

# ATTUNE TO DIVINITY

ENERGY ACTIVATIONS FOR  
HEALTH AND ENLIGHTENMENT

MARIAH WINDSONG COUTURE, DD, RGMT

outskirtspress  
DENVER, COLORADO

The opinions expressed in this manuscript are solely the opinions of the author and do not represent the opinions or thoughts of the publisher. The author has represented and warranted full ownership and/or legal right to publish all the materials in this book.

Attune to Divinity  
Energy Activations for Health and Enlightenment  
All Rights Reserved.  
Copyright © 2012 Mariah Windsong Couture, DD, RGMT  
v3.0 r1.0

Cover Photo © 2012 Dreamstime.com LLC. All rights reserved - used with permission.

This energy systems and attunements in this book are not meant to replace any professional medical or legal advice. Mariah Windsong Couture is not engaged in rendering medical service or diagnosis of any kind. By reading or listening to others read this book, you acknowledge that any reliance on or results of such opinions, statements, attunements energy or energy streams or systems and all information shall be at your sole risk.

This book may not be reproduced, transmitted, or stored in whole or in part by any means, including graphic, electronic, or mechanical without the express written consent of the publisher except in the case of brief quotations embodied in critical articles and reviews.

Outskirts Press, Inc.  
<http://www.outskirtspress.com>

ISBN: 978-1-4327-9009-7

Outskirts Press and the “OP” logo are trademarks belonging to Outskirts Press, Inc.

PRINTED IN THE UNITED STATES OF AMERICA

Thank you to all of my spiritual energy teachers and Reiki Masters who taught me energy systems over the years. Your boundless patience has been much appreciated. Thanks to those of you who volunteered their time and expertise to edit various portions of this textbook and those of you who supported me in other ways. Thanks to family and friends who have been patient and given up time we normally would have spent together, in order for me to co-create these energy systems, write their manuals and then compile this textbook.

These energies require reverence and I had to provide some level of sacrifice, in order to be granted access to them. The ability to channel and anchor energy systems, making them available to others by way of attunements has a rather large price for me to pay. Much time in petition and the refusal to witness violent entertainment was required before access to energy systems was provided to me.

It is that my natural state of being has become so sensitized to “going” energetically wherever my thoughts shall be, that my consciousness naturally travels there. This is certainly not a called-for state of being if a person is around the sounds of traffic, radio, or crowds of people who are galaxies of emotions unto themselves! I do know how to shield myself and most certainly do when I go to a grocery store. Yet, it is not particularly enjoyable for long periods of time.

The price is that I’m so very sensitive to the nuances of energy vibrations that I can only be around people and electrical technologies for very short lengths of time. I am happy to pay this price, for I enjoy Divinity (Eternal Sacred Source) so very much. I love the fact that I can dwell within the energies of spirit and make them available to each of you. ~Mariah Windsong



# Contents

## CHAPTER 1

Inner Truth Reiki	1
Thymus Heart Activation with Immunity Improvement	7
Pearlized Silver Seichim	13
Lavandula Officinalis	19
Sovereignty Empowerment	22

## CHAPTER 2

Arch Angel Michael Alignment	29
Dream Scenario Clearance	44
Media Influence Flush	49
Inter-dimensional Medical Team	53
Highest Divine Sacred Locations	56
Bride and Bridegroom Shakti	59

## CHAPTER 3

Loyalty Empowerment	62
Soul Care	67
Lunar Balance	80
Intelligence Awakening	83
Fluorite Cluster Empowerment	89
Curtains of Aurora	91
Barberry Deva	97

## CHAPTER 4

Bio Life	104
Bio Life Sphere	107
Bio Life Fuel	113
Bio Life Kundalini	116
Leyline Bio Life Symmetry	119
Pure Perpetual Potency	122

Herkimer Diamond Shakti	128
Tachyon Mirror Body Deflector	131
<b>CHAPTER 5</b>	
Eternally Exalted Sexuality	137
Sexual Imprint Flush	149
Angelic Erelim Empowerment	154
Agrimony Shakti	158
<b>CHAPTER 6</b>	
Gratitude Wave	174
Hand Care	175
Foot Care	178
Wing Care	182
Pelvic Basket Shakti Set	183
Angelic Ishim	189
Kundalini Awakening	198
<b>CHAPTER 7</b>	
Punishment Flush	213
Resentment Flush	222
Blood Care	225
Connective Tissue Service	234
Bone Care	237
Aleph Empowerment	241
<b>CHAPTER 8</b>	
Disappointment Flush with Hope Empowerment	245
Written Intention Reversal	248
Triple Warmer Meridian Care	259
My Power	265
Spinal Care	271
Azure Shakti	274

Slate Shakti	280
Subconscious Healing Shakti	285
<b>CHAPTER 9</b>	
Personal Imprint Remover	291
Clairsentient Awakening	298
Subtle Body Care	319
Silicate Crystal Care	327
Tooth Care	332
<b>CHAPTER 10</b>	
Financial Fear Flush	338
Purchase Attraction Rays	342
Opulent Living Empowerment	346
Divine Provision Reiki	352
Appreciation Rays	367
Credit and Currency Empowerment	372
Toning Vibration	382
15 Permutations of YHVH Mantra Empowerment	387
<b>CHAPTER 11</b>	
Sphagnum Moss Empowerment	390
Advanced Allergy Protection	391
Tourmaline Spectrum Ray	394
Calla Lily Deva	396
Lung Care	398
Self-Knowledge Rays energy system and Self-Acceptance Rays.	403
Parental Pattern Flush	410
Vocal Cord Care	416
<b>CHAPTER 12</b>	
Social Outcast Reversal	424
Nerve Care	434

Moxibustion Therapy	436
Proper Perspective Empowerment	439
My Way Home	443
My Eternal Love	457
Heart Root Chakra Synergy with Chakra Back Door Flush and Healing	468
<b>CHAPTER 13</b>	
Angelic Sealtiel Empowerment	473
Drop-In Care	477
Injustice Flush	490
Virus Inhibitor Field	493
Future Reality, Background Matrix Synergy	494
Responsive Meridian Flush	502
Orchid Empowerment	506
<b>CHAPTER 14</b>	
Full Presence	508
Depression Eclipse	513
Kidneys and Bladder Care	521
Angelic Elim Empowerment	529
<b>CHAPTER 15</b>	
Barley Green Elixir	534
Ascension Vibration	538
Ekam Consciousness Awakening	544
Angelic Ophanim	548
Illusion Buster Shakti	550
River Sleep Enhancement	560
<b>CHAPTER 16</b>	
Hormone Care	567
Vaginal Care	573
Womb Care	577



Pregnancy Care	581
My Relaxation Chamber	591
Prostate Care	595
Virility Care	602
<b>CHAPTER 17</b>	
Trauma Care	610
Sheen Obsidian Shakti	618
Light Concentration Increase Rays	623
Etheric Hands Awakening	628
Virtual Massage	631
<b>CHAPTER 18</b>	
Copper Elemental Spirit Empowerment	644
Skin Care	649
Digestive Care	654
Telepathy Gene Awakening	668
Yungang Grottoes Empowerment	679
<b>CHAPTER 19</b>	
Phase Shift Body	685
Image Impact Intensity Reducer	688
Astral Body Radiance	692
Strategic Skills Empowerment	700
My Power Mastery	702
Light Quotient Maintenance Rays	716
The Strength Movers of the Light	719
Root Chakra Realignment	727
<b>CHAPTER 20</b>	
Chromacolor Fire Body	734
Crossing Over Brigade Initiation	736
Elemental Spirit Whisperer Genetic Awakening	744

Petroglyph Key Awakening	762
Angelic Elemental Templates	766
Angelic Elemental Attunement Templates:	775
Spiritual Course Composition Initiation	779
Circuitry Resonance	801

## INTRODUCTION FOR ATTUNE TO DIVINITY

---

Attune to Divinity provides you with energy attunements which you can activate, thus receiving blessing and direct connection with divinity. Each person naturally has varying levels of affinity for feeling subtle sacred energies, the presence of the Divine. This textbook can provide over a year's worth of spiritual education and experience. Consider what you read. If it resonates, make it yours, if not, discard its assertions and look inside yourself, to discern your own truth each topic presented. After you've acquainted yourself with all of the energy systems that interest you, speaking their titles as an invocation, will forever be a fast way to gain the attention and assistance of Divinity.

My intention is to assist you to increase your connection with your Soul and Eternal Sacred Source. The best way I've found to accomplish that is to provide attunements to divine energy systems. I believe that the spark and signature of Divinity is within all of Creation. Attune to Divinity provides a formal "meet and greet" between you and those sparks of Divinity. The "meet and greet" is the attunement. This gives you the authority to activate and receive Divine energy flow from Eternal Sacred Source. Most people can feel these energies and gain a sense of communion with Divinity. Loneliness can be reduced or go away!

The energy systems in this book become more advanced as the book progresses. The last chapter is especially advanced. You will be ready for it by the time you've worked through the previous chapters. You don't have to study this book's energy systems in consecutive order. Read about an energy system that interests you. If you want to strongly call on Divinity to deliver the assistance to you for the topic I've described, say the affirmations therein with intention to receive those energies. I refer to Divinity (Source and Creator) as 'Eternal Sacred Source'. This denotes its alignment with eternal life, 'organic' light and love.

I've sensitized myself to Divinity's various energy frequencies. I bring you the findings of my sacred seclusion in an easy to follow manual for both the advanced energy healer and those new to energy work. Now even people who don't feel called to cloister themselves away for months or years can easily and quickly access and use the depths of these sacred energy flows. You can have spiritual awareness that used to be accessible only to priests, monks, yogis, shamans, initiated mystics and others who spent years in secluded study and practice.

That which is best reached through long silence is also accessible by receipt of attunement to the same wells of healing, sustenance and enlightenment. Affirm your stand with Divinity and receive blessings from beyond this time and region of space today!

You'll be able to, with just a thought, in your daily spiritual hygiene sessions, activate these energy systems to attend to many areas of your body and being.

Reiki has become more popular in recent decades. You may want to research it if you aren't already trained in that healing modality. Reiki is considered the Great White Light of Source or Universal Energy. Seichim is called the Rainbow Light of Source because its energy frequencies encompass a wide band of the color spectrum. Both Reiki and Seichim rivers of energies are accessible to people after they've received attunements into these modalities.

Some people pass attunements in person and others over a distance. An attunement is a dose of energy of the same vibrational frequency as the energy you are being "attuned" to. It arrives to you in order to acquaint your body and being with how to access the energies anytime you want to. Eternal Sacred Source is not limited by time or space. An attunement can be sent over a distance.

Traditionally, Reiki attunements were provided in person. Recently "distance" attunements have become accepted in the Reiki community as valid. In order for a person to receive accredited certification to teach a Reiki, Seichim or other energy system, an attunement must be sent consciously by a certified teacher to a specific recipient, and you, the student must consciously "call in" or accept the Master level attunement. Each certified attunement to an energy system has a lineage. This means that the person who initially channeled the energy system and anchored it here into this reality is called the "founder".

After the founder has intentionally set forth the energy system in such a way that it can be "passed on" to others by initiation, attunement or empowerment, each teacher who has passed the energy onward to another is included in the lineage.

If the person has been certified as a Master Teacher of an energy system, and then passes the energy system onward to specific recipients, their name gets added to the lineage which they provide to their students.

Usui Reiki is the Reiki lineage that is most often accepted by hospitals as being

valid. However, in most states, Reiki is not a registered healing modality.

My Usui Shiki Ryoho Reiki lineage is as follows:

*Dr. Mikao Usui, Hyashi, Tagata, Phyllis Furimoto, Claudia Hoffmann,  
Mary Shaw, Christine Henderson, Bruce Way, Neal Lyster, John Pickering,  
Uwe Gonzalez Burgunder, Mariah Windsong Napieralski Couture*

***Attune to Divinity*** provides you with attunements that give you the right to call upon, activate and or channel the energies of each energy system in this book for yourself and others. I felt that there was a need for people to have a way to receive basic and advanced spiritual learning even when teachers aren't available. I want these energy systems to be available to people for their own personal devotion and meditation times.

With only this book, you have the ability to access all of the energy systems described in it. Simply say the affirmations provided in each energy system's manual after you've read through the complete information for that system.

I co-created with Divinity a Sphere of Light for each energy system that is held protected by Guardians of Eternal Sacred Source. It is a method that another wise Reiki Master forged, called "Eternal Moments". When you call in the energies to receive your attunement, they are delivered perfectly to you and where they came from is constantly replenished for the next person to call in.

Already people around the world sell these energy systems individually for as much or more than what you paid for this entire book. Acceptable Reiki teaching practices around the world hold that an accredited attunement must be consciously sent to an intended recipient by a certified teacher. Since I don't know who will be studying this textbook, accepting these attunements does not automatically certify anyone as a Master Teacher of these energy systems as a result of their studies in Attune to Divinity.

Any person reading this book has access to the energies herein for personal and practitioner use, for each energy system they've consciously called in an attunement for. You can use most of these energies for other people as long as the person you are activating them for has given you conscious permission to do so and they are aware that you are not a certified teacher of these energy systems.

Some people create weekly study groups, using one physical book of Attune to Divinity and pass it around to for each person to read about the energy systems. Each person could read whichever system addresses a life challenge or spiritual concern they are currently dealing with that week.

