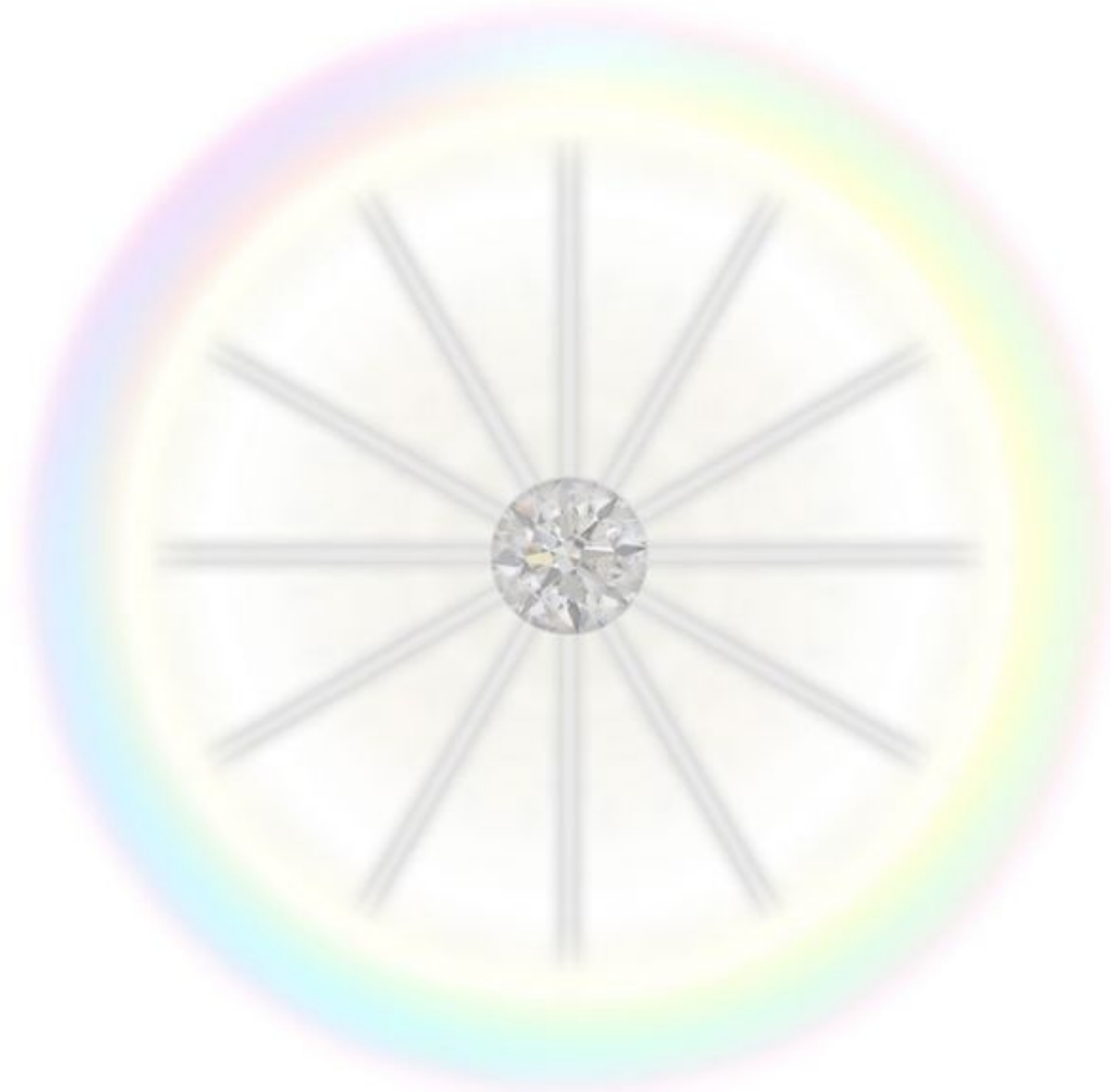


ENERGETIC UPLEVEL - Week 2

Diamond Sun DNA
12 Strand



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Over the coming weeks we are going to explore what can be called 'Triads of Consciousness'

This week we look deeper into the first 3 chakras and the 'personality triad'

I also want to share that we are using the base 12 math, which is a code that represents the natural order and forms an architecture that opens a direct connection with the God field.

