension causes one to linger in the emotional process and pain longer than need be. Therefore, opening the ducts will also allow initiates to transit more rapidly through their dark moments of ascension.

Opening the ducts can occur through intent, and one can place their hands behind their neck before falling asleep at night requesting that the ducts be more fully opened or rectified in structure and function in the etheric. As the etheric body is corrected, the change will step into form within the following 8 days. This is also a good area to check for those who are healers and who are working with ascending initiates in any session.

Pineal Gland

For those ascending beyond 3000, the pineal gland is altered to attune to more frequencies emanating from the sun. Such frequencies are utilized to transmute etheric blockages and allow for greater freedom of rotation of an ascending chakra system and subtle body system. Such frequencies also energize the grid work to sustain the overall vibration of the form.

There are two modalities of energizing the form. One is through the breath and collection of oxygen, and the other is through the collection of light. Light is collecting through the eyes by the pineal gland and then distributed to the brain and grid work of the form. Light and photon energy are one and the same. However, for a long time, your sun failed to produce photon energy, and instead produced a form of radiation. This was the result of manipulations over your solar system that also originated through Pleiadian intervention that was 5th dimensional, and long before the Annanuki arrived upon Earth.

Now through solar ascension, the Sun is beginning to produce photon energy of its own and is detoxifying the radiation much as Earth is detoxifying electricity at this time. This is above and beyond the photon energy that is increasing due to the latest entry point in the aura of the Great Central Sun that your solar system is traversing.

Over time, the Sun and Earth are choosing to become self-sustaining. What this entails is the ongoing production of all photon energy necessary to sustain the increasing vibration of an ascending form and consensus reality. This is how the Earth and your solar system shall ascend back to the Tao; they shall increase and increase in vibration until form and soul become one, stepping out of the illusion of your creation in full. This is many thousands of years into the future, however it is the spiritual goal of your solar system and planet, beloved. Each form will

become self-sustaining in biology, producing all of what is required in order to ascend including one's own photonic energy.

The Sun produces at this time all tones within the Language of Light and the Language of One along with its own photon energy. Initiates may use sunbaths to collect such tones to assist with one's continued ascent. A 10 to 20-minute sunbath will clear etheric blockages and increase the vibration of any ascending field. The increased vibration causes an increased pace of rotation of chakras and subtle bodies, which then spin off karma, pain, fear, entities, machines and so on that an ascending initiate is releasing each day.

We guide initiates to intend that one's exposure to the sun be supportive of ascension, and to muscle test or pendulum how long of an exposure one needs in any given day. Some days may require a longer exposure than others. Excessive exposure is not recommended if not needed, as it may still burn the skin, or in other terms provide too much chi to the grid work than the grid work can handle. Sunburn is simply the result of an overcharged etheric grid work unprepared for the vibration it now holds due to excessive exposure to the sun.

What to do then if one wishes to spend the entire day at the beach? Is sun block recommended? No, such chemicals are often poisonous to an ascending form and will be absorbed through the skin. Instead, take an umbrella and hat along with a cover-up, minimize your exposure to what is needed in the moment, and utilize your time at the beach to enjoy the movement and sound of the waves all the same. Such pulsations of the waves assist in aligning one's field to the divine timing of Earth, and therefore are very nurturing to ascending initiates.

Much of the light required upon a daily basis is collected in one's day-to-day activities provided one is not indoors and is not wearing dark sunglasses. Initiates with dark brown or black eyes

may be better off with light sunglasses to no sunglasses to assure that enough light is collected in any given day. Those with blue, hazel or green eyes may want to wear rose-colored glasses that still allow all of the Language of Light and Language of One to flow through. Initiates may wish to muscle-test which is the best color glasses given the need for all tones of creation emanating from the sun to be gathered in their daily use.

For those living greatly north or south in regions that have little sun in the winter, one can generate one's own sun through intent. One can run the vibrations of the sun by intending to match the tones of creation currently available. In so doing, one can still benefit from the light that one requires in order to sustain one's chi and vibration of the form.

The Skin

The skin is the largest organ of the form. The skin takes in certain substances from the air or water that one bathes in, and releases certain substances one is detoxifying through the pores. The skin also acts as a transducer of chi for the etheric body during a sunbath. The further one ascends, the more permeable the skin becomes. The more permeable, the more one will be careful about swimming in polluted lakes, rivers or oceans. However, the ocean is evolving, and finding its own means of transmuting the toxic waste that humanity has added to your waterways.

