



MMW – 5

Herbs to Help with Ascension

Arillus Longanae

Opening the meridians for the circulatory and lymph system along with the heart, spleen, and bone marrow.

The heart, spleen, bone marrow, arteries, and veins along with the lymph go through many transitions in ascension.

Chrysanthemum

Good for the eyes and ears and for calming the liver. From the Herb Kingdom's point of view, this herb assists in the movement of energy through the core of the Kundalini, up the spine and out the top of the head.

Dendrobium Nobile (Korean Suk Gok)

In Chinese medicine, this herb nourishes the yin (female side of oneself), tonifies the kidneys, clears excessive heat, and generates fluids. Taoist herbalists say it will build sexual vigor. From the Herb Kingdom's point of view, this herb assists in the movement of the sexual energy through the sexual channels, which are different from the Kundalini channels. Whereas the Kundalini moves up the spine and up the side channels of the body, sexual energy moves through the pelvis and heart, over the head and under the feet. A strong sexual energy movement is important to develop in ascension for the purposes of holding one's boundaries and anchoring soul unto the form, along with grounding unto Earth. It is often sexual trauma that prevents initiates in proper movement of the sexual flow, which is a necessity to the energizing of the chakras and subtle bodies that surround the field.

Flos Carthami (Safflower)

In Chinese Medicine this herb assists in moving the blood, facilitating menstruation, and alleviating pain. This herb opens the meridians to the reproductive system and regeneration system within the etheric body. The crystalline form develops many new glands and hormones that are specific to the process of regeneration. These glands grow inside the reproductive system.

In regeneration, cells are repaired rather than allowed to die then having to be replaced within the crystalline form. Certain hormones carry the necessary substances for cell repair in certain organs, glands or systems throughout the biology. If the reproductive system or regeneration system fails to receive enough chi, it will begin to deteriorate and this will impair the regeneration of the entire biology. Therefore, this is an important set of meridians to remain open and unimpaired to sustain the health of the crystalline body.

Eucommia Ulmoides, Cortex (Oliver Bark)

This herb tonifies the liver and kidneys, strengthens the sinews and bones, and aids in the smooth flow of chi and blood. From the Herb Kingdom's point of view, this herb will assist in the process of proper magnetic grounding unto Earth and the balancing of the earth element throughout the field. Grounding is a necessary attribute to ascension. Ascension constructs a large field, and it is in the act of grounding all parts of the global field unto the core of Earth that the field retains its balance and holds together for proper movement. Proper grounding also assists the body in feeling safe and at peace.

This herb assists in balancing the male (yang) and female (yin) attributes of the energy flow (also associated with the left and right sides of the auric field) so that proper grounding can be sustained.

Ganoderma/Red Ling Zhi (Reishi Mushroom)

In Chinese Medicine this herb is the famous tonic mushroom of China; ling-zhi means *spiritual mushroom*. This herb benefits the heart energy and increases insight and intelligence. Used traditionally as a chi tonic and sedative and is considered an important immune-enhancing and anti-stress herb. It also reduces hypertension, lowers cholesterol, and relieves bronchitis and asthma.

From the Herb Kingdom's point of view, this herb assists in opening all meridians to the immune system and thymus gland. In ascension, the thymus gland grows up the sternum connecting to the thyroid, lymph nodes and brain stem. The thymus gland becomes the master gland that monitors all ascension chemicals as they flow through the brain stem from the pituitary gland and into the body.

Ginkgo Leaf (Ginkgo Biloba)

In Chinese Medicine, this herb assists with enhancing cerebral circulation along with memory loss, poor concentration, dizziness, ringing of the ears, and depression. From the Herb Kingdom's perspective, this herb assists with opening the meridians to the brain and pituitary and pineal glands in particular. The pituitary gland buds into a formation of 144 nodes that each produces a different hormone necessary to ascension.

Glehniae, Radix

In Chinese Medicine, this herb assists with moistening the lungs and alleviating coughs, nourishes the stomach, generates fluids, and moistens the skin. Traditionally used for coughs, dryness of the mouth or throat after fevers, and for dry, itchy skin and also for strengthening the pulse. This herb opens the meridians to the lungs and diaphragm making sure that there is enough chi to allow the crystalline *breath of life* to be sustained.

This herb also assists in balancing the element of air within the etheric body and energy field. If there is too much air, then this herb will assist in releasing excessive air element; if there is not enough air, air element will be added to those regions of the field that require more *space* to rotate. For those who are thin in ascension and have difficulty expanding, this herb will also assist, as generally such humans have too much air as a genetic predisposition from birth.