The group facilitators may want to pick one energy system for study each week. They can assist people to call in the attunements during that hour, and then everyone practices that particular energy system until the next meeting. People can talk with one another about various experiences in meditation and any sessions they activated with the energy system currently being studied. This method works well for communities where monetary funds are scarce.

Anyone can write their own notes, copying the “call in” affirmation phrases after reading the manual for an energy system they want to accept. Please always read through the entire manual of explanations about each energy system before “calling in” the attunement for it so that you may understand as much as possible about it. Writing notes in a notebook, or the “activation” phrases for various energy functions on little paper cards to carry with you, is a great way to have these important energies more easily accessible to you whenever you need them.

Others will put this book in the waiting rooms of holistic and massage centers.

There are several ways for attunements to be passed. An attunement puts you in direct energetic contact with the same energy as the energy of the energy system. It confers upon you the rights and responsibilities of using the energy therein for yourself and others. When you consciously accept an attunement, your body, energy fields and being are meeting and greeting the energy of that energy system.

Now the energy will no longer seem foreign to you. You retain lifetime privilege to access that energy anytime you want to. Energy systems can be energy streams, energy functions, rays of energy, empowerments, initiations, and activations.

It is being bathed in energy vibrations of a particular energy system which provides you with access to the attributes of Divinity that the energy system is comprised of and bestows to you. Some people feel subtle energies easily. Others don't. You don't have to feel the energies of these energy systems to be able to activate and use them. Your intention as a prayer asking to receive benefit is all that is required to release these beneficial energies unto you.

I describe Divinity in the way I've experienced it. I trust that different people have different paths to Divinity. This book's energy systems give you a way to access the ethereal energy of many attributes of Divinity and the spiritual energy of many plants, minerals, elements and other energy sources. I believe that the spark of Divinity within most things can be sentient. It can respond in a thinking way, to you if you learn how to communicate with it.

These energy systems are also intended to further your own communication with your body while enhancing its own healing abilities for you and others. Naturally I am as a bridge of communication between frequencies of energy and consciousness. This is my ability and why I'm here to help anchor energies from Eternal Sacred Source in this reality to help people access Divinity. Sometimes my job is to compose, as a recipe, a combination of Divine energies that the Angels and other Eternal Beings of Life, Love and Light will deliver to you in order to help you grow spiritually and thrive while you are in a physical body here on Earth.

Your attunement is delivered by the beings or divine intelligence that you are most compatible and most comfortable with. This varies depending upon your religion or spiritual path. For those of you who do not perceive the Divine as a sentient being, it is well to consciously receive your attunement as delivered by a higher part of yourself or your soul. This manner of requesting your attunements works perfectly for those who either don't trust spiritual beings or don't believe in them. If you are comfortable with the terminology of "Eternal Sacred Source" as being the higher power that delivers your attunements, alright. If not, it is fine to call upon your own higher self and soul as your Eternal Sacred Source.

By "calling in" the attunements and consciously activating the energy functions in this book, these energies are available to you, regardless of any religion or spiritual path you follow. It may also increase your natural intuition. These techniques are keys to access your own personal spiritual tool box. This tool box is your birthright; yet you may not have known you had one or not have had access to open it, until now.

The "call in" affirmations which you will see in the descriptions of each energy system are designed to make it easy to "call forth to you" the energies that give you the right to activate the energies and energy function in that energy system. Usually you'll need to call in an attunement or empowerment for each level of an energy system. The exact wording does not matter as much as your strong intent to receive. This book is comprised of energy systems that will release to you from where they

are safely and sacredly kept by Eternal Sacred Source.

In Attune to Divinity, a “call in” affirmation, contains the name of the system, the level of the energy system, if any, who initially “founded” or channeled the energy system, and the fact that it is delivered perfectly by Eternal Sacred Source. Let us dissect this for a moment to determine what is actually important here, in regards to the exact words that are necessary for you to say or think.

Some of you, reading this may read or speak English as a second or third language. This means that, unless you regularly think in English, it is possible that another language may be more natural for you.

The miracle of “calling in” attunements is that your strong desire of wanting the energies to arrive unto you is the fueling factor for it to happen.

This means that the words I have written are the best suggestions I can give. It may be that you choose to re-write the call in statement in the language that is most comfortable for you. The same is true for the “activation” affirmations or commands you will notice throughout this entire book. If saying something in another language is more powerful for you, please do so. Intention is important.

If you say your “call-in” affirmations in another language,  
Note these things first:

Which attunement are you calling in? Say the energy system’s title or name.

What level if any? State the level of the energy system you are calling in.

Who initially founded or channeled the attunement? There might be another system around with the same name but a different founder.

The energies may differ if you called in the attunement by its title only. Mariah Windsong Couture is the founding name that you need to use for the energy system attunements in this book, or simply: Mariah Windsong.

In the latter chapters of this book, some energy system attunement “Call in” affirmations do not include my name.



This is because, even if you are new to energy system practices now, by the time you reach those chapters, you will probably be skilled enough to call in the attunements without having to say my name.

If, in your mind you intend that you are calling in an attunement that I founded, saying my name each time is not definitively required.

You may “call in” the attunements directly from Eternal Sacred Source.

Traditionally the attunement is sent out specifically for one or more known students, and is not available for just anyone to “call in”.

The unique quality of this book is that any sincere seeker who “calls in” an attunement is the intended recipient.

Who makes the energies perfect for you, releasing and delivering them to you?  
Say the name of whoever you consider your higher power or God.

The name you use for God will be as the filter through which these energies will arrive.

I use the words: *Eternal Sacred Source*.

Eternal Sacred Source is as the ineffable unknowable still source of creation.

Each chapter’s energy systems will natural work in synergy with one another, your body and being. It is likely that as you progress through this book, you’ll notice that the energy systems will be of a more advanced nature. By the time you arrive at those chapters if you have proceeded in the order these systems are presented you will be ready to attend to those areas of your life in ways that you may not have considered before.

You can, if you want, scan through this book and choose which of these energy systems are right for you at any time. Some may never be for you. Others most likely will feel like just the ones you’ve been searching for all of your life.

It doesn’t matter if you believe all of what is presented here in Attune to Divinity. What does matter is that you notice something within this book that speaks to a life

concern you have now or have had, in the past.

Whether your truth holds that Divinity is a sentient being or is better represented as the unifying organizing intelligence that permeates all of creation, this book is the threshold to you stepping more fully into your personal power.

Approach this book as a treasure that opens up to you a little at a time. It is my hope that you refer to it whenever you need to connect to your guidance better. When you need to gain guidance from within, these energy systems will help drop away interferences that may have been blocking your connection with yourself and your divinity. Then you can receive the exact guidance you need, quickly, clearly and strongly each day.

As you begin to read through the chapters, you may notice the changes of ‘tense’ from now to future as well as changes between us, me, we, and you in my writing. These are intentional and provide a dance of energy through time and space.

My writing style is a little different than ‘proper’ English and arrives from the way I perceive this spiritual information. Sometimes it will be easy to understand. Other times you may wish that I wrote it differently, because your mind may not easily remember what it just read. That is alright, you don’t need to consciously understand the descriptions for the energies to work with you.

The energy systems presented here in this book assist you on every level of who you are that is agreeable to such assistance. The way I write a sentence that describes an energy system may sound strange, yet, when read with intention to receive the energy I write about, it activates assistance for you through all dimensions of space and time.

Many written languages here on Earth, are very flat, without much dimension to them. Communication from Eternal Sacred Source, through time and space is more than 5 dimensional. Thus, by a rearranging of the ‘usual’ English sentence structure an activation of these energies happens that is effective in as many dimensions of time and space as is beneficial for you. This is directed by your higher self, soul and Eternal Sacred Source. By ‘Eternal Sacred Source’ I am referring to the higher power or divine intelligence that you feel is yours.

Four years were spent being sure that the energies of these energy systems are effective and pure. I gained a trusting relationship with the various angelic and

other beings of eternal love, light and life. This was the most important because they are the ones who are bringing you this energy. I was as an antennae, co-creator and transmitter. I accessed the energies, anchored them here in this reality so they are useable here, set forth the intentions for any protections I saw as necessary, and transmitted the energies out to where they are held secure, for you to call upon. Then I step out of them. I access these energies anytime I want, in the same manner that you will, when you say the affirmations in this book.

An energy system may have energy functions in it. These are “programmed” energies that have specific purposes. All energy systems and energy functions are upheld and delivered by Eternal Sacred Source and various Beings of Eternal Life, Light, and Love.

This is why these energy systems are a safe flow of energy for anyone to consciously enter into. Exactly how much energy and what it does is determined by you here at the personality level, your Higher Self, your Soul, and Eternal Sacred Source. The Beings of Eternal Life, Light and Love keep the energy streams pure and deliver the energies to you in the way you can best receive them.

In my *CARE* Series, there is a Care Team of Etheric Beings who consciously guide(s) the energies to heal and replenish you and your physical body. *CARE* means Calling all Responsive Eternals. This clarifies that you are only calling Beings who are in complete alignment with Eternal Life.

They may be Angels, Elohim or other Eternal Beings of Light, Life, and Love who are not in physical bodies right now. Who actually arrives to bring forth the energies you call upon is determined both by who is right for the job and who you are receptive to.

A person who is comfortable with Shamanism may receive assistance from an Eagle Spirit; whereas one who may not believe that an Eagle Spirit could help them, may receive an Angel or a Saint. Ethereal beings within your own spiritual tradition, whose specialty is that of the topics you read about, will arrive to bring you the energies in just the way that is best for you.

If at any level a person is open to other eternal lineages or species assisting them then, if appropriate, that help will arrive. There are various beings who were incarnated into physicality and who, through their life challenges, have risen to a place in the spiritual realms where they are able to arrive spiritually to humans with

the intention of helping them.

Some people believe that a crystal has not only a spark of Divinity within it, but also an intelligent sentient awareness. Usually at that point the only difficulty is finding a way to interface your consciousness with that of the crystal so that communication and communion can occur.

When I channel an energy system there are 4 specific tasks I accomplish.

First I set my sacred space which includes purifying myself to clear away any external or internal negativity or frustration. I must be sure that the physical and spiritual place I'm in is free of adverse influences of any kind. I call upon all of my healing, helping guardians and guides in the light of Eternal Sacred Source.

Then, I lift my awareness up to Eternal Sacred Source and ask to be fully attuned to (name of the energy system). If I'm not already clear about what the name of the energy system is, that I will be channeling that day, I will go into meditation, exploring that energy, seeking to know what it is that my guides and guardians wish to energetically bring through me.

You may wish to read my *Spiritual Course Composition* energy system in Chapter 20, the full process for channeling and anchoring energy systems. I learn the name of the energy system, for it is the key word that will activate the energy and assure which energy stream arrives anytime anyone calls upon that energy system.

Secondly, I determine, through whatever information I can perceive about the energy, its purpose and message. This may be by clairsentience or I may drift in a spiritual journey or mediation state of mind and be given visuals or knowledge.

Thirdly, I then consciously anchor the energy to this reality so that after one receives their attunement, it is accessible here within this reality.

Think of it as an anchor point for a hot air balloon. The hot air balloon could be a "Sphere of Light" that holds the attunement energies. Some people also call it an Eternal Moment.

Fourthly, while I'm still immersed in the energies of that particular system, I consciously ask that an Eternal Moment be created to hold, protect and ever renew

and update the attunement and energy system. The energies flow into it and are protected by various Beings of Eternal Love, Life and Light! It is so amazing that we are granted access to these energies! Divinity and the Beings in Service to all Eternal Life, Light and Love dedicate their attention and protection to where that ever-refilling dose of energy shall reside!

This is true for every energy system I co-create. Some founders pass energy systems only person to person. However, these energy systems are available to anyone who reads this book or to whom this book is read to for their personal use.

It is by the strength of the Divine and the compassion of those who make these energies available to us, (the Beings of Eternal Life, Light and Love who are usually invisible to human eyes) that any sincere seeker can, by their own intention, call forth to release unto them the attunements to any and all of the energy systems present in this book!

If you ever change your mind and don't wish to work with some of the energies presented in this book, simply don't activate them again. If you wish to de-attune to any of these energy systems, after you've consciously called them in with the provided affirmations and accepted their energies you may do so.

You would say this statement, with strong intent. ***“I now de-attune from (name of energy system) and hereby command that all affiliation with and energies of (name of energy system) drop away from my body and being completely.”***

Please understand that if you ever want to use that energy system in the future, you would need to call in the original attunement affirmation again. This is because intention is strong, and if you've de-attuned, you have no link with that particular energy system or the right to call upon its energy unless you re-accept the attunement. I hope that the knowledge of the freedom you have to drop away any of the energies you try, will give you confidence to explore this book's attunements more fully.

***Attune to Divinity*** energy systems arrive in several categories.

You may accept attunements to the energy systems in the order presented in this book, or thumb through until you see a title or topic that catches your interest.

Please take the levels of a particular energy system in the order it is presented.

It is not necessary to complete all levels of a particular energy system, before going on to accept an attunement for another energy system. You can, for example, accept level 1 of Divine Provision Reiki, and then go on to accept Loyalty Empowerment in the same day. That is perfectly fine. When feel that you are ready, then go back to Divine Provision Reiki and accept your level 2 attunement for that energy system.

How much time should you wait, between levels of an energy system?

Each person's wait between levels may vary, it is vital to give at least 12 hours to a day between levels. Many people need 3 days between levels.

It is because the more advanced we are, the higher the amplitude of energies spirit will bring us in each level of a system. We are expected to be able to handle stronger energies and I believe that Spirit sends stronger attunements.

If we accept all the levels of attunements in an energy system, in the same hour, there are uncomfortable possibilities. We might encounter a stronger energy than we expect in the attunement which loosens stuff that needs clearing or new abilities which need integrating. Our body is slower to integrate them than our being and we don't know how long that will take.

If we accept a second attunement too fast our body might not be ready and not fully accept the attunement or start processing the new energies before acclimatizing to the previous level. Additionally, accepting all the attunements faster than recommended in this book could be disrespectful to Spirit, and possibly the Beings of Light who are delivering these energies perfectly to us.

The energy systems in this book are in the some of the following categories:

***Flushes*** are a category of energy systems that work with your body and energetic circulatory system, instructing them how to drop away what does not belong to you. All flushes and energy systems channeled by me are under the authority of your higher self, soul, and Eternal Sacred Source. Nothing happens that you do not approve of at those higher levels. This is also in accordance with your body's conscious agreement.

***Reducers*** reduce the feeling or effect upon you from certain influences.

***Rays*** are eternal sacred source energy rays of varying kinds. They are not usually

“self-aware” or sentient, but they are guided by Eternal Sacred Source.

**Shakti** are feminine-like creative healing forces of Eternal Sacred Source who are sentient. This means that they are intelligent, thinking and self-aware.

They are similar to angels but not of the same lineage. Feminine spiritual energies can also be as field rather than focus. (Focus being a masculine energy and field being feminine.)

They are closer to forces of nature in form, yet are conscious and respond to your requests. They work with you for your health and enlightenment and are under the authority of your higher self and soul. They are self-aware, intelligent emanations of Eternal Sacred Source.

Many Shakti will be “clothed” in the skills and job descriptions that they will be providing to humanity, animals, plants, and other life forms here on Earth. This means that when we call upon them, their “name” or “title” specifies “who” is arriving. Many are very sensitive to the presence of dense energies of control and won’t be active when people are cruel to one another or want to be cruel.

I imagine it as a special place in the Heavenly Realms that prepare Shakti for each special type of job here on Earth. I’m sure they are readied to work with us in a slightly different manner. But this is an easy way to think of it for me and many other people.

**Empowerments** are similar to attunements. The word “empowerment,” together with the word that preceded it, empowers you to be within the energy of that energy system and be empowered to work with the energies it denotes.

**Initiations** initiate you “into” something, such as an order. An initiation may be your entrance into mystical secrets that you are, by going through the initiation, saying that you are mature enough to be entrusted with. They usually provide a higher level of spiritual authority than you had prior to the initiation. This means that you now have a higher level of responsibility in regard to your actions and demeanor.

**Alignments, Re-Alignments, and Adjustments** help your body and being to literally align or re-align to various energetic positions here in this reality and to realities beyond here. **Adjustments** assist to shift your energy slightly to be in the proper positioning for you to be in alignment with an intention or goal you have already

set forth.

**Synergy** means two or more things working together whose result is greater than if they worked alone.

**Essences and Elixirs** are the etheric spiritual energies of a particular plant or item here on Earth.

**“My”** Energy systems are designed to be very responsive to your particular energy and needs. Thus any of the “my” energy systems will be personally yours.

**Bio Life** energy is an energy that most optimally fuels all biological organisms from the Heart of Eternal Sacred Source. Bio Life is self-sustaining Eternally Living energy. It is a new energy stream, similar to Reiki or Seichim, yet not quite the same.

**Increase** is an energy function that denotes an increase in any word it is used with.

**Templates** assist you and your body to better use energies for yourself and others.

**Compositions** teach you how to compose energy systems.

**Awakenings** literally “awaken” various insights, abilities, and divine attributes that are already within your being and body so that you can function in ways that are best for you.

**Therapies** are ethereal versions of various healing modalities already known to many people around the world.

**Chambers** provide a safe, secure energy environment for deep work to be accomplished for you and your body.

**Protectors** are energy systems that are protective in nature for you.

**Deflectors** assist to deflect energies you do not want away from you.

**Energy fields** are similar to spheres of energy as they surround and or permeate you for



a specific purpose, usually to block certain energies from arriving or reduce disease. Eternal Divine energy fields can fortify and help your aura be strong and healthy.

***CARE means Calling All Responsive Eternals.*** That means Beings completely dedicated to and comprised entirely of Eternal Light, Love, and Life who are responsive to humans' calls for assistance. The specific beings that arrive have a specialty in the topic for which you have called them. They may be angels, saints, or people who have been in a body previously and have passed on. They may be gods or goddesses or the spirit of a bird, fish, or animal.

***Team*** is the team of Eternal Light beings that do arrive for you.

***Eclipse*** energy systems assist to eclipse something away from which is not wanted.

***Grounding*** is a process by which you connect your energy system with that of the Earth or the hologram of this reality and permit all excess energy in your body, which the body does not need or require, to flow out into the Earth. In order to do this, you need to have your feet placed flat on the ground and visualize roots growing out from your feet or the root chakra when seated, and connecting you to Earth. These “roots” will be the channel through which all excess energy will flow out from your body into the Earth. If you choose this method please intend that the energies transmute into exactly what Earth needs.

Some people prefer to ground into the hologram of this reality instead of into Earth. You would imagine a matrix or lattice under your feet and consciously anchor with this reality matrix. The matrix of this reality can stabilize you, and by consciously asking for all energies that do not serve your highest joyful good at this time to drop away, they shall. I prefer this method because the Earth has a lot of Her own ascension symptoms to acclimate to.

It is my hope that you will refer back to the energy system titles and functions for years to come, activating each energy that you feel applies to your current life situation or intentions for the future.

### ***What is Reiki?***

Reiki is considered, by most people, to be Divine Universal Energy Forces of Eternal Love and White Light.

**Reiki** energy systems utilize Reiki within them and as the delivery energy. Most are specialized so that the energies have very specific purposes to assist you.

In English, maybe the word would be ‘Presence,’ then one would ask ‘whose presence?’ There are many names for God/Source, yet it is the emanation thereof... arriving here to fill, heal, replenish and sustain that is Reiki.

It carries with it constituents which are bio-available as sustenance for the human body. The term was coined by the person who is credited with bringing Reiki back to us here in modern times (1800’s) Mikao Usui.

One story says that Mikao Usui was a Christian who was schooling a lot of students about Jesus and his teachings. It came about that his students kept asking him when they would learn to do the miracles and healings that Jesus did and so clearly said ‘These and greater works shall ye do in my name!’

Mikao could only say, ‘we don’t do those anymore.’

It is said that was when he started studying the Sanskrit and Buddhists’ texts, looking for any hidden key to where the power for healing had disappeared. He was sure that since Jesus, as well as other teachers such as Buddha had been able to bring about such healings through the power of God (Eternal Sacred Source or whatever name you use for higher power), wants us to continue heal others in His Name.

And so, Mikao went up to a mountain determined to fast and pray for 21 days with only water and was prepared to die there on the mountain if God did not impart to him the ability to not only heal others, but also pass along the ability before he died.

On the 21<sup>st</sup> day Mikao saw a bright light aiming at his forehead. Instead of ducking, he thought this might be the answer he sought. He felt a massive amount of God’s Presence sear into him, and saw the Reiki symbols. His hands became quite hot and he came down from the mountain going into the nearby village and putting his hands on the beggars there and healing them.

They were quite displeased with him, because they could no longer make a living by begging. Mikao then decided to charge a lot of money for Reiki healing, because he thought that people would value it if they had to pay a lot for it.

And so the first misnomer of Reiki being born arose, that only through money changing hands, would value be given to the gift.

While we are told in the Bible not to cast pearls unto swine, in the case of Reiki, the lesson, I believe is in asking whether a person wants the healing, are they accepting of *GOD'S PRESENCE* and *HEALING POWER*?

If they are not, we have no right to give it, for it would not go well, though some immediate healing may be seen, but without the desire to accept change, healing would not stay, because the person would invite the same circumstances that may have caused their disease, back into their life.

Mikao also decided of his own accord, not to pass along the ability to do Reiki, (Have the strong flow of God's presence for oneself and to give to others) until he was close to death himself.

Thus began the tradition in Japan to only make another Reiki *master* when the previous Reiki master was close to dying.

There was also the tradition of charging exorbitant prices for apprenticing and finally being given the attunement and thus the ability to do Reiki.

Thousands of dollars were the customary fee.

Each Usui Reiki Master is able to track and proudly declare their *lineage*, all the way back to Mikao Usui who gave the ability to do Reiki. (Or in recent recorded history, channeled this ability)

A Reiki Master by the name of Ms. Takata, taught a student here in America who become a Reiki Master and decided that the high prices charged were ridiculous.

This thinking that the right to only give the ability to do Reiki to people who were rich or spent year(s) in servitude to a master, was wrong, and so she started giving attunements to people at reasonably priced workshops.

She believes that this world needs God's Loving Presence strongly, and the more people who have a more powerful connection to bring God's presence here now is only a good thing.

Reiki is God's Presence brought strongly here now to replenish, renew and yes, if God feels appropriate to heal at whatever level is needed.

Only God can make that determination. Reiki often feels like the warmth of a heating pad coming out of the practitioner's hands or a pulse.

Then there is often the feeling of calm, centeredness, better sleeping at night, and a feeling of God's Presence and comfort.

People often feel pain ease, for God wants to relieve suffering.

Reiki works long distance because God is not limited by time nor distance.

As it says in the Bible, that Holy Spirit intercedes for us when we do not know the words to say. It is the same concept with Reiki, our job is to pray and intend that this be in the highest healing good for the person, and the beauty of Reiki, is that it is God's Presence sent strongly, and palpably present for the person, for whatever they are willing to accept at this time.

Reiki Symbols are simply a way for us to tell God what area we are asking for healing for ourselves or others.

Reiki symbols are as follows:

Cho-Ku-Rei for Physical Healing and to increase the energy flow

Sei-He-Ki for Emotional Healing

Hon-Sha-Ze-Sho-Nen for Mental Healing and healing through time and space

And Dai-Ko-Myo for Healing at the Soul level

***Here are Reiki Attunements as I would provide in an "in-person" setting:***

Reiki attunements are a rite of passage of sorts, but more importantly, it is a sacred way of honoring God and requesting that we want MORE of God's presence to flow through us to heal/assist ourselves and for others. As baptism cleanses our soul with the water, attunements bring the breath of God into our body, attuning us to the frequency of GOD, (Eternal Sacred Source/Divinity) much like a radio is tuned to a frequency.

The Reiki attunement is a way to formally request the ability to bring more of God

here to be in service to others, and to know God more within ourselves, to be filled with the Holy Spirit again and again.

Any person can learn Reiki, for we are all children of God.

When I pass an attunement to a person, I have them sit in a straight back chair, I say a prayer requesting that God work through me to bring this person the ability to know God's presence strongly and to be a vessel of God's Love. For them to know that their hands are being used for God to pour his Love and healing out as may be indicated by their hands heating up when they put their hands on themselves or others, while requesting God's replenishing love.

I then take a deep breath, while clenching the muscles down near my root chakra (doing a Kegel exercise) and putting my tongue up behind my teeth in the Wind Position which gives me the feeling of God's energy gathering within me, not to spill any, until I send the energy out in a burst of breath to their head.

So, when a person wants to have the ability to do Reiki for themselves or others, I stand behind them whilst they are sitting in a chair with their hands in a position of prayer up by their left cheek, I draw the symbol for soul healing above their head. This is done while holding my breath and the muscles of the pelvic floor clenched.

I then take their hands in mine and blow into the top of their head. I then take another breath, holding the same muscle positions and draw the remaining symbols above their head, and take their hands in mine and blow into the top of their head again. I then take another breath, and hold it while holding tight those other muscles and walk around to the person's front, and take their hands, opening them like a book and draw each of the symbols into their hands.

I tap three times after each. This represents to me, the Father, Son, and Holy Spirit, and then I take their hands, and move them to the side. Then I blow out my breath, upwards from belly to head. It is at this time that the miracle of God's strong presence is transferred to the person.

I feel it as a searing heat leaving my forehead and flowing out to the person as I am bending over them, waiting for the remaining energy to transfer.

I really want to take a breath, but not daring to until all of God's presence that wants to transfer is done and I take a breath. This usually takes about 12 seconds.

Then I sit down in front of the person and ask them to put their hands on my shoulders. I then ask the person to please pray for whatever is in my highest healing good, and to feel the presence of God flow down through the top of their head and down their arms and out of their hands to me.

This person usually feels Reiki like a honey thickness. They feel the speed of the energy flowing, and then their palms heat up and I feel God's palpable presence flow into my back and I know the miracle is complete.

***The person now has the ability to feel God, anytime, anywhere.  
Imagine the most intense way that you have ever felt God's presence,  
and now imagine having that at any time that you ask!  
This is what you may receive by accepting the attunements in this book  
when you call in the energies of each energy system to arrive unto you as an  
attunement!***

Reiki, as our word for Great White Light Divine Life Force is intelligent, as it is God in motion here to assist, so it heals at whatever level is appropriate. Through prayer, the practitioner can amplify the person's receipt of God's presence.