One can also be careful about bathing in water, particularly in the polluted cities of your world. Perhaps a water filter in the bath would be advised. Water filters for drinking water are also available, even for travel in the form of a water bottle, and Asur'Ana takes such with her or purchase bottled water when on the road. Bottled water in our experience of it is not always as pure as one might think, so muscle test or pendulum which is the best brand to rely upon based upon purity.

The skin becomes subtle and soft as it regenerates, and one appears younger and younger as the lines disappear on the face. The skin goes buttery in feel due to the fat that surrounds the crystalline cell and peachy in color due to the presence of soul grounded into the form. Such fat also retains moisture to a greater degree requiring less moisturizer to sustain the elasticity of the skin. Gray skin is a sign of a lack of grounding during which entities that are non-resonant may have entered the form and field. Taking the time to synthesize and ground to the Earth, cleansing out that which is non-resonant assists with such moments.

Cellulite is simply toxins one is releasing that have collected in the fat under the skin. Intend to transmute the toxins and the cellulite will disappear. One can run detoxification vibrations in the etheric grid work during the act of synthesis and meditation to assist with the detoxification process. One can draw such vibrations from the sun during a sunbath. If one is in a particularly toxic period, one sign is the ripples of cellulite, and this is a sign that one may need to increase their ingestion of water and number of baths, saunas, sunbaths or swims in a given period to better detoxify the form.

Waste Management Organs

There are so many toxins in the current human expression and the liver is hard pressed to cleanse the system adequately. As a result, two additional waste removal organs about the size of a liver develop beginning at initiation 1,800 on either side of the waist. This causes the waist to expand in circumference. One sincerely can look pregnant in the latter phases of embracing ascension 100% into the biology.

However, each form is different and has different requirements, and therefore the degree of such development will be larger or smaller depending upon preoccupation. Preoccupations that involve holding space for events or healing will cause a larger structure to develop. Why? One must be able to increase their metabolism in order to teach, heal or host events. This will require more pockets in the diaphragm and more overall body fat for the job leading to a larger form.

The two new organs cleanse both the blood and the lymph upon a recurring basis, shunting what cannot be transmuted into a usable and viable substance to support the crystalline form or one's continued ascent into the intestinal tract or kidneys for disposal. Such organs also inflate during heightened periods of cleansing expanding the girth of the waist in such moments. Why? When one is holding a higher frequency for an event or healing session, the entire metabolism including waste management increases in pace. As this occurs, both the diaphragm and the waste management organs inflate more pockets with blood for the purposes of collecting more oxygen or removing more waste produced during a period of increased metabolism.

Photonic Glands

Adjacent to the waste management organs are two additional glands that develop beginning at initiation 1,800. Such glands disseminate photon energy into the blood via carrier cells that transport such photonic particles to the nervous system and brain. Such glands attach to the spinal cord through the sacral region of the form. The photonic energy collected in the spinal fluid is transferred into the glands, which then transports such energy via the carriers into the blood for distribution.

No photonic energy means no understanding of the Language of Light or for unity consciousness to come forth in one's ascent. If one fails to ascend into increasing unity, one will be ascending into greater disunity, and then harmfulness can increase rather than decrease in ascension. Greater disunity within also leads to disease. Therefore, these glands are important to the embracing of a state of harmlessness and integration and understanding of the unity-based Language of Light thoughtform, along with one's ascension out of the paradigm of aging, illness and disease.

Reproductive Glands

There are many new reproductive glands that grow in ascension. Such glands grow in the testicles of the male form, increasing the size of the balls to be upwards to two times larger than their pre-ascension state.

In the female form, new glands grow under the labia major and minor of the vaginal area. Such glands cause an increase in fluid that consistently flows in the vagina, causing the region to be

moist much like the interior of one's mouth. This supports such skin that is exposed to air in regenerating in ease, and also brings an end to the experience of a dry vagina during lovemaking. These glands also produce an anesthesia similar to morphine during childbirth that allows childbirth to be a glorious and joyful experience free of pain.