Ginseng

In Chinese Medicine, this herb assists with strengthening the lungs, spleen and improves the digestive system. Research has shown that it speeds the transmission of nerve impulses, increases endurance, and strengthens conditioned reflexes. It has also been shown to have many anti-stress capabilities. From the Herb Kingdoms perspective, this herb opens all meridians to one's digestive system, including the stomach and small and large intestines. This herb will also support the development of the crystalline digestive system.

Glycyrrhiza Glabra, Radix (Licorice)

In Chinese Herbal Medicine, this herb tonifies the spleen, moistens the lungs, and stops the coughing, and enters all twelve acupuncture channels. Research has shown that it has an anti-inflammatory and anti-allergic effect and reduces the toxicity of many substances including nicotine, caffeine, and cocaine. From the point of view of the Herb Kingdom, this herb opens the main meridian channels throughout the body.

This herb will assist initiates in learning to keep their main meridians open to retain consciousness and have enough life force to live one's life and fulfill upon one's purpose upon the physical plane.

Homalomenae, Rhizoma

In Chinese Medicine, this herb is used for pain in the joints or bones and in the treatment of rheumatoid arthritis or a cold sensation and pain in the back and knees. From the perspective of the Herb Kingdom, this herb opens the side channels of the kundalini and balances the left and right energy flow of the chakras and subtle bodies.

Ligustici Wallichii, Rhizoma (Rodiola?)

In Chinese Medicine, this herb increases and improves the circulation of blood and promotes the flow of energy, strengthens the muscles and bones, alleviates pain, and promotes clear vision and hearing.

This herb assists the maintenance of the heartbeat or pulse of energy running through all meridians within the etheric body.

This herb will assist one in aligning one's pulse and energy flow with the divine timing of Earth.

Momordica Charantia

In Chinese Medicine, this herb is used to treat inflammation, cold sores, hot flashes, delayed menstruation, and asthma. From the Herb Kingdom's point of view, this herb assists in opening the meridians to the bronchioles of the lungs.

This herb will also assist in regulating the in-breath and out-breath to assist in the process. As one breathes in and out deeply, one also resets the field into *present time*. Many initiates are prone to living in the past or future, or have the field split in time. As one breathes in deeply, all chakras align in the middle of the form allowing for present time to be experienced. In essence, this herb assists initiates in learning to live in the NOW.

Morindae/Ba Ji Tian

In Chinese Medicine, this herb tonifies the kidneys and fortifies the yang energy. Traditionally used for impotence, male or female infertility, premature ejaculation, frigidity in women, and irregular menstruation.

Also said to be good for strengthening the sinews and bones. From the Herb Kingdom's perspective, this herb assists in the divine union movement of energy that grounds soul into the form and allows the form to connect to the consciousness of Earth in an ongoing movement of energy.

Ascension requires the presence of soul and the angels to manage the field. Without soul, ascending initiates will become very ill, as there will be nothing conscious present to manage

the field, spin the chakras or reweave one's grid work. Therefore, learning to anchor soul is a pre-requisite to ascension.

Humans have learned to live in a soulless state of being. There is karma for why this is so, and this herb will assist in releasing the karma and trauma for how one's ancestry separated from soul and separated from Earth and the nature kingdoms over time.

As soul is anchored, then there is enough energy to continue to ascend, and feel good upon the physical plane. Many who fail to anchor soul in the early ascent to 800 segments or less may suffer from *chronic fatigue*.

The chronic fatigue is due to a lack of soul to support the enlarged ascending field. Learn to anchor soul and sit in divine union and the fatigue will cease to be one's life experience.

Divine union allows for the experience of feeling loved from within by one's Soul, Oversoul and Source along with Earth and Nature. Feeling loved from within is a joyous experience and one of the gifts of ascension. The sexual energy

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The sexual energy is the conduit through which divine union occurs, and this herb fortifies the sexual flow to become strong enough to sustain a state of union between body, soul, and Earth.

Polygonati/Huang Jing

In Chinese Medicine this herb tonifies the spleen and moistens the lungs. Known as a *food of the immortals* by Taoist adepts, is said to build bones and sinews and retard aging. This herb opens all meridians to the regeneration chakra system that surrounds the crystalline etheric body.

The regeneration system is a series of chakras that rotate around the etheric body; as the chakras rotate, chi is pulled from the core of the Kundalini and Kundalini side channels outwards along the meridians and grid work of the etheric body.

This assures that all cells of the body receive enough chi to sustain life and to continue to regenerate. It is the regeneration system that assists ascending initiates in moving out of time and ceasing to age.

For those who are older, ascension does bring forth a regeneration and rejuvenation of the form. One may roll back the clock, and in time appear ten or twenty years younger than before ascension began.

For this to be accomplished, one must have a proper regeneration energy system and sustain such a system with enough chi through the system. This herb will therefore assist in the regeneration and rejuvenation process in ascension.