# Inner Truth Reiki

Inner Truth Reiki is a reiki energy that helps you know your own inner truth. Inner Truth Emergence coaxes your truth to reveal itself to you.

Inner Truth Conflict Resolution resolves the many versions of truth you've been told to believe over the years. Inner Truth Enhancement enhances the strength of your own truth in any situation to live it fully.

Inner Truth Compass helps you find your way in each now moment.  
Emotional Balm calms your emotions as you embrace your inner truth.  
Inner Truth Reiki is a reiki energy that helps you know your own inner truth.

It is important to know what you believe and to live your life according to what resonates as truth for you, not what others tell you.

Please spend a few minutes to invite your attunement of *Inner Truth Reiki*, to release fully unto you. Simply say out loud or in your mind:

***“I ask to fully receive my Inner Truth Reiki as founded out by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”***

Think of a ball of light and energy above your head that opens up and streams down into the top of your head.

Your attunement will easily arrive to you because Eternal Source is not limited by space or time. The *Inner Truth Reiki* flows into your body and energy field, into all of whom you are, helping you recognize your own truth.

Now that you have paused to receive your attunement, you have the right to call upon and activate the various energy functions that your one attunement to Inner Truth Reiki has given you the rights to activate.

## ATTUNE TO DIVINITY

These are: *Inner Truth Emergence*, *Conflicting Beliefs Resolution*, *Inner Truth Compass*, and *Inner Truth Enhancement*. *Emotional Balm* is also included to assist your emotional body as you sort through what is truth for you. Sometimes it can be a big shift in positioning when you realize your own truth and discard other people's truth from the core of your being.

*Inner Truth Reiki* energy system is Reiki and as such, all of the traditional reiki symbols will work with this energy system.

Reiki is known as a divine universal energy that is the "Great White Light" from eternal sacred source. It is also a sacred love and life force.

You may have noticed that nowadays there are many variations of Reiki. Reiki is a wonderful "basic" universal energy that can be refined and to "do" certain healing, protection and life sustaining tasks for a person's body, emotions, mind and being. It arrives from source and is meant to benefit.

Say out loud or in your mind: **"Inner Truth Reiki, Activate!"** and allow a few moments to pass as the energy flow moves through your body. It is quite alright if you don't feel anything. Inner Truth Reiki is effective whether you feel anything or not. It is possible that the use of Inner Truth Reiki may cause you to notice what you do and don't believe and there might be some surprises for you.

You might find that you don't believe what you thought you did believe. Maybe people taught you certain beliefs that do not now resonate with you. You may want to say **"Inner Truth Reiki, Activate!"** again if you feel unsettled about what you are noticing inside yourself in regards to your beliefs. Sometime the truths we are taught don't want to release their place.

If you want to give yourself extra help for the emergence of your own truth, please activate, with full thought intent, *Inner Truth Emergence*.

Say out loud or in your mind: **"Inner Truth Emergence"**

These energy streams are meant to be activated often to be the most beneficial to you. They are under the authority of your higher self, soul and source and as such will only bring as much revelation and awareness as is appropriate for you at this time. Further activations at a later time may reveal more to you. Sometimes a person is not ready to have his or her view of life shifted right now. Sometimes to realize that you believe differently than what you thought you did can be difficult. Most



## INNER TRUTH REIKI

of the time such revelations of your own truth and beliefs can be quite liberating indeed!

Imagine, if you will, that you believed that you are limited to the role your family or society groomed you for. After Inner Truth Emergence you may realize that you are better suited for a different role or career. To allow yourself to better know your truth and shift your perception of yourself to be in alignment with that truth is powerful. Once you do that you will be drawing upon the resources of the universe in a new way. You will find that it is easier to attract what you want in your life because you are more in alignment with the truth of who you are and what you believe.

When a person has the courage to allow their own truth to emerge, making itself known to them, it is powerful. Now more of who you are is concentrated on what you do want and your life perception is more unified.

It won't matter what someone else believes, you will know your truth and there is great presence of mind and peace to know your truth and then live it.

***Inner Truth Conflict Resolution*** is an energy function that gives your body and mind the permission to allow conflicting beliefs to reside side by side. It will help you resolve the conflict within that arises from noticing that your own truth is contrary to how you had been raised. Say:

***“Inner Truth Conflict Resolution, Activate!”***

It is also possible that you attended a certain church, social or educational establishment that had a very specific doctrine or rules to adhere to. It is likely that most of those rules, even if you didn't like them, were made to be yours, so that they were easier to follow. If this was true for you, it can be difficult to allow yourself to live a life that adheres to your own truth rather than the truth as previously presented to you. It is important for your body and mind to know that you can live your life in a manner that is respectful to life, including your life.

It is important to know that you can sculpt your own life in a manner that is most proper for you. There are various rules and regulations by which you ran your life that no longer are in alignment with your natural rhythms.

## ATTUNE TO DIVINITY

You may have believed a universe and deity that you now see as a restrictive way to view life. It is ok to expand your truth into the viewpoint that now feels right. What if you can't feel your intuition and that is why you relied too much on the opinions of respected elders in your community to tell you what to believe? It is well to respect your elders. It is also good to revise your beliefs when you gain new information that has a ring of "truth" for you.

This is what is important here, a ring of truth for you. There are many paths of love, light and life that lead to our creator. There are many paths and doorways into the divine. ***Inner Truth Conflict Resolution*** will likely do one of two things for you each time you activate the energies.

It will either allow it to be alright to believe in both beliefs at the very same time and allow both to be "right". No matter what your mind tells you about the strangeness of allowing two different "truths" to be "right". Or it will bring one truth to the forefront of your mind and allow the previous one to be dull and drop away.

In this way the conflict has been resolved. Sometimes two things or ways or beliefs can be right. Maybe we just don't know how, and that is alright to allow such to be true. In each now moment you will know which truth to hold.

***Inner Truth Compass*** is an energy function that helps you speak and act from your own inner truth at each now moment. Please understand, this energy function does not have the "shut up switch" or any sort of modulator at all! That means that you could find yourself saying more than you intended to when you operate from the direction of your Inner Truth Compass. This image is infused with Inner Truth Compass energies!

Say to yourself: ***"Inner Truth Compass, Activate!"***

It is wise, in my opinion, to activate your Inner Truth Compass at night before bed and during any meditative times. It is wise to activate your Inner Truth Compass when you are seeking to make a decision.

It may not be so very wise to activate your inner truth compass at a family holiday dinner where your responses to dinner conversation could hurt feelings.

***The more often you activate this energy, the better you can be at knowing how***

*long it stays active after your activation. You will discern whether it causes you to blurt your truth when a more reserved manner of speech could be more effective at gaining you the results you seek. Inner Truth Compass is wonderful for helping you know your truth in any situation.*

*Inner Truth Compass seeks the most direct path to living that truth now.*

*You, the more moderated thinking part of you, will need to strategize the most effective means of living that truth so that you don't alienate people who don't yet have a reference point for the truth you seek to live.*

*There are ways of slowly introducing to the people who care about us the new ideas or ways of thinking that now are so obvious to us.*

*Try to remember that other people have not bathed in Inner Truth Reiki and may not have shifted their beliefs or truth at all. Maybe it would not even be good for them if they did. It is good for you and yet it is that these people will not have a reference point for the new truth you speak of.*

*There are times to keep to yourself this new truth you are bubbling with. There are times when you do need to follow a new path in any area of your life. It is in these times that speaking your truth firmly, yet kindly, to those who may not understand is wise. There is also a time of marinating in your new truth before you speak it out loud to anyone. It is that time of marinating in your own truth that will allow it to strengthen and grow.*

This is when it is important to activate on a regular basis, the ***Inner Truth Enhancement***. Your Inner Truth Enhancement energy function can be activated anytime you think of it. This can be when you are driving to work, on a break at work or simply doing chores around the house. It can be especially useful when you find yourself listening to topics that could be contrary to your beliefs.

Say out loud or in your mind:

***“Inner Truth Enhancement, Activate!”***

Your Inner Truth Enhancement enhances truth that is in alignment with your path to enlightenment and your soul's truth. This is very useful and will enhance any truth

## ATTUNE TO DIVINITY

or belief that is truly right for you to hold and live!

*Emotional Balm* is a reiki energy that helps to sooth your emotions.

Say: **“Emotional Balm, Activate!”**

*Inner Truth Reiki* can be activated and channeled as an energy stream as it does contain all the energy functions we spoke of here. However, for more intensive sessions, it is helpful to activate the energy streams separately.

Inner Truth Reiki and all of its energy functions will work well in any timed (macro) or long distance applications that you are attuned to activate.

Inner Truth Reiki reveals your truth to you so that you can know yourself better and live from a stronger position within yourself. When more of who you are is on the “same page” in regards to beliefs and intention, you have a better opportunity to attract into your life all that you really want!

Inner Truth Reiki can be activated and or channeled for other people, but it is preferred that this be an energy system that they ask for. It will only do as much as they are consciously ready for because of the private and substantial changes that could result. ***Yes, there is the safety built in that this energy system will only be as effective as the person’s higher self and soul will allow.***

With that being said, it is possible that if this energy system is activated without the person’s conscious knowledge, and their higher self and soul is “oh so ready” for the person to notice their own inner truth, it could be effective.

If Inner Truth Reiki is foisted upon another person and they don’t know that they are receiving it, they will have no reference point for the revelations of truth that could open up with them. Anytime a person’s belief system is shifted, even if from within, it can be disconcerting.

***Shifts in a person’s beliefs and inner truth, if revealed without warning can cause a person discomfort and it can shake their reality.***

This is not advantageous to the person’s trust and faith in receiving beneficial, loving energies from Source and the universe. Change is hard. Change without warning can be counterproductive to healing and growth. Please always ask permission before sending Inner Truth Reiki to another person.

## **Thymus Heart Activation with Immunity Improvement**

Increase your immunity! The Thymus Heart is the natural place to receive Divine Love into your body. Awaken and expand your Thymus Heart portal!

Many people send their own personal love and compassion out to others and desperately need replenishment. Now you will be able to quickly replenish your personal heart center and radiate Divine Love continuously or at will!

Your Thymus Heart is your thymus chakra in the upper region of your chest. This is the area of your body that is designed to receive Unconditional Love from Eternal Sacred Source and is an atrophied organ in most adults. A thymus is the largest, physically, when a child is 2 years old. This also represents a child's openness to the Divine, Nature and all in his/her environment.

The thymus in a baby who is still in the womb develops lymphocytes before they go to other lymph organs. Shortly after birth the baby's thymus begins secreting a group of hormones called thymosin. These enable the lymphocytes to develop into mature T-cells. T-cells are very important to the health and resiliency of a person's immune system. Lymphocytes divide in the cortex, and, as the T-cells mature, they migrate into the medula and eventually enter one of the blood vessels in that region.

The thymus gland is most active in early life, and shrinks around the time of puberty or soon after. This also marks a time in a person's life when they often notice the harshness of the world and lose their trust and innocence.

The loss of the wide eyed awe that a young person initially looks at the world with is often followed by an inward closing. This is presumably to protect oneself from emotional pain. It also closes a person to their spiritual pipeline to the Divine and the ease in which children notice their helping healing ones in the spiritual realm. Teenagers begin to feel very alone in the world.

Yes, many people still retain a very strong connection to the Divine and the Spiritual realms. But all too often, the wide eyed trusting openness is replaced with a wary, *"I don't know who or what to trust"* mentality.

## ATTUNE TO DIVINITY

This initially serves a purpose as teenagers are in need of developing their discernment skills and truly need to hone those. However, the tendency to question everything around them and distrust other humans is often coupled with a distrust of Divinity as well.

The rite of passage into adulthood is meant to be a passage into the depths of one's being. Into and through the individuation of the self until you come out the other side and feel embraced once again by the Divine.

This process does involve a sense of aloneness in order to more fully know one's place in the Universes and within Divinity itself.

The becoming an individual who can toggle between individuation and unity was meant to happen within a very short span of time. Not to shatter a person's trust and ability to immerse in the presence of Divinity. It is our birthright to immerse in the Divine anytime and anywhere we are.

Society and recent traditions have left teenagers to wander for years after that initial separation has occurred. Yes, most find their own way and are strong and notice that the Divine has been there all along.

The thymus gland is representative of a person's openness or closed off perception of their connection with the Divine. A thymus gland will increase in size and start to enhance an immune system's defenses when a person is feeling safe and happy.

***When creativity flows and a person is centered in the knowing of their purpose here their thymus physically enlarges and actively improves their immunity. Feeling safe results in a stronger immune system.***

When your Thymus Heart is expanding, there is a dynamic ebb and flow to its size. It will grow and expand based on the needs of the moment.

This is full health and an incredible thing that science has noticed. The physical Thymus shrinks in times of stress and trauma.

Thymus is a flat, bilobed organ situated above the heart. Each lobe of thymus is surrounded by a capsule and is divided by lobules, which are separated from each other by strands of connective tissue called trabeculae.

## THYMUS HEART ACTIVATION WITH IMMUNITY IMPROVEMENT

The lobes of Thymus are organized into two compartments: the outer compartment or cortex is densely packed with immature T cells, called thymocytes whereas the inner compartment, or medulla, is sparsely populated with thymocytes.

The main function of the thymus gland is in the processing and maturation of special lymphocytes called T-cells. After puberty, when the thymus shrinks, the defensive mechanisms of the body usually diminish with age. It is wonderfully amazing how a healthy happy person can actually increase the size and activity of their thymus! This has surprised many doctors and scientists. The thymus can once again be an active participant in the responsive immune system by focusing Divine Love through it.

This can be accomplished simply by paying attention to beauty and enjoyable sounds in life. Here in Thymus Heart Activation, we seek to bring a dose of Divine Love energy frequency into the energy center that is your thymus heart chakra. This awakens it.

If you already have an awakened, open thymus heart chakra, this activation strengthens it and causes it to easily channel stronger amplitude and frequencies of Divine Love.

Thymus Heart Chakra is also called High Heart and sometimes Etheric Heart. Ascending Heart Chakra is another name for this energy center. The image of a closed thymus heart chakra looks like a scroll. The image of an open Thymus Heart is that of open wings. It is said that an activated High Heart with the wings spread wide gives you the bridge to span from here to beyond in your night dreams.

You will have more access to your spiritual gifts, even in the dream state. In your waking life, an activated Thymus Heart gives you the ability to speak what your feelings are telling you in a non-confrontational way that others can hear. You will be speaking with the energy of Divine Unconditional Love as it pours through you from Source.

Once your Thymus Heart is active, you will have ease of mobility to direct this Divine Unconditional Love down to your heart center. You will be able to move this energy around your body and circulate it through the micro-cosmic orbit if you want to.

After activation, continued use will strengthen and expand your ability to naturally

## ATTUNE TO DIVINITY

channel Divine Love and enhance physical thymus. Its ability to improve your immune system will increase and be responsive in each now moment.

Please spend a few minutes to invite your *Thymus Heart Activation* attunement to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Thymus Heart Activation attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!”**

The energy influx of your Thymus Heart Activation will likely be swift and strong. Thereafter, anytime you want to strengthen your connection to the Divine, simply say out loud or in your mind: **“Thymus Heart Activate!”**

The two other functions you are also now attuned to, and may use anytime are, Thymus Enhancement and Immunity Improvement. Please activate these frequently to encourage your physical Thymus to be responsive to your immune system’s needs and improve your overall immunity to disease and illness. Say out loud or in your mind:

**“Thymus Enhancement, On!” and “Immunity Improvement Now!”**

**“Thymus Heart Activate!”**

Now, take several deep breaths and imagine a Bright Warm Light entering into your upper back and radiating out the upper part of your chest. This is the region just below your clavicle bones and above your heart center.

Intend for this energy to increase in vibrancy and then send it downward to fully refill your heart center. When you feel compassion for others, activate your Thymus Heart with strong want to send Divine Unconditional Love of Eternal Sacred Source out to others. Simply radiate it out of your Thymus.

The most important instructions in this manual are: Breathe in through your upper back, the Love and Light of whoever you notice as God, or Goddess, Divinity at its truest, highest, Sacred Source.

Many people find that by saying: ***“Thymus Heart!”*** it opens this natural portal to



## THYMUS HEART ACTIVATION WITH IMMUNITY IMPROVEMENT

the Divine. We are of the Divine. It is our birthright. We are here in physicality in a dense 3D world and imagine the Divine to be ‘up there’ or ‘far away’. In truth the Divine is right here with you, patiently awaiting you to invite its Presence to dwell fully with you. Breathe in a more vibrant life and love energy that is unconditional and pure.

There are times when you do want to send your own personal love out to loved ones or friends. When you daily replenish, with intention, your personal heart center with Love from Eternal Sacred Source, you glow!

My high recommendation is to step things up! Give a try to simply radiating out from your Thymus Heart, love direct from Eternal Sacred Source, when people evoke your compassion. This is a key so that you do not ‘take on’ anyone else’s pain or frustration. Your body will feel safer too!

There is no need to add your own personal love or caring for those who are simply co-workers, strangers, neighbors or acquaintances. There are even many times when it is wise to send only Divine Love to a friend or family member or spouse. When someone we love is hurting, the human body’s natural tendency is to suck it up, like a sponge, in order to remove this pain from the other person. Now your body has this pain and must process it if you don’t immediately ‘off load’ the energy.

When you radiate Divine Love out to someone, then your body is shielded.

The time to send your own personal love, delightfully blended with Divine Love is when there is a healthy, mutual sharing with another person and they are in a good mood: a child, a friend, a lover, a family member, a pet.

Radiate Divine Love out to others, even people you don’t know so that their pain and frustration bounces off you and they will feel better if they are open to Love. If they are not now open to Love, your transmission of Love will be a wonderful invitation for them to open more to Divinity.

Thymus Heart energy will follow your direction through your body.

Thymus Enhancement is a spiritual energy that is designed to enhance the health and vitality of your Thymus. Activate this energy anytime you think of it, be that several times a day, once a day, several times a week.

## ATTUNE TO DIVINITY

Be motivated to give your body every opportunity to be healthier.

Say, ***“Thymus Enhancement!”*** When you speak the name of an energy function or attunement that you want to activate and work for you, speak to the ‘function’ itself. Divine energy flows through and operates every function and attunement, Ray, Reiki, Activation, and Empowerment.

Divine Energy IS intelligent, you are speaking to the Divine, to your Higher Power. It doesn’t matter whether you prefer to sing it, pray it, or just say it.

It is that utterance, out loud or in your mind the name of the energy with authority! Directing it, with Respect and the Royal Authority to cause it to be active and flow for you!!!

Your attunement was your meet and greet. Now it is your right to call upon these energies anytime. It is your responsibility to call upon these energies to receive what you need and want for your body and being. We live in a free will zone, here on planet Earth. This means that no-matter how much your helping healing ones in the light want to give their assistance you are required to keep asking, each time that you want to receive a dose of energy.

This is part of your sovereignty, to know that you direct and choose what energies you receive, and when. It is wise to give your guardian angels the freedom to send you energies when they see a need. However, understand that you are required to daily activate the energies for your spiritual hygiene and body, mind and spiritual health. It is your responsibility, as a spiritual being in a physical body, to reach to the Divine within you for your needs.

Activate Immunity Improvement by simply saying it with strong feeling.  
**“Immunity Improvement Now!”** This improves your body’s entire immune system giving it a boost of energy and helping it work better.

The Divine is always within you. It is your job to deepen the connection.

## **Pearlized Silver Seichim**

Pearlized Silver Seichim upholds the frequencies of the energy streams each level of this energy system.

**Level 1: Pearlized Golden Violet Silver Seichim**

For clearing, spiritual growth and protection

**Level 2: Pearlized Royal Blue Silver Seichim**

Intensive energy for alignment with Divine Will

**Level 3: Pearlized Silver Seichim Body**

Brings attributes of all Seichim color octaves to wear around your body

Pearlized Silver Seichim energy system is one that has been trying to arrive for a while now. I thought that there were a lot of energy systems that use the colors silver, as well as some of the other color spectrums, that arrived for the various levels of Pearlized Silver Seichim. However, Eternal Sacred Source had other plans, and wanted this energy to arrive in this manner, for use by any who are ready.

***Pearlized Silver Seichim is Seichim.*** Seichim: the rainbow light, love and life energy from Eternal Sacred Source. One man rediscovered Seichim as an Egyptian energy. I believe that another people who were skilled in accessing

this Divine energy stream were the Mayans. It really doesn't matter who has used the energy in the past, in my opinion. What matters is "where" the energy originates from that you are accessing now, in as so much that you know in the depth of your being that you are receiving energies that support your eternal life.

***Pearlized Silver Seichim*** has a matrix of pearlized silver Seichim energies. Their "Pearlized" quality means that they have smooth gentle colors of the all spectrums of the rainbow from here and beyond. These include colors that are not visible to our human eyes, yet readily received as "home" to our inner being and soul.

The Pearlized Silver base of this Seichim energy system is of a refining quality that lifts you to receive from the most exalted level of these energies that you are ready for. This means that each time you call upon any of these energy streams to arrive unto you, you will continually be receiving the most exalted energy frequencies that are appropriate for you in each now moment.

## ATTUNE TO DIVINITY

Spiritually, the energy vibration of silver has been known to help people align more with the Angelic Realm. It is also said to awaken the cosmic mind and be symbolic of cleanliness. Each of the colors that comprise the various energy rivers of Pearlized Silver Seichim will have different meaning for the individual people calling upon them.

I can and will only describe some to the qualities and meanings that stood out to me. If you study the meanings of colors, as people across the globe believe the colors to be representative of, you will find many differences.

Each culture has their own way of feeling about colors. Still, in the human collective consciousness, the vibrations of some colors have a universal affect within a person's body and soul.

I spoke earlier in this manual about how each time you call in any of the Pearlized Silver Seichim energy streams that you will receive the most exalted pearlized energies appropriate for you at that time.

Please also know that there are very valid and important reasons to gain familiarity with a person's shadow self. Some areas within your own being and soul are not currently comfortable with the "*highest*" vibrational frequencies of love and light. This does not mean that they are bad. Sometimes there has been trauma and light is equated with being "*too bright,*" parts of yourself may be afraid to step into the light.

Some parts of oneself can be afraid of annihilation if that part of your being does not feel worthy enough to stand up to the brightest, most glorious creator. Parts of one's being who have felt compassion for ones who have been abused or have been imprinted with guilt of wrong actions (for any reason) may simply be too fragile to stand in the midst of a stream of the brightest light.

It is as those times that a dialing down of the intensity of any energy system is necessary. This is not to say that you would go for an "*impure*" energy. You would consciously think of a dial "*turn down*" the brightness, the speed at which the energy is vibrating so that it is not intimidating to the parts of oneself who are barely feeling worthy being alive anyway. This is very important to understand.

Additionally, there are parts of oneself who have taken on jobs within Divinity that require holding density or darkness. Again this does not mean bad, it is simply a

## PEARLIZED SILVER SEICHIM

difference in vibration. These parts of oneself have to be incredibly strong to hold a vibration that is denser than the glorious lightness of all that is!

It takes great strength for these parts to do their job. When a person's spirit has grown to such a degree that it is no longer advantageous to have certain areas of density within, it is then time for these parts of oneself to be exalted.

How, then does one exalt parts of oneself that have for so very long existed in the shadows? Often parts of oneself that have been in the shadows have been doing very important jobs for us, deep within our being.

***If it is time for any part of you to have its job description upgraded, Pearlized Silver Seichim will help that transition to occur in a manner that feels safe and acceptable.***

Here on planet Earth, many people always hear about up and highest in terms of spiritual growth. In the “*higher spiritual realms*” many beings of eternal light and love want to be able to interact with us here in the “denser” three dimensional reality of Earth. Matter and energy interact uniquely here.

There are many beings that so very much want the experience of being in a body here on planet Earth, and revere us for having been chosen to live in these energetically dense bodies. There are experiences here on Earth that cannot be had anywhere else in any galaxy!

I speak of this to say that being in a dense body is not a lack of spirituality. We are called to recognize our spiritual birthright and to live here in physical bodies. The challenge then becomes to harmonize our lower, middle and upper or (higher) self in such a manner that affords us the freedom to feel the higher spiritual realms and enjoy life here on Earth in a physical body.

It is not always about transcending the physical but living well while here. Being more of who you are and being kind to other people is a good start. Only you will know why these energies have called to you. Only you will experience intimately what their music of the spheres sing to you. That is well and I am thrilled you have embarked upon this journey here today.

Pearlized Silver Seichim, Pearlized Golden Violet Silver Seichim and Pearlized Silver Seichim Sphere all respond to the traditional Seichim symbols that you may have already learned.

## ATTUNE TO DIVINITY

Please spend a few minutes to invite your 1<sup>st</sup> level of  
***Pearlized Golden Violet Silver Seichim*** to release fully unto you.  
Simply say out loud or in your mind:

***“I ask to fully receive my Pearlized Golden Violet Silver Seichim, founded by  
Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”***

This stream of energy forms many geometries. Light Languages are made of colors, geometries, mathematics and musical tonals. The form your Pearlized Golden Violet Silver Seichim arrives to you in and how it changes thereafter will be unique for each person. Here is only one example of this energy! Many people like to use this energy for uplifting purification.

Gold is the glorious, majestic energy of Source, combined with a protective quality. There is wisdom and holiness implied within its vibration.

Violet awakens intuition, is a sacred color that purifies and calls to action anyone who has been touched by it. Violet upholds intention and prayer.

You can activate your Pearlized Golden Violet Silver Seichim anytime you want simply by saying out loud or in your mind:

***“Pearlized Golden Violet Silver Seichim, Activate and flow for me!”***

***Many people prefer to use the infinity symbol as circling both hemispheres of their brain, with it crossing over in the middle.***

***Still others like to think of it as connecting them here in physicality with their soul up above.***

***The infinity symbol can also be used consciously by two people when both want to be in the same energy octave. It helps to synergize energies.***

You may use Pearlized Golden or Violet Seichim separately from Pearlized Golden Violet Seichim if you so choose. Pearlized Silver Seichim will still be within the energies for it is the underlying matrix of each of the energy streams in this system to keep the continuity of purity and exaltation.

## PEARLIZED SILVER SEICHIM

Please spend a few minutes to invite your 2<sup>nd</sup> level attunement which is: ***Pearlized Royal Blue Silver Seichim*** to release fully unto you.