The ovaries, which primarily produce eggs in a non-crystalline structure, grow to include 8 new glands that produce 28 new hormones that balance reproduction and regenerate the form. Reproduction should not require menses. Menses is a loss of nutrients and fluids that is unnecessary to a crystalline structure. Reproduction was once caused through conscious intent. The new glands allow one to consciously shut off reproduction at will. In so doing, all eggs will be dissolved, as one is not interested in conception, causing one to not conceive or to have menses. If one intends conception, then eggs will be produced when needed. Crystalline women can also conceive without a mate or sperm as crystalline eggs contain all components necessary to create a child. Such conception again would occur only through conscious intent.

The reproductive glands produce 28 hormones in both the male and female form that regenerate crystalline cells. Regeneration ends the birth, death and rebirth cycles of cells, allowing cells to be rebuilt if they have lost their structure and/or function. Rebuilding cells requires far less energy, nutrients and time than growing whole new cells. Therefore, these

regenerative hormones are important to an entirely regenerative system. Such hormones are directed by the thymus in relation to how much of each is created to sustain the regeneration of the entire physical system.

Teeth

The crystalline structure allows one to grow new teeth as needed throughout the life. There is a gland that grows in the chin that was once present in childhood and before the baby teeth fell out and the adult teeth grew in. This gland allows new teeth to develop to replace teeth that are degenerating. This gland grows around initiation 1,800 at this time in the ascension blueprint.

The current dental practices and ingredients used in fillings, bridges and crowns interfere with the conversion of teeth to the crystalline structure. One product that assists with stimulating crystalline growth of the teeth and gums is a sonic toothbrush. The sonic waves allow more chi to be pushed through the grid work of the teeth and jaw triggering resurrection to a crystalline form of the cells therein. The sonic toothbrush often also eliminates the aches and pains in the teeth and jaw during ascension that is simply the result of stagnant energy flow collected in such non-resonant dental structures.

Crystalline teeth also will regenerate enamel as needed. Plaque builds up consistently, primarily because most food is not crystalline at this time due to non-conscious farming practices. The bacteria in non-crystalline food cause the plaque to grow. Rather than visiting a

dentist for plaque removal, Asur'Ana has found that essential oils of lemon and orange will dissolve hardened plaque so that it can be removed during daily brushing instead, much like fruit acids dissolve dead skin lessening wrinkles. She utilizes such oils once to twice per week for

maintenance. This has allowed her to avoid the visit to the dentist over the past decade of her ascent.

Gums also regenerate in ascension. The use of the sonic toothbrush also aids in the blood flow to and from the gums after brushing, allowing crystalline teeth to more readily regenerate rather than decay. Decay in the crystalline form becomes an experience of the past, even in teeth. Sometimes portions of the teeth will break off near fillings due to the non-resonance. If this occurs, an entire new tooth will generate underneath replacing the one that has broken. One must simply intend this so and so it will be.

Death Hormone

Recently, and in the release of disease and aging karma by ascending initiates in the new consensus, the origins of the death hormone came to be understood. The death hormone, which is produced in the pituitary of humanoid forms at 2 strands of DNA, kills healthy living tissue to bring about death in a sudden accident or at the end of a lengthy disease. The death hormone in the pituitary triggers like hormones of death to be released in each organ and gland throughout the form. Such hormones shut down each gland and organ throughout the body by instantly

poisoning the cells into lifelessness. This is how death occurs in all circumstances at this time in history.

Due to the presence of the death hormone in all flesh, Asur'Ana had become a vegan years ago. As any animal or fish dies, the death hormone is ejaculated into every organ, muscle and system throughout the embodiment. Such hormone permeates the muscles and fat that one consumes as one eats flesh. One is simply adding death to their system in the consumption of the death hormone, and it is for this reason that our channel has chosen a strictly vegan diet.

Addiction to meat is better understood given the death hormone. The death hormone numbs the pain that most humans exist within at 2 strands of DNA. It is for this reason perhaps that it has been so difficult for the human species at large to give up its requirement to consume flesh even though all nutrients necessary to sustain the form are prevalent in vegetation at this time in history.

Given our deep and newfound understanding of the death hormone and how it kills living cells, we would recommend that all ascending initiates consider keeping the consumption of flesh to a bare minimum, and to those times in one's ascent where one simply requires so many amino acids that a vegetarian diet does not serve. When such phases pass, we would recommend resuming a vegetarian diet to minimize the added death hormone into an ascending system, as the death hormone kills healthy tissue causing one to needlessly resurrect that which dies in the consumption of flesh.