The base 12 is a Christos Blueprint for ascension and attaining Christ Consciousness. 12 represents:

12 chakras,
12 strands of DNA,
12-sided sacred geometry, the dodecagon
12 Virtues or Spirits of Christ
12 Dimensions
12 Sphere Tree of Life Blueprint
12 planetary stargates
12 Essene tribes
and more

Also, understanding that there are many more levels and dimensions of consciousness above the 12,

12 Strand Diamond Sun DNA

DNA is deoxyribonucleic acid and is composed of nucleic acid, alongside proteins and carbohydrates. It is also called a silicate matrix, which, when in ordered form, creates a crystalline lattice in the shape of a tetrahedron, a 4-sided triangular shape or pyramid shape.

Every human is on the path of personal evolution (and this is a choice), and our bodies are becoming less carbon-based and more crystalline.

So essentially, our DNA is a miniaturised crystalline frequency of electromagnetic light energy.

Before falls of consciousness, and at certain times of our galactic history, when there was a splicing and mutation of the DNA, all humanity had the gift of direct consciousness memory of our true history and origins throughout time, including our galactic history and was connected to the Eternal One God source. The DNA was spliced and unplugged, and our higher functioning DNA was lost, which is why we are told that most of our DNA is junk DNA and is not active and has no potential, and we only have 2 active strands of the double helix.

At this current time of what is called the ascension process, or the awakening, And as we consciously choose to embody more light, our higher strands of DNA will turn on and come online. This is also connected to the activation of our HSP's and awakening our inner gnosis, and our ability to connect with higher-dimensional frequencies. When we have been able to activate all 12 strands, allow us to attain the embodiment of Christ Consciousness.

In order for this to happen, we must all go through our own inner healing journeys to release old patterns, traumas, emotional wounds, fears and anything that is keeping you from moving forward. This can be old wounds from this lifetime, past lifetimes, patterns connected to our ancestral bloodline.

Again this is a choice, everyone has free will and some people will choose to stay in the old familiar negative patterns. It takes strength and courage to look into the shadow parts of ourselves, what's happened through our bloodline and even galactic war memories.

However, if we do choose to use this time of ascension, the path is greatly accelerated and negative timelines will fall completely away. There is a lot of solar activations and codes coming into the planet that is here to assist this process. You may be feeling it, a call to awaken and remember your soul calling. Something is stirring in the depths of your soul. As well our guardian families are closer than ever to help.

So the invitation is to actively choose to uplevel, to let go of all that no longer serves you and embody more of your higher God selves, your multidimensional selves, your future selves, more light frequency from the higher dimensions and strengthen our connection to Source. This will allow higher strands of your 12 strand DNA to activate.

We can consciously work with our DNA; we can communicate with our DNA, we can do certain activations and decrees to slowly bring more online, aligned to each of our personal journeys and as God would have it be.

Meaning at the exact and perfect moment for each of us.

Chakras 1, 2 & 3 and DNA strands 1, 2 & 3

Our 1st, 2nd and 3rd Chakras are how we express ourselves within this 3D time matrix/ 3D Earth and are connected to our 1st, 2nd and 3rd strands of DNA. It is Our personality matrix or personality triad. The unconscious mind, the instinctual mind, and the conscious mind.

1st Chakra the Root Chakra

Colour red, red crystal seed, base of the spine, 1st DNA strand, our spiritual foundation which is the base foundation of our light body and our personal tree of life architecture. It radiates energy downwards.

Main attributes: balanced, grounding, finding base security and safety, safety in all aspects of life, feeling safe in the body, feeling safe on the earth, stability in life. It is the seat of the unconscious lower ego mind, the part of us that reacts or responds as an autonomic process without awareness.

