

**Health Upgrade Meditation**

**Before installing: quiet the body through meditative exercises to bring the mind to a relaxed and neutral state.**

**To start installing, state the following:**

**I state as my intention the installation of the "Improved Health Upgrade" in all my parallel lives, when appropriate. Install the program by invoking each paragraph out loud.**

**To run the program after its installation, call upon your GOD-Self Spiritual Council to automatically check and optimize each requested correction.**

**Beloved God, Please Upgrade:**

1. Upgrade my general vitality - all life force energies within all simultaneous dimensions
2. Increase the immunity of my Now Self -and improve my ability to resist infectious agents.
3. Eliminate all microbial infections throughout my body.
4. Eliminate all poisons, toxins, heavy metals, and drugs from my physical body.
5. Remove and/or transmute all negative imprints and implants in all my bodies at an appropriate pace that is most beneficial for my health and development and replace them with beneficial imprints, implants or life force energy.
6. Increase the harmony and communication efficiency of all my body parts with each other and give my gratitude to all my body parts.
7. Upgrade the degrees of synchronicity in my daily activities –fully in the Now state of mind.
8. Upgrade the grid connection to Source -to God's vital life force required for my health
9. Upgrade my elemental bodies to re-encrypt to the Aurora Elementals.
10. Upgrade the energy flow through my meridians, chakras, and vertical channel hara line.
11. Upgrade the degree to which all my energy bodies are presently functional and efficient
12. Upgrade the efficiency of my Endocrine system's ability to produce hormones
13. Upgrade the degree to which all energy leaks are absent, closed, or sealed in my energy bodies.
14. Optimize the level of Oxygen within all my body parts
15. Optimize the level of Hydrogen within all my body parts.
16. Optimize the level of Hydration (water) within all my body parts.
17. Increase the degree to which my addictions are removed and controlled.
18. Optimize the mineral composition of all my body systems, organs, and glands.
19. Upgrade the cell salt balance in all my body parts and the electrolytic efficiency in my cells.
20. Optimize the electrolytic balance and increase the electrical efficiency of all my metabolic reactions.
21. Upgrade my metabolic assimilation - release and use of energy from consumed foods
22. Upgrade the conductive efficiency of beneficial chemical elements and compounds that transfer into my blood.
23. Increase the efficiency of my body cellular computer and the current utilization of the bio- computer.
24. Increase my level of Ancestral mind - accumulated knowledge available for my earthly related mission.
25. Eliminate inherited or self - induced genetic deficiencies within all my body systems.
26. Upgrade the removal of genetic codes for producing toxic poisonous compounds within my body.

27. Upgrade my emotional stability -within all incarnations, dimensions, and realms.
28. Increase my capability to outwardly extend love, compassion, and patience to all of creation.
29. Increase the light flow quotient through all component parts of my bodies.
30. Improve my wellbeing - wellness state- good health - ecstatic feelings
31. Increase the degree in which free radical oxidative damage has been transmuted in my bodies.
32. Increase the functional deficiency of all oscillating biological blood filters in my bodies.
33. Improve my spiritual status - connection to Spirit and level of Unity consciousness.
34. Increase the functional efficiency of my Medulla Oblongata and Corpus Callosum and the light flow quotient through my bodies.
35. Increase the functional efficiency of all my body organs and glands.
36. Upgrade the energy level of the new matrix for brain structural anatomical rejuvenation on my bodies.
37. Upgrade the functional efficiency of my autonomic nervous system- involuntary actions
38. Upgrade the functioning efficiency of my central and peripheral nervous system
39. Improve the structural completeness and functional efficiency of my body's hologram-Embryo and Etheric bodies.
40. Upgrade the efficiency of the Spiritual Umbilical cord's connection to my bodies.
41. Optimize the degree to which all my brain strings (cords) are connected and transfer energy to all my body parts.
42. Optimize the connection completeness of all my body systems to the Soul level.
43. Optimize the connection completeness of all my body systems to the Monad level.
44. Upgrade the functional efficiency of all my existing genetic codes on body functions.
45. Improve the sensing ability of my Third Eye, Pineal, Pituitary and Hypothalamus
46. Increase the efficiency of all Spiritual Tunnels and Spiritual Clusters present in my bodies
47. Add the appropriate number of DNA/RNA Codons to my bodies.
48. Install and improve the functioning of all 12 double helix layers of DNA in my body.
49. Improve the operational efficiency of the spinning Mer-ka-ba Energy light body for protection and energy balance of my bodies.
50. Remove the metabolic death phase - and reverse physical termination in my bodies.
51. Remove all discordant programs from my bodies.
52. Replace the ego with heart guided thought forms.
53. Increase the level of Holy Spirit synchronization with all my other energy bodies & systems.
54. Activate, synchronize, and align all of my Spiritual Energy bodies.

**ANCHOR LOCK AND SEAL THROUGH MY ONE-SELF GOD-SELF.****And So It IS Beloveds! Thank you!**