Rehmannia

In Chinese Medicine, this herb clears heat and cools the blood. Also nourishes the blood and the yin and generates fluids.

This herb assists with the regulation of fire within the energy field and etheric body. If there is too much fire, water will be called in to cool down the region; if there is too little fire, more fire will be pressed into the region.

This herb assists in making sure that all meridians and grid work of the form receive adequate fire to sustain life; and that all parts of the field retain adequate fire to allow for adequate rotation of the chakras and subtle bodies along with the greater auric field.

Often there is fear of the fire element due to ancestral memories of nuclear annihilation or combustion in false ascension.

This herb will assist in releasing the pain and trauma from such memories so that one may make peace with the element of fire enough to ascend into the regenerative crystalline blueprint.

Scutellariae, Radix

Scutellariae, Radix belongs to the group of herbs categorized as heat clearing and dry dampness herbs. Can be used for symptoms of high fever, irritability, thirst, and cough with thick yellow phlegm. Considered a major herb for damp heat in the stomach or intestines, which may manifest as diarrhea or inflammation of the intestines.

This herb balances the water element throughout the field. Where there is inadequate water, water is added; where there is too much water, the element of water is withdrawn for greater balance.

If one is prone to bloating or toxemia in ascension, this herb will assist in balancing the water element so that one may heal. Those prone to retention of water are also often resistant to change or releasing attachment unto others.

This herb will assist initiates in releasing their attachments to those who one is complete with the karma in the dance of life.

Those who have no water element will learn to embrace water so that there may be adequate lubrication of the field and form. Sometimes there is karma and present or past life ancestral trauma that causes one to fear water.

Perhaps one's ancestry drowned, and many have remembrance of the great flood in which close to 8 billion red nations peoples drowned.

This herb will assist in releasing the pain and trauma recorded in one's field so that one may make peace with the element of water.

Those who lack water element may also be very thin; embracing adequate water element will allow the crystalline blueprint to take hold and develop fully into the physical expansion.

Tremellae/White Fungus (White Wood Ear- Silver Ear)

In Chinese Medicine, this herb nourishes the yin of the stomach, lungs, and kidneys. Can be used for recovery from a long illness.

This herb assists in opening all meridians to the kidney, liver and spleen and pancreas, along with all meridians to new organs and glands that filter the blood and gather photonic energy that are a part of the crystalline structure.

This herb will support the ascending field in the proper development and maintenance of the pelvic lotus.

Herbs and Language of Light

100. Creative Self Expression Nature: Active. The Symbols External, Breath of Life and Passion
1. Lungs and Diaphragm Suggested Herbs: Feverfew, Comfrey, Bloodroot, Oregon Grape Root, Passionflower, Shepherd's Purse

The above herbs will assist in clearing the lungs of phlegm and toxic mucous from ascension. Many colds or chest conditions are really toxins leaving the bronchioles or chest via the lungs. Ascension also requires learning *Conscious Breath*.

101. Collaborative Dream Nature: Passive :The Symbols Dream, Community and Function 2. Regeneration System (Thymus and Regeneration Glands) Suggested Herbs: Evening Primrose, Bloodroot, Osha, Vitex, Saw Palmetto, Corydalis, Datura, Alum Root, Ginseng, Reishi Mushroom

104. Collaborative Unity Nature: Passive: The Symbols Honor, Unity, and Integrity 3. Blood, Heart, Circulatory System and Lymph System Suggested Herbs: Burdock, Red Clover, Dandelion, Nettle, Sorrel, Hops (Beer) Other Treatments: Gin and Tequila, Chelation. Many of the above herbs are good blood cleansers providing substances that will attach unto toxins

and carry them to the waste management systems of the biology, and in particular Red Clover, Burdock, Sorrel, Dandelion, and Nettle.

105. Collaborative Governance Nature: Integrative: The Symbols Non-Conditional Governance, Stealth and Communication 4. Pituitary and Pineal Glands, Mastering Ascending Thoughtform Suggested Herbs: Lady's Mantle, Evening Primrose, Mother's Wort, St. John's Wort, Datura, Horse Chestnut, Sorrel

The Pituitary Gland buds in ascension to produce over 1,000 biochemical substances necessary not only to ascension of the body, but for the perception of a unity way of existence that rises above the thoughtform of light and dark, good, and evil, right, and wrong. It is in the alteration of the nervous system through a new biochemistry that is stimulated and supported by the Pituitary Gland that another way of being which is gentle, loving, forgiving and desires to collaborate and unite with others comes forth in the human species.

The Pineal Gland develops to receive light through the eyes and convert the light into Language of Light or Language of ONE frequencies that are then administered through the nervous system to each organ, gland, and system as well as the molecular structure of the entire body.