Simply say out loud or in your mind: ***“I ask to fully receive my Pearlized Royal Blue Silver Seichim, founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”***

When you say, ***“Pearlized Royal Blue Silver Seichim, Arrive and Activate!”*** you are calling for your conscious perspective of reality and life to be aligned with divine will. By divine will, I am speaking of the most exalted choice or path in this now moment in accordance with your soul and source.

When you activate this energy you may be shown more than one right way and it will be up to you to choose which right way is for you to choose this day.

There is indeed more than one right choice in every situation. Pearlized Royal Blue Silver Seichim causes you to notice more than one right option. Then, you will know which of the right choices resonate for you, today.

It is that in this free will zone of living on planet Earth, you get to make the choice. There are many who believe that there is only one Divine Will. I’ve begun to see more and more how much Divinity wants us to co-create with it. Therefore, we are brought to see several “right” choices. How, then, can a person make the best choice if it is no longer just about right and wrong?

***As Pearlized Royal Blue Silver Seichim awakens your royal birthright of divinity within you, there is a knowing of which choice is yours. It is that simple. What choice is yours, right now, today?***

I speak now to those of you who do not feel subtle energies or the nuances of emotion and intuition. The gift Pearlized Royal Blue Silver Seichim brings you is an inner certainty that is not based on feeling. It will awaken more of your wisdom so that the choice will be as sure as if you had all of the data visible and analyzed. You have to allow yourself to know the best choice amongst all right choices for you today.

Ah, for those of you who do feel subtle energies, this process will be a little bit more fun! Activate the Pearlized Royal Blue Silver Seichim when you have a few minutes to a half hour to marinate in its energy stream. Hold various topics up in

## ATTUNE TO DIVINITY

your mind that you have wondered about previously.

Think about any upcoming choices that you will need to make in a light manner, simply tossing them up in the air, not concerned with outcome.

Then, notice within yourself which choice, if you were to make the decision today, is obviously the best one! Instead of a feeling of just what is right, it will be a feeling a co-creation with Divinity for a life that works for you.

The Thai word for blue was recently สีน้ำเงิน, the color of silver, a reference to the silvery sheen of the deep blue sea. It now means navy blue, and the default word is now สีฟ้า literally, the color of the sky. Here on Earth, blue wavelength is 440–490 nm and frequency ~680–610 THz. Pearlized Royal Blue Seichim gives you fresh access to your innate wisdom.

Please spend a few minutes to invite the 3rd level of this energy system which is the ***Pearlized Silver Seichim Body*** to release fully unto you.

Simply say out loud or in your mind:

***“I ask to fully receive my Pearlized Silver Seichim Body as founded by Mariah Windsong and holding the mantle of connection with my soul, NOW!”***

Your Pearlized Silver Seichim Body contains all of the other ‘pearlized’ color streams we’ve spoken of in this manual and some that were not!

Your Pearlized Silver body can be worn as a cloak or second skin. Some people prefer to say ***“Pearlized Silver Seichim Body, Activate!”***

If you want to specifically designate the inclusion of the clearing and protective energies of Gold and Violet you can say:

***“Pearlized Golden Violet Silver Seichim Body, Activate for me, NOW!”***

It is wise to reactivate your Silver Seichim Body daily. Sometimes it may be necessary to activate it more often than that if there are a lot of dense emotions that you have been around from other people or situations.

As a “body” the energies of Pearlized Silver Seichim give you additional protection



## LAVANDULA OFFICINALIS

from negativity and ill will from others. It will help you to retain the “higher vibrational” energy frequency you began your day with after your morning spiritual hygiene routine and or meditation. You will have an easier time sensing your angels and spiritual guides throughout your day.

## Lavandula Officinalis

Here are the spiritual energy octaves you may call upon after accepting your Lavandula Officinalis attunement:

*Spirit of Lavender*  
*Ethereal Lavender Oil*  
*Flower of Lavender*  
*Leaf of Lavender*  
*Stem of Lavender*  
*Root of Lavender*  
*Awakened Seed Electric Life Charge*

All may be accessed and applied at will or ask for the over-lighting plant Devas together with your own Soul and Source to choose for you which ones, where and in what potency they are to be applied.

Benefits of Lavandula Officinalis others have experienced are:

Quick clearing of you acupressure points, the awakening of new abilities, your positioning to life being updated to match your current beliefs and priorities, mood up-lifter, breathing easier, galactic axiatonal alignment, and synergy with your personal multidimensional spiritual team.

Find a quiet place where you will not be disturbed for 10 or 20 minutes.

Call in your Lavandula Officinalis attunements by saying the following affirmation 3 times: **“I now call forth to you, the Highest Eternal Divine Lavandula Officinalis Plant Spirit, founded by Mariah Windsong, to arrive unto me. Please grant me the ability to feel your presence and receive the assistance all the aspects of your being will provide. I now receive the blessings of your presence which are the most appropriate for me, this day.”**

## ATTUNE TO DIVINITY

You are now authorized to ask *Lavandula Officinalis* to activate the various parts of Herself to work with you. I suggest that you ‘activate’ with intention each of the parts I list here, in the order presented for your session. Please activate all parts of Her, this at least the first time through this energy system.

You need only wait a few moments, a pause between calling upon, activating each part of *Lavandula Officinalis* until all parts are active. Please remain reclined while you are allowing Her to work with you. A *Lavandula Officinalis* session lasts between 12 to 30 minutes usually.

If you are sensitive to subtle energies, wait until you feel the flow of energies cease, before rising to continue with your day. If you are not sensitive to subtle energies and can’t feel Her, that is normal also, it simply means that you need to stay put for at least 15 minutes for your session.

After the first session from *Lavandula Officinalis*, you can choose to activate with intention any of her various parts, and do not need to activate all of them if you do not want to, or if you are in a hurry that day.

Once you begin to notice just how effective She is in your life, I believe you will find time to allow Her to work with you on a regular basis.

There are some parts of her, such as Ethereal Lavender Oil that is quickly effective even if you can’t recline in that moment. Play with Her, and learn when are the best times, and in what situations She will be most helpful.

I request that if you are called to, you take a spiritual journey to or meditate with the Spirit of this plant and ask how it wishes to work with you, and whether that is how it wishes to work with others also.

***Activate the Spirit of Lavandula Officinalis*** when you have a new outlook on life and hold to new beliefs or ways of thinking where there is a need for the dismantling of old structures, applying the new scaffolding/latticework, regeneration, and implementation.

Ask Spirit of Lavender to please help, and allow her a few minutes to work. Now your new perspective and positioning to life is secure and shall work for you to attract into your life exactly what you want.

## LAVANDULA OFFICINALIS

**Ethereal Lavender Oil** helps with: Relaxation, Clarity of Thought or Emotion, Cellular Regeneration and Clearing acupuncture point of stress or blockages.

Simply say: **“Ethereal Lavender Oil, apply to all of my acupuncture points, and activate NOW!”**

Or if you wish to apply by your intention in certain places on your body, say: **“Ethereal Lavender Oil, Activate”** as you imagine where drops of Lavender oil are being applied to your body.

**Flower of Lavender** assist to uplift your mood, outlook on life is more positive.  
Simply say: **“Flower of Lavender, Activate!”**

**Leaf of Lavender** represents photosynthesis in action of transmuting Light for nutrients. It is for easier breathing and release of life stress weight.

Simply Say: **“Leaf of Lavender, Activate!”** Often when I activate Lavender leaf I will immediately take a great intake of air. I do not do this on purpose, it feels like Lavender is breathing for me!

**Stem of Lavender** is the hydraulic action of water being pumped and nutrients being moved from one place to another. There are geometric codes within the stem also whose secrets may be revealed to you. Most importantly is the galactic axial alignment Stem of Lavender provides.

Simply Say: **“Stem of Lavender! Galaxiatonal alignment, NOW!”**

This aligns the axial points in your body with the corresponding points throughout the galaxy that resonate as HOME for you and are also energy sources for you.

**Root of Lavender** : Convergence = the taking of two things and having them merge. Also, and the way I prefer best to ask root of lavender to help is to ask for synergy with my multidimensional spiritual team. Feels so good!

Simply Say: **“Root of Lavender, Synergize me and my team!”**

You are now in synergy with the helping healing ones in the Light of Eternal Sacred Source who are here to help you along your life path.

**Awakened Seed Electric Life Charge** : To awaken that which is ready to be

## ATTUNE TO DIVINITY

awakened in your life, though until now, has not awoken.

Simply say: ***“Awakened Seed, Awaken me now!”*** You may not know what has been awakened. Hours, Days, Weeks, Months may pass while the awakened seed grows the abilities or opportunities in your life to sufficient readiness for them to be made manifest and obvious in your life.

Then, later, you will look back and say, “Oh my, I see exactly what the Lavender Awakened Seed Electrically Charged in my Life!”

Please activate this Awakened Seed Electric Life Charge function often to maximize benefits.

***WHAT CAN BE AWAKENED TODAY MIGHT NOT HAVE BEEN READY TO AWAKEN YESTERDAY, WHAT WILL AWAKEN TOMORROW CANNOT BE AWOKEN TODAY.***

You may activate the various parts of the *Lavandula Officinalis* for your body and being or another person’s. Ethereal Lavender Oil can also be placed in your environment to the benefit of you and other people.

If, at a personality level, a person does not accept Lavender, it will not be accepted. If you at a personality level do not want certain change to occur, *Lavandula Officinalis* will not be able to effect such change. Change will occur at whatever level that it is accepted within you whether conscious of it or not.

## **Sovereignty Empowerment**

Sovereignty Empowerment assists you to make decision confidently.

Sovereignty Empowerment gives you the energetic positioning of making those decisions free of other people’s control to influence your choice.

Sovereignty Empowerment helps you to gracefully accept other people’s advice and to know if it is applicable to consider in your choice and to discard such information

## SOVEREIGNTY EMPOWERMENT

if it isn't beneficial to you. Thus you will be making the best decision in each now moment without anyone else's energies or desire to control you tugging upon your being or your mind.

Sovereignty Empowerment enhances your beneficial connections with other people while freeing you energetically of their own worries and fears.

Sovereignty Empowerment helps you enjoy other people who are in your life better by reducing the influence of their hopes, desires and wants so that you can think clearer. When, by the very fact that someone wants so much to influence your actions and feelings, they do, it can be confusing. You were sure you felt a certain way, and now it is all foggy. That is a sure sign that other people's emotions and wants are influencing your feelings and maybe even your choices. Activate Sovereignty Empowerment to free yourself of the overbearing influence of other people's emotions as they pertain to you.

Sovereignty can be described as the right to self-government without interference from outside influences.

When you think about independent sovereignty as it relates to governing your own life without interference from outside, what might that mean?

There may be persons or pets whose wellbeing you need to consider when making decisions in your life. However, taking their wellbeing into consideration is vastly different from being under the influence of their fears, worries and control.

Sovereignty Empowerment gives you the energetic positioning, by the energy flow it brings you, to step out of other people's emotions and influence so that you can make a proper decision for yourself and those you love.

Yes, there are times when other people's influence is definitely beneficial. It is wise to accept good counsel, but ultimately, the wisest people know what counsel to put into action and what counsel to discard. Beneficial influence is indeed love from others but not love with desire to control.

Sovereignty Empowerment will never isolate you from the beneficial energies of other people. This empowerment seeks to help you receive all manner of beneficial support from any person, being, source or element that is in alignment with your

## ATTUNE TO DIVINITY

highest joyful good. Receiving support from is very different than being under the ‘influence’ of. You will be able to think more clearly. You will know that you are supported while not swimming in the middle of other people’s emotions or desire for a particular outcome.

Sovereignty Empowerment will also release you from energetic holds that people’s emotions and wants may have placed upon you, even unknowingly. People are just people. Most of the time people aren’t trying to overtly cause you to be under their control or spell.

***When you, as a spiritually awake person, develop your intuition and various spiritual skills and abilities you become more aware of and susceptible to the emotions and wants of others.***

***As your awareness increases you become more aware of all of the energies around you. People often project their thoughts and emotions without even realizing they are doing so.***

***If you are determined to get ‘all the information possible’ to make a decision you might be unknowingly absorbing other people’s thoughts on the topic. This is true even if you only meant to receive information intuitively from Eternal Sacred Source and your higher self and angels.***

This is why Sovereignty Empowerment is so very important. In order to make a proper decision for you, it is vital to discard other people’s feelings and wants on the matter. Think of the word sovereignty. What does it make you think of?

Do you think of a country that governs itself? The leaders who make decisions for other people who live in the country must be able to sift through all the information free from the control of or wants of any individual person or group therein. Thus in your own life, even though people will be affected by your decision, you are leader of your country!

Your well-being is of primary importance even though you will consider how your choice will affect the people in your life, you need to detach from how they may feel about your decision. This is a vital skill to a healthy life!

There is a certain amount of grace and strength that you feel and that others will

## SOVEREIGNTY EMPOWERMENT

notice and respect when you make decisions from a sovereign energetic positioning. You will not second guess yourself.

If new information arrives after you've made your decision you will know that you made the best possible decision at the time. You will be able to make a swift decision and know that you can adjust your course at any time that it deems necessary to make another change.

This is your right as a sovereign individual who refers inner and outer guidance while ultimately making a decision that centers in peace.

Sovereignty Empowerment may be needed for you in other situations too.

If you feel any of these, be sure and activate Sovereignty Empowerment.

Awaken after a night's sleep feeling unusually worried.

Having difficulty knowing what you feel about a situation.

Suddenly feeling differently about a topic after being around a person.

Compassion for another person's situation causing you to want to give more than you can afford to in time or money.

Feeling like what you want doesn't matter.

Feeling like your decisions always cause others pain.

Feeling like you are not qualified to make a proper decision.

A clouded mind that keeps getting distracted by anything and everything.

A general lack of energy or enthusiasm to move forward in life.

Diminished hope in the future or looming doom worry.

Wanting to abdicate your right to make a decision and let another person

## ATTUNE TO DIVINITY

make the choice for you.

Obsessing over topics or entertainment that is unusual for you.

Night dreams that feature people or situations that cause you to doubt your skills and abilities.

Night dreams that make you want to ignore your own responsibilities.

Night dreams that give you a great feeling that you ‘need’ to call someone you’ve already released from your life and give them another chance instead of letting goodbye stay goodbye.

When you’ve made decisions in the past and suddenly there is a pulling, tugging feeling to make a change that reverses a decision you used to feel peace with, please activate Sovereignty Empowerment.

After a few hours you’ll know if your urgency is real, or was just a result of you ‘picking up’ on someone else’s worries, fears and desires.

This is very important because I cannot stress enough the many lives that were on a good track and then, because of an urgent feeling, the person reversed a decision and life fell apart. When people begin to start trusting their inner guidance, any urgent feeling is easy to be swayed by.

***What is essential is to have a way to sort and sift, dropping away energies and feelings that really don’t belong to you, so that your actions can be based on intuition that is really yours, not clouded by other’s emotions.***

***Learning to trust your feelings and intuition is a vital part of your spiritual path.***

***Thus, activate Sovereignty Empowerment regularly to be sure that what you are feeling is really your feelings, not other people’s hopes, wants, feelings or desire to control your actions.***

Please spend a few minutes to receive your Sovereignty Empowerment.

Say out loud or in your mind: **“I now fully call forth to receive the Sovereignty**



## SOVEREIGNTY EMPOWERMENT

### **Empowerment that Mariah Windsong founded, made perfect for me by Eternal Sacred Source!**

Your empowerment will easily arrive to you because Eternal Source is not limited by space or time. It will flow into your body and energy field, into all of who you are. You may or may not feel any physical sensations. It doesn't matter if you feel these subtle energies. They are effective no matter whether you perceive them or not. Some people feel warmth or a tingling sensation, other notice pulses. It is great to think of placing a crown upon your head to help you gain the energetic positioning of sovereignty.

Now that you have paused to receive your empowerment, you have the right to call upon and activate your Sovereignty Empowerment. Please do so when you have a few minutes to marinate in the energy stream that will open for you. Activating it with your intention, a strong feeling of wanting the energies that its name signifies is all that is required to begin the energy flowing to you.

Say: **“Sovereignty Empowerment, Activate!”**

Usually it is necessary to keep your mind lightly resting upon the fact that you want this energy to continue flowing, for it to remain active.

**Some benefits of regular activations of Sovereignty Empowerment may include:**

Graceful receipt of advice from people.

Easily discern if such advice is useful to you.

Notice what other information is revealed to you by the receipt of this advice.

Centered peacefulness upon the making of a decision.

A sure knowing that what you are feeling is your feelings.

A realization of what feelings are not yours and ease of letting them drop away after you've gleaned any information you need from such awareness.

## ATTUNE TO DIVINITY

A confidence and inner glow that is apparent to all around you!

A greater flow of energy from your own soul and Eternal Sacred Source  
to fuel your body, mind and entire being!

Freedom from the adverse influence of other people.

An inner security that you can trust yourself and your feelings.

Better sleep and a more consistently improving inner life

A mind that can more easily make decisions.

Gain a reservoir of energy to draw upon anytime.

Reduced worry feelings as you are only in your own feelings.

Gain confidence to say no to other people's requests when it is not in your highest  
joyful good to say yes.

Feel sure that you are loveable and wanted for who you are, not what you do.

Sovereignty Empowerment is for personal use only.

# Arch Angel Michael Alignment

*Arch Angel Michael Alignment* energy system attunes your heart center, third eye, root chakra and hands to be in alignment with Arch Angel Michael. Arch Angel Michael Third Eye Alignment has been channeled to help increase our intuition and discernment in wisdom and valor.

Arch Angel Michael Root Chakra Alignment removes fear related to dangers felt in regards to discrimination of any kind and home safety. All kinds of discrimination imprints from experience can be removed.

Arch Angel Michael is written about and prayed to by people of many religious beliefs. His appearances to believers and non-believers alike have been recorded in ancient texts. There are many good places to learn about the historical and traditional accounts of his character and actions.

This energy system will focus on helping you connect better with this Arch Angel by consciously aligning various areas of our body to his energy.

Some people refer to him as a Saint, with stories that he became an angel thereafter. As an Arch Angel, he is said to be in charge of God's army.

People often call upon Arch Angel Michael for protection and deliverance. This energy system is a result of consciously aligning my third eye area with his over the past 5 years. I've found that my intuition abilities increase greatly in the hour directly after I've aligned my third eye area with his.

It is an incredible experience and I hope you'll enjoy it too. There is a feeling of "clearing" out anything that may have been clogging this chakra and then an expansion.

When using this alignment as a divination tool or to discern what decision to make

## ATTUNE TO DIVINITY

in your life, think of it as seeing through the eyes of Arch Angel Michael. You are seeing the situation from his perspective.

At first this may be a bit disorienting, for angels do indeed have a higher vantage point from which to look out of. This means that some of the things that we concern ourselves with the Arch Angels won't.

They take the long view and so if there is a decision which won't make a large difference in the outcome of your life, you may not get a clear answer when you look through his eyes.

For the decisions that really matter, looking through Arch Angel Michael's eyes will show you clearly which path to take.

Some decisions are very important. If you choose one way, you may be inviting challenges into your life without even realizing. To choose another way, you are in alignment with your soul and the Divine, and life is easier.

Of course, there are some people who still believe that they must work through life's lessons. I am here to tell you that there are many "lessons" which can be avoided by viewing situations through the eyes of those who are looking at the situation from a higher vantage point.

We do not have to go through every lesson. That is the value of gaining wisdom. You can discern and make choices which guide you around a lesson instead of suffering through it.

By aligning your third eye with Arch Angel Michael's third eye you are placing yourself in a place to receive insight about any situation you then think about. Only the information that is appropriate for you to have at this time will arrive unto you.

Please spend a few minutes to invite your Arch Angel Michael Alignment to release fully unto you.

Simply say out loud or in your mind:

***"I ask to fully receive my Arch Angel Michael Alignment as anchored by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!"***

## ARCH ANGEL MICHAEL ALIGNMENT

Think of a ball of light and energy above your head that opens up and streams down into the top of your head. Your attunement will easily arrive to you because Eternal Source is not limited by space or time. Your Arch Angel Michael Alignment arrives to your body and energy fields anchoring your heart, third eye and hands in alignment with the Eternal aspects of Arch Angel Michael.

Your alignment (or attunement to this alignment) has brought your body and energy fields into contact with Arch Angel Michael's energy. This gives you permission and indeed the right to align your chakras with his. Now that your body and being, at many levels, have been introduced to Arch Angel Michael, you can consciously activate this alignment anytime.

When you activate this alignment, it is a general alignment which brings your body's energy fields into alignment with Arch Angel Michael. When you want to work further with the various energy functions I'm presenting here, you will need to activate each one individually. Furthermore, if you wish to align each of your chakras to his energy you may do so by putting your consciousness in each of your chakras and saying:

### **“Arch Angel Michael (name of chakra) Alignment”**

I advise that you do this after you've activated his general alignment and any of the energy functions you want to work with that day.

To activate this general Arch Angel Michael Alignment, say audibly or in your mind with strong intention:

### **“Arch Angel Michael Alignment, Activate!”**

Directly thereafter you may begin activating any of these additional energy functions of this Arch Angel Michael energy system.

We are anchoring with the Eternal Arch Angel aspects of Michael when we activate this alignment. Saint Michael, while beneficial, does not embody the higher wisdom at the level that his Arch Angel title bestows upon him.

Arch Angels are angels of a specific angelic hierarchy with great authority.

The *Arch Angel Michael Third Eye Alignment* aligns the awareness and energy of

## ATTUNE TO DIVINITY

your third eye (6<sup>th</sup> chakra) with Arch Angel Michael's third eye.

Usually he will provide some clearing out of any dense energies or energy that no longer serves your clarity and wisdom prior to aligning it with his.

If you are sensitive to subtle energies you may feel a tingling or vibration in the area between your physical eyes and in your forehead as he clears it.

It is perfectly natural even if you don't feel anything. This alignment will still be beneficial to you in the way I describe and many others! If you are seeking increased clarity of intuition, that will arrive unto you in various ways.

It is different for each person because everyone arrives unto Earth with different skills. A person's spiritual abilities open up at various speeds and this is something that is determined by our body and at the soul level, it is not something they can just "flip a switch" and change instantly.

Some people have more intuition than they want. If this is you, rest assured that this Arch Angel Michael Third Eye Alignment will help you to navigate through the information you are receiving in order to make sense of what is applicable for you to notice at this time. You will easily notice what is applicable for you to pay attention to and all of the other information will fade while you are using this alignment.

Say audibly or in your mind with strong feeling:

**"Arch Angel Michael Third Eye Alignment, Activate!"**

Then say audibly or with strong feeling:

**"I now align my third eye with Arch Angel Michael's third eye!"**

Now it is time to think of the situation or topic that you seek to receive additional insight into.

If it can be put into a question do so, and pose the question to Arch Angel Michael audibly or in your mind.

## ARCH ANGEL MICHAEL ALIGNMENT

Please understand that only a few people will receive an audible response.

For most of us it is a feeling or thoughts that arrive into our mind that we know we were not thinking of a few moments before.

You may see visual images in your mind's eye or you may not.

You may now use any other divination or intuition tools you usually use to discern answers to your questions.

You perceive from Arch Angel Michael's perspective.

Any time after you activate your Arch Angel Michael Third Eye Alignment, you may say:

***“Arch Angel Michael Third Eye Alignment!”***

***Saying the name of this energy function again and again as a mantra while you are seeking insight on a particular topic or an answer to your question will increase your alignment with Arch Angel Michael.***

Your third eye's perception and positioning of alignment with Arch Angel Michael may dissipate and return you to your own intuitive perspective within about an hour after the last time you activated it. This is natural because to always see from the perspective of an Arch Angel may make it difficult to engage in the daily life tasks that are required to sustain physical life here.

The Angels see things differently than we do. Consider this a great technique for clearing dense energies out of your third eye and to be given a view from a wiser, vaster perspective. It is not a perspective to live every day within.

Arch Angel Michael Third Eye Alignment is a perspective and intuition amplifier that is wonderful to use anytime you need to, for a short duration each time.

This enables you to, as a dance, move your perspective from that of the mundane here in this reality, to that of an Arch Angel's and back again.

## ATTUNE TO DIVINITY

This gives us a level of wisdom that we may not otherwise be able to have.

Arch Angel Michael may empower you with valor while you are viewing your situation through his third eye. Valor is described in one dictionary as a boldness or determination in the face of danger.

This means that if the answer you seek is a path that leads you through challenges for good reason, you will have the courage to step forth boldly.

You will know that you are supported from within and without. Fear will not stop you from taking right action for you or your family if that right action is called for at this time. There is fear which is a warning to go another direction, there is a fear that is a warning of risk to be alert about and there is fear which only slows or stops us from taking right action. Arch Angel Michael will also calm you if you are too quick to take action.

Arch Angel Michael has strength and a protective energy which he will extend to you if there is need. You must ask for this assistance if you want it.

Arch Angel Michael Heart Anchor is a great alignment for many, many people. It is especially useful for those who are too compassionate.

Some people get swayed off of their goals and purpose by anyone who has a sad story to tell. Arch Angel Michael will guide you to stay focused and only attend to the people who your spirit guides you to help this day.

Such focus will cause your time and abilities to help the ones that are for you to help; rather than to help those for whom such help goes to waste as they could help themselves if they chose to.

*Arch Angel Michael Heart Anchor* was initially designed for people who have recently lost their love. This could be due to a break up with a boy or girlfriend or a spouse. Maybe someone who they love died and is not present in physicality anymore.

***Anytime someone who you loved is not currently in your life in the manner that you wanted, Arch Angel Michael Heart Anchor will help you.***

If you are a heterosexual male and not comfortable with anchoring your heart center



## ARCH ANGEL MICHAEL ALIGNMENT

with a masculine angel, there is another function you can do.

Arch Angel Michael can anchor your heart into your own heart center at your soul level. This can be very empowering for anyone. You can also ask, as you activate Arch Angel Michael Heart Anchor for your heart to be anchored with any Archeia who would step forth for you!

Archeia is the term for a feminine representing Arch Angel rather than a male. It may be easier for some of you to anchor with an Archeia than Michael.

Arch Angel Michael Heart Anchor is also a great energy function for persons who are in love with and actually in a relationship or marriage to activate. This is because there are times when your loved one is not in a place emotionally to meet all of our needs. There are times when you desire affection and it is not forthcoming. Sometimes your loved one is stressed and in the middle of their own worries. It is good to go to Source to be filled.

Some people can get what they need from Reiki. Others want to feel the love of a being. Arch Angel Michael or Archeia can provide safe, angelic love. I have found that anchoring my personal emotional heart center with Arch Angel Michael provides me with a freedom to love and be loved without neediness.