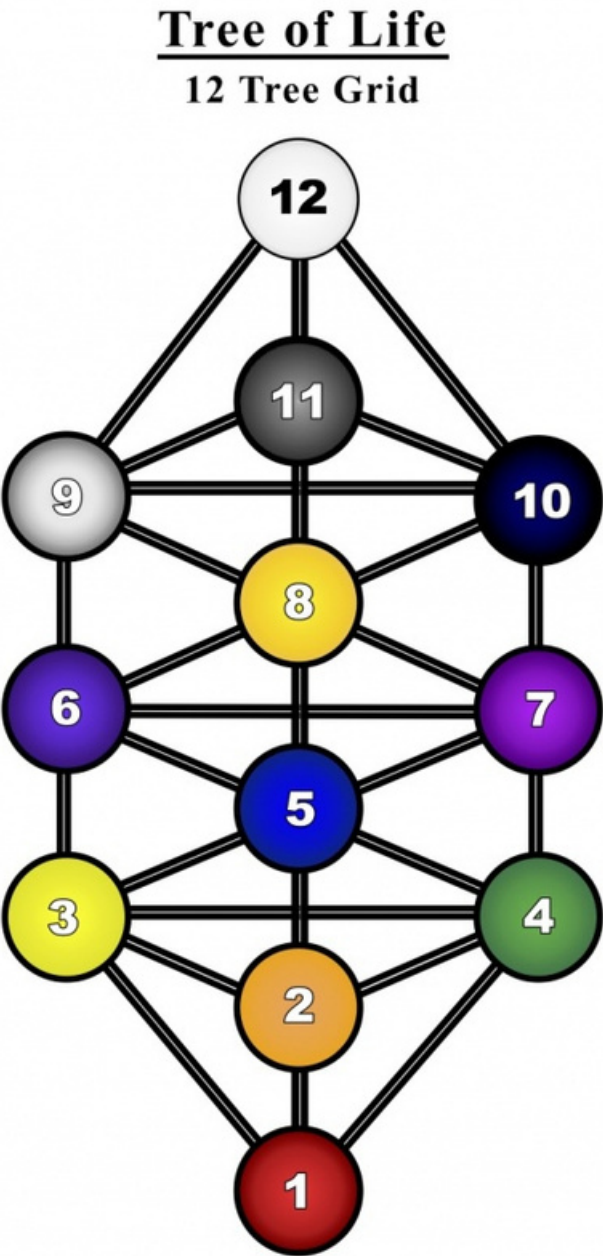
All good and traumatic memories are stored in the cellular memory of our unconscious. It's like a hard drive that contains all of our lifestreams from past, present, and future lives.

The unconscious reactions we sometimes have due to unhealed trauma, abuse, devastation, and shock. It also governs our physical body autonomic functions ie, things that we don't normally think about, like breathing, heartbeat, digestion, etc.

Due to falls in consciousness, when our DNA was spliced and our memory erased, some of us may sense painful memories but not know where they come from, and some of us are actively working to clear and heal from past traumas.

To balance our root chakra, we must make every effort we can to find true inner safety, security, and stability, one that is not based on outer circumstances, one that inner sourced.

<u>Sphere/Color Octave</u>		<u>Dimension</u>	<u>Chakras</u>
CHAKRA 1		D-1	Base
CHAKRA 2		D-2	Sacral
CHAKRA 3		D-3	Solar Plexus
CHAKRA 4		D-4	Heart
CHAKRA 5		D-5	Throat
CHAKRA 6		D-6	Third Eye
CHAKRA 7		D-7	Crown
CHAKRA 8		D-8	High Heart (Thymus)
CHAKRS 9		D-9	Mouth Of God (Medulla Oblongatta)
CHAKRA 10		D-10	Soul Star/ Solar Star 10" above crown
CHAKRA 11		D-11	Galactic 18" above crown
CHAKRA 12		D-12	Earth Star 12D 6" below feet
CHAKRA 13		D-13	Universal Mother (Earth Core) 12" below feet
CHAKRA 14		D-14	Golden Ray Sun of Christos/Sophia 3ft above head
CHAKRA 15		D-15	Universal Father



We look at the places where our personal sense of security and safety feel ungrounded or we rely on outside influences. Do we have feelings of scarcity or poverty consciousness, and survival fears? Are we dissociated, or do we feel disconnected from the material world or even entitled?

These are key points we can identify to go deeper into with our inner healing.

We aim to transmute and inner heal these fear thoughtforms, consciously choosing to feel safe in the body and in this 3D world, embodying gratitude and abundance, and feeling your connection with Spirit and the 3D world developing a true connection and deep trust and harmony with God/Source/Holy Mother/Holy Father.

Working through the virtue of generosity.

2nd Chakra the Sacral Chakra

Color orange, orange crystal seed, located 2 inches below the naval. Connected to the reproductive organs, kidneys, and bladder. Also called the pain body or 'instinctual mind', connected to our sense of wellbeing.