113. Unity of All Species Nature: Active. The Symbols of Underwater Worlds, Unity, and Land-Based Worlds 5. Waste Management Systems (Intestines, Kidneys, and Bladder) Suggested Herbs: Chamomile, Lobelia, Angelica, Chickweed, Uva Ursi, Blue Cohosh, Cascara Sagrada, Senna, Flax, Aloe Vera.

114. Truth of All Species Nature: Passive

The Symbols of Underwater Worlds, Truth, and Land-Based Worlds 6. Immune System and Spleen Suggested Herbs: Echinacea, Astragalus, Golden Seal, Chaparral, Yarrow, Corydalis, Pau d'Arco, Reishi Mushroom. The Crystalline Immune System develops 18 types of white blood cells that are useful to the gathering up and dissolution of viruses, bacteria, toxins, and other debris that is released in the act of ascension. The new white blood cells are manufactured in the spleen along with the other components of the blood that the spleen also regulates, filters, and manufactures. The above herbs will assist in the integration of the new immune system blueprint into the Spleen; and in particular Corydalis, Echinacea and Astragalus.

115. Honor of All Species Nature: Integrative: The Symbols of Underwater Worlds, Honor and Land-Based Worlds 7. Muscles, Fat, Skin and Hair Suggested Herbs: Angelica, Comfrey, Ginger, Nettle, Osha, Black Cohosh, Flax, Horsetail, Milk Thistle Other Treatments: Aloe Vera, Oil of Avocado, Jojoba or Apricot Seed, White or Green Clay. Baths and Mud Baths, Salt Scrubs, Sun Baths, Hot Oil Treatments for Hair Conditioning

116. Divine Union of All Species Nature: Completion: The Symbols Divine Union, God/Goddess All That Is and Fluidity 8. Nervous System, Brain, and Spine Suggested Herbs: Skullcap, Oregon Grape Root, Passionflower, Valerian Root, Wild Yam, St. John's Wort The nervous system goes through many modifications in ascension that lead to another biochemistry altogether. The new biochemistry makes room for the brain to fire in a new sequence of thoughts or algorithms that lead to unity-based consciousness. The unity-based consciousness then translates into a human that perceives the world from a new vantage point that honors, loves, accepts and is at peace.

The ascension of the nervous system and brain is therefore as important as the development of the pituitary gland to the awakening unto unity-based consciousness. The above herbs Skullcap, Oregon Grape Root, and Passionflower will assist in the anchoring of a new blueprint for unity-based biochemistry within the nervous system.

117. Evolutionary Plan of All Species Nature: Active. The Symbols Dream, Purpose, and Communication 9. Bones and Ligaments (Bone Marrow and Teeth) Suggested Herbs: Hops, Comfrey, Yarrow, Devils Claw, Lady's Slipper, Shepherd's Purse, Horsetail Other Treatments: Brushing with Salt, Rinsing with Essential Oils of Lavender, Eucalyptus, Tea Tree, Lemon, and Rosemary.

Making a small bottle of 4 ounces of water with 10 drops each of lavender, eucalyptus, tea tree, lemon oil and rosemary and rinsing once to twice per day will also assist in destroying problematic bacteria that leads to cavities.

118. Divine Timing of All Species Nature: Passive

The Symbols Breath of Life, Function and Balance 10. Metabolism (Thyroid, Pancreas, Liver and Adrenals) Suggested Herbs: Milk Thistle, Ginger, Wild Yam, Black Cohosh, Dandelion, Horsetail, Sorrel, Lady's Mantle, Oregon Grape Root. The Thyroid goes through many changes in ascension including the development of five types of hormones that allows for a metabolic rate that ranges from resting or asleep, consciously dreaming or meditating, awake but not moving, awake and moving to exercising vigorously. Each level of activity requires a different metabolic rate, and this is the gift of crystalline metabolism.

119. Divine Dance of All Species Nature: Integrative. The Symbols Stealth, Structure and Dance of Life 11. Digestive System (Mouth, Esophagus, Stomach, Gall Bladder) Suggested Herbs: Ginger, Chamomile, Lobelia, Comfrey, Poke Root Other Treatments: De-Parasite Programs, Complete Meals for Ascension.

The Digestive System in ascension includes the digestion of one's food and the enzymes produced in order to do so. Crystalline digestive enzymes are more complex as they are released in the stomach and will break down many food substances that were problematic to the pre-crystalline system.

128. Co-Creation Nature: Passive. The Symbols Communion, Creativity and God/Goddess All That Is 12. Reproductive System Suggested Herbs: Black Cohosh, Blue Cohosh, Cramp Bark, Ginger, Vitex, Saw Palmetto, Shepherd's Purse, Wild Yam, Ginseng.

ANA, ASUR'

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