Working with Arch Angel Michael; you no longer dependent on the immediate emotional availability of your spouse. You are not left “wanting” if your spouse is emotionally unavailable due to circumstances in this day of stress or anything else.

A person will be “available” to give and receive love after they’ve anchored their heart with Arch Angel Michael. I find that, just like with your Arch Angel Michael Third Eye Alignment, this Arch Angel Michael Heart Anchor lasts for around an hour.

It is important to have a sanctuary and refuge to go to, and also important to be well with functioning here in this reality, with all that entails.

To constantly be in the bliss of angelic love may cause a person to become uninterested in daily life activities. The responsibility is with us, to consciously activate the Arch Angel Michael Heart Anchor when we need it.

## ATTUNE TO DIVINITY

These energy functions are designed to help us but are not a substitute for living life here in this reality. Arch Angel Michael or any Archeia that may step forward for you will ease your pain of separation from he or she who you love. Even if that person is in your life, just not quite right now in the way you want, this energy function fills you with divine love in a personal way so that you re-balance.

I am told that one of the most important reasons this anchor is provided is as an anchor in a storm, for those who are close to giving up on love. It is seen by angels as very sad when humans close their heart and give up on love.

This Arch Angel Michael Heart Anchor is for any kind of love concern. It is not restricted to the romantic lover kind of love but also family and friend.

Say: **“Arch Angel Michael Heart Anchor, Activate!”**

Say: **“I now align and anchor my heart with Arch Angel Michael’s!”**

Or say: **“Arch Angel Michael, anchor my heart in the heart of my soul!”**

Or say: **“I call forth an Eternal Archeia who will anchor my heart, Now!”**

Allow a few minutes to pass simply being receptive to the angels and to the feelings of your own love for you. If you don’t feel any love for yourself that is alright too in this moment. Simply trust that Arch Angel Michael and an Archeia want to share their love with you, protecting your heart center.

Some people feel great warmth in their heart center and the feeling of being held and comforted. Others simply feel that suddenly, they are in a safe place, fully accepted and they begin to relax into their own being.

If you aren’t sensitive to subtle energies, even your own emotions, that is ok.

Some people, when they need this anchor the most, are feeling numb.

There may have been situations that happened which were too much to bear and so the person closed their heart center. Please activate this Arch Angel Heart Anchor daily so that you can receive what you need at this time.

## ARCH ANGEL MICHAEL ALIGNMENT

Just because you don't feel anything doesn't mean that nothing is happening. Your heart may still choose to remain closed for a while, but with this anchor in place and renewed daily you will not lose your way.

You can re-open to love when the time is right. You can re-open to the love of the Arch Angels. You can re-open to the love of your guardian angels. You can re-open to love for you from your own soul and depth of being. You can re-open to the love your Creator has for you. For now, all you need to do is activate this energy function and be receptive for a few moments each day.

Arch Angel Michael and/or whichever Archeia stepped forward to anchor your heart for you this day, will take good care of your heart. (4<sup>th</sup> chakra)

***Arch Angel Michael Hands Enhancement*** provides you with an upgrade of healing abilities and all other energy abilities that is your birthright to have here while in this body. I have been amazed by the strength of the energy flow which arrives when I activate this Arch Angel Michael Hands Enhancement! This enhancement may be re-activated often!

I feel that he cleanses and upgrades each of the chakras in my hands every time I activate this alignment! Then there may be warmth which pulsates and there is sometimes an urgency to send his energy onward! You may use this healing energy for pets, people, animals, birds, plants, fish, and any natural area. You can channel his energy into architecture and buildings.

I've worked with this energy function for a long time and it feels that I'm under the guidance of Arch Angel Michael for any healing energy work I do when I activate this. It is not only Arch Angel Michael's energy which flows out of my hands, but his guidance while I activate and use other energy systems too. This means that any energy system you are already attuned to will be more effective if you've activated Arch Angel Michael's Hands Enhancement prior to activating those systems.

Say: ***“Arch Angel Michael Hands Enhancement, Activate!”***

You may choose to activate this enhancement before bed so that your hands can be enhanced while you sleep. Some people feel a tingling sensation or some areas of their fingers or hands may feel to be numb in the days that follow this enhancement. That is normal. Your ability to channel and deliver healing energies are being upgraded and enhanced. Some etheric wiring may be re-made for you or fortified

in your hands.

*Arch Angel Michael Power* is an energy function that puts you into the flow of Arch Angel Michael's power and spiritual authority. All of his protective and defending energy is available to flow through you in as much as your body's energetic circulatory system is ready to withstand.

Arch Angel Michael Power shall work differently for each person. This alignment arrives with a caution to use for yourself first before activating it for anyone else.

Arch Angel Michael is known to have many attributes. It is important that you set the intent you have for the healing you desire to provide before you activate the Arch Angel Michael Power. This is because it is not only his healing energy which may arrive but also a swift protective energy which can be unexpected for both you the channel and the recipient.

Arch Angel Michael has a strong connection with delivering justice. What I am describing here is that Arch Angel Michael will assist with cutting cords which connect people in unhealthy ways to one another.

He will do extraction work to remove energies that are discordant within a person and which do not belong. You may find your manner and method of working to be different after activating Arch Angel Michael's Power.

If it is appropriate in this now moment, it could come through your hands during the healing work you are delivering.

Therefore please set the limits and boundaries which Arch Angel Michael will fully respect. If you do not set parameters a healing may occur, but it could be fierce as the work will be done without delicate manner.

For example, let us say that you doing Reiki for a client, friend or loved one and want to "try out" the Arch Angel Michael Power.

You activate this energy function and then start doing reiki. All of the sudden you may feel your hands desire to swiftly bring the person to a sitting position and thump them upon the back. Arch Angel Michael's hands may be knocking old dense energy out of the person as they cough and exhale the old patterns and blockages

## ARCH ANGEL MICHAEL ALIGNMENT

that have been there for years in their lungs.

I dare say that if you hadn't received permission to thus thump the person prior to this session beginning, such a healing may send your recipient for the door! Such is true also with exorcisms and extraction of negative entities.

Usually Arch Angel Michael Power just adds more authority to your work. Please understand, however, that in the face of such authority as an Arch Angel, some entities do get uncomfortable. They could cause your recipient (if you are conducting a healing session) to become agitated.

I suggest that you talk with Arch Angel Michael as you would to a respected elder and ask that you have "lead time" for any work that he would want to do for the person. This means that you would be given intuitive awareness of what Arch Angel Michael's Power would want to do, rather than you simply moving your body in response to his guidance right at that moment.

It is important to tell Arch Angel Michael if you are doing a session for a person who is new to energy work. Why might this be important since he is an Arch Angel and probably has access to any information he may wish to know about the person? It is etiquette in this reality that you are clarifying!

Etiquette in regards to what behavior you, the practitioner can exhibit during a session which will foster your client, loved one or friend's openness to the Divine. A swift action by Arch Angel Michael's Power through your hands could be misinterpreted.

This energy function has been channeled specifically to be invoked by saying:

**"Arch Angel Michael Power, On!"**

***Please remember that Arch Angel Michael specifically wanted those who are ready to work with his warrior healer energies to have access to them.***

***He wants to increase people's discernment rather than limit.***

***Please clarify what abilities, actions and energies you want to receive.***

***With a thought of instruction, you can tailor Arch Angel Michael Hands***

ATTUNE TO DIVINITY

*Enhancement range of attributes which arrive unto you.*

*Arch Angel Michael Power shall be strong with those who are called to provide defender and protector services to others.*

*There are many people who are ready to step into the authority which they already have at a soul level.*

*This is your responsibility as you learn your own power and his.*

*In these times of decreasing separation between realities and realms, there is more need to send unwanted entities out of people's energy fields and bodies.*

*Some of the previously relied upon techniques do not work for the types of entities which can arrive from other places now.*

*Arch Angel Michael Power is an important tool for people who do extraction and entity release work.*

Work with Arch Angel Michael Power for yourself before you attempt to provide an in person session for others or do distance healing.

As people gain discernment, additional skills open up for them. I am told that there will be times when some people will need to use Arch Angel Michael's defender and protector energies through their own hands.

This energy function is under the authority of the Gifts of the Holy Spirit which means that it opens to you only what is needed in that moment.

With that being said, there is no concern about tradition or society acceptability for what occurs when such a gift awakens.

That is why, if you want it tempered, so as to not freak out family or a client, you will have to consciously say so to Arch Angel Michael!

The eternal sacred source and its defenders of eternal light, life and love have less

## ARCH ANGEL MICHAEL ALIGNMENT

and less patience in the face of those who would seek to destroy the innocent.

So, when you invoke this energy function of Arch Angel Michael Hands Alignment, be prepared to be the damper to determine what range of action is acceptable to arrive through you and what is not.

You are the incarnated soul. You are in charge of your body. Arch Angel Michael will not cause you to do anything that is inconsistent with your own beliefs and eternal sacred source.

He could, however, if left to his own will, not slowed by yours, cause many people around you to be very uncomfortable in the face of truth and swift justice for the innocent.

This could be as a result of energetic extractions, exorcisms, and removing someone physically from a location in which they were assaulting someone.

Arch Angel Michael Power is a great energy function for anyone who regularly works with others to help them clear of dense, lower energies.

***Arch Angel Michael Root Chakra Alignment*** is an energy function that is designed to help a person release imprints of being discriminated against.

It will also help you to release fear and imprints of danger or abuse you experienced from any home or tribe environment.

To activate this alignment for healing and also anchoring purposes, please say audibly or in your mind:

***“Arch Angel Michael Root Chakra Alignment, Activate!”***

Some people can feel a warmth collect and increase at the base of their spine after they activate this alignment. Others don't feel anything at all. It isn't necessary to feel this alignment for it to assist you. You can use this alignment in a generic fashion, just by saying the above affirmation with strong feeling. Or you can bring your mental attention to rest, briefly on various topics in which you have felt discrimination.

## ATTUNE TO DIVINITY

As you do so, say: **“I release this discrimination and claim my right to be respected by all persons! I ask that all discrimination imprints release!”**

There is often a feeling within people that they need to meet out justice to those who have discriminated against them. Please release your need to be the one to teach others a lesson about how they treated you wrongly.

Recognize that Arch Angel Michael and the Divine itself will teach people their lessons and do the providing of any justice they deem appropriate.

Discrimination comes in all forms. Some people are discriminated by others for a disability or a way that they walk or hold their body. Others are discriminated against for their beliefs or religion. Many are discriminated against for the color of their skin or their gender. A person’s race or genetic heritage can also be reacted against with discrimination by unkind or ignorant people.

If you’ve ever felt discrimination, it may have left an imprint within your body. This imprint has a way of trying to steer you away from situations in which you could encounter persons who may discriminate against you again.

It can also cause you to see yourself as inferior. These imprints can release. You may need to activate this energy function of Arch Angel Michael Root Alignment many times before the emotional damage discrimination can cause starts to fade. You can gain emotional health and a better sense of self-worth by using this Arch Angel Michael Root Alignment often.

The reason you may need to activate this several times is because there may be many recorded experiences of discrimination in your root chakra area.

Healing needs to be done in a way that is gentle and if too many recorded experiences are released at one time, your body may not know how to react to that change. Even good change is change. Change must be integrated slowly and so often times recorded experiences are released one layer at a time. This gives you and your body a gentle experience of gaining a new self- image and strengthened self-worth in a way that will stay strong.

Root Chakra also traditionally is related to home and tribe. If there has been any threat to your home or safety within your home you may have imprints that need



## ARCH ANGEL MICHAEL ALIGNMENT

to be released. Threat or perceived threat to your home, land or tribe can also bring undesirable imprints of fear. A person may not be open emotionally if they are constantly feeling the need to close themselves away.

For fear or bad experiences related to safety in home or to one's homeland and people, please say: **“Arch Angel Michael Root Chakra Activate and release all recorded fear of danger to me, my home and loved ones!”**

Please notice that any fear that is real and current will not go away. Any fear that is current and real is a message to take action for the protection of your home or loved ones and will remain.

The releasing of recorded/imprinted fears frees you to accurately access any fear related to the safety of your home or loved ones. Otherwise you may be reacting to old outdated fears. Old fears continually relived in your mind and emotions wreak havoc upon your adrenal glands and nervous system.

Your emotional health pays a high price when you are reacting to past experiences or threats. Now you can have the freedom of relaxing.

If a threat is on its way you may even be able to perceive it prior to arrival now that your awareness is not cluttered by past threats and events.

***Arch Angel Michael Anointing is an anointing of his energies. If you are sensitive to subtle energies it may feel like a light mist or rain coming down around your aura and onto the top of your head.***

Arch Angel Michael Anointing increases your crown chakra's ability to function at higher levels. This means different things for different people. Whatever your crown chakra needs to upgrade to its next highest divine expression, Arch Angel Michael Anointing will provide.

Some people experience Arch Angel Michael Anointing as a fortifying of their aura's natural protective shield. You will receive whatever you need spiritually when you activate this energy function. I like the way it feels and have added its activation to my morning and evening regular spiritual hygiene routine.

Say: **“Arch Angel Michael Anointing, Activate for me Now!”**

You may immediately activate other energy functions from this or any other divine energy system after pausing for a moment to accept this anointing.

## **Dream Scenario Clearance**

Receive