Main attributes: creativity in all forms, healthy feminine empowerment, sexuality, abundance, our passions & our purpose. Our relationships with others and our inner child. The sacral is strongly connected with the throat chakra. The sacral is where much sexual trauma and emotional trauma is stored from past, present, and future lifetimes. Feelings of unworthiness, betrayal, abandonment, shame, guilt, self-doubt and lack of trust, anger & rage.

Trauma, when left unhealed, can result in soul fragmentation, split and dissociative personalities that can also attract attachments from the astral. Unhealed pain will further create walls of separation.

This is often the more challenging areas for most people to overcome, due to the nature of this 3D world and the enslavement agendas that have been imposed upon the human race, through the addiction programs, sexual misery, power, and greed. Love and self-care are very important when moving through blockages in this chakra. How can we bring more love, compassion, and forgiveness to ourselves?

Healing any past relationship traumas by going deeply into the womb area (for women) and consciously bringing crystalline light into all areas within the womb and reproductive organs for clearing and recalibrating, letting go and releasing all trauma that you can identify and any unknown trauma.

Working through the virtue of forgiveness.

3rd Chakra the Solar Plexus Chakra

Colour yellow, Yellow crystal key, 3rd DNA strand.

Main attributes: our 3D identity and how we express ourselves in the world, power, control, freedom to be oneself, and individual expression our personality, self confidence.

The conscious ego mind, our linear thought process and reasoning.

Connected to the digestive organs, the stomach, pancreas, gallbladder, and liver. How we convert the food and nutrients we digest into energy for the body.

So we can understand that digestive issues can be due to imbalances in the solar plexus.

Also, where we carry hostility and anger and is where repressed emotions are stored and cleared.

The 3rd chakra is impacted by the 1st and 2nd - the unconscious mind and the instinctual mind, and how much we have been able to move through and transform the lower ego mind matrices and unhealed trauma.

If someone is in a lot of pain (emotional) the stronger the walls of separation become.
A lot of times these walls are created as protective and coping strategies to deal with the 3D world.

To help move through the imbalances, we pay attention to our thoughts of judgments of people and ourselves and situations, envy, jealousy, greed, rage, self-importance, all negative ego thoughts.

Where are these sourcing from, are they my thoughts? Are they sourcing from a wounded aspect of my inner child? We heal from destructive patterns through inner healing work and become stronger in your own gnosis and spiritual truth of who you are and your inner Christ.

We learn to cultivate self confidence. It is the area from where we move into the higher chakras and higher states of emotion as we move upward along the chakra column.

Working through the virtue of integrity.



Spirits and Virtues of Christ, Embodying Virtues in Everyday Life

The Spirits of Christ are virtues we consciously choose to embody as part of our daily life. Virtues are qualities or traits that are considered to be morally good, spiritually beneficial, and reflective of a person's highest self.

They are the foundational principles that guide ethical behavior, nourish the soul, and align us with our higher selves, divine truth and the higher consciousness of God.

These are not just ideas or ideals or words, but actual energetic qualities—frequencies of Christ Consciousness—higher consciousness that we live and breathe through our thoughts, our choices, our actions, our relationships, and our service.

These are essential qualities for aligning our soul mission and divine work with the highest intention for good and the highest timeline, for ourselves and will ripple out to our positively effect family and friends, our clients, the planet, and for those whom we are here to support, inspire, and guide.

When we live in this way—when we truly embody the Spirits of Christ—we begin to activate our unique soul blueprint. Our unique spiritual gifts come online, our higher sensory perception opens, and our field becomes more crystalline and more coherent. This is also how we attract divine connections with higher benevolent beings of Love and Truth. It's one of the safest, clearest ways to ensure we're attuning to the highest frequencies of God/Source.

Through this embodiment, our spiritual immune system becomes fortified. Our inner “House” becomes strong, and imposter energies can't easily infiltrate. It's a real frequency of protection—and the more we align with it, the stronger that protection becomes and our inner Templar is strengthened and radiates with higher frequencies of light.

Where our energy and attention go, form follows—and that energy begins to build in our field.

As this happens, we naturally return to a state of deeper peace, inner balance, self-love, and true happiness. We become more connected to our selves, our higher selves and God. Our actions become guided by a deeper inner clarity—not rules imposed from outside, but truth felt from within.

When we encounter challenging situations or just simply life circumstances, the guiding question becomes simple: “How does my Higher Self want to respond in this moment?” “What would The Christ do?” “What’s my responsibility right now, to stay in integrity with life and stay true to my heart?” Living this way becomes a compass and a safeguard. It protects you. This essential foundation is often missing in many spiritual teachings. True spiritual maturity, real leadership on this path can be measured by how we embody the guiding virtues of the Spirits of Christ moment by moment, choice by choice.

It’s not about perfection. It’s about devotion to showing up and doing our best.

We intend to build and strengthen the virtues of:

- | | |
|----------------|---------------|
| 1. Generosity | 7. Humility |
| 2. Forgiveness | 8. Devotion |
| 3. Integrity | 9. Discipline |
| 4. Love | 10. Purity |
| 5. Kindness | 11. Patience |
| 6. Compassion | 12. Gratitude |

Dissolving and transmuting the negative houses of ego will clear dissonant forces from gaining control over our mind, body and spirit. A lot of times these are reinforced through imposter spirits, mind control, possession, parasites and other forms of suppression into distortion and deception. The idea and intention is to notice anywhere these negative sensations, thoughts, feelings etc arise so we can look deeper into what has triggered certain emotions and do the inner work/shadow work to clear them.

Virtue of Generosity

Generosity of love and kindness and goodness towards others, without attachment to an outcome or receiving anything in return. Having a generous spirit towards others will uplift them and create a ripple effect to spread love and goodwill in the world. Being generous towards yourself. The spirit of generosity is the antidote for avarice and greed.

Allow the spirit of generosity to fill your heart with joy.

Virtue of forgiveness

Forgiveness of another person or circumstance is the most generous thing you can do for yourself. It will free you from any entanglement and cords to another person or situation caused by trauma and is freeing for our consciousness.

When we hold onto resentment and anger, we stay connected to the traumatic experience. It's not to say that through forgiveness of something we accept that type of behaviour, or allow abuse or harmful energies directed towards us or another.

For example, sociopaths do not feel remorse or have respect for healthy boundaries. We can choose to implement healthy boundaries, and we can still forgive people, as we can see the larger picture at play. People who inflict harm of any kind are in their own personal darkness, and with negative forces attached to them that amplify negative emotions.

Call in the Spirit of forgiveness to your body, mind, emotions and spirit to override any feelings that may be present of anger, resentment for where there has been any kind of traumatic experience inflicted upon you or your loved ones.

Finding forgiveness for an act of abuse of any kind does not mean you condone the behaviour, you choose to strengthen your boundaries and are fortifying your spiritual sovereignty and houses of Christ when you can find true forgiveness.



Virtue of Integrity

Integrity with all of our words, thoughts, actions, and deeds. Being truthful and honest with yourself and others.

Say what you mean and mean what you say with kindness and when you do communicate reflect on the intention of the words you choose as being honest, truthful and trustworthy.

Building your personal integrity aligned with your personal value system

We can choose to look at ways as a self-inquiry, where we can strengthen our commitment to personal integrity and strong moral character.

When we can do this, we are firmly centered in purpose and directed in life by our own core self, our higher self.

If we betray our integrity, if we break a trust, or compromise our personal values, we open ourselves up to potential dark force or lower energy manipulation.

It is important that we build and maintain our core personal integrity, which requires self-awareness, taking self-ownership, and commitment to the practical application of embodying integrity.

This is the foundation for connecting to our highest spiritual attributes, the Inner Christ, which develops our innate Divine qualities.

Based on what you know is true for you, I invite you to consider some personal inquiries on this spirit of integrity:

1. Where can we notice in our behavior certain areas that we can work on ie, where are you or have you allowed others to make decisions for you that have compromised your integrity?
2. Observe anywhere you may have made choices out of your core integrity and determine the underlying reasons. Ie, fear, persecution, rejection etc
3. Commit to creating authentic relationships built on truth, trust, and honesty.
4. Identify any behaviours where you can become more trustworthy and honest.
5. Be willing to take self-ownership and accountability for your actions. If you've made a mistake, broken a promise, have the courage to apologise and admit any mistakes.
6. Take an honest self-assessment on your progress and commitment to personal integrity, allowing for refinement in the process.
7. Align with others you see as inspiring examples with similar goals and personal values of trustworthiness and honesty to support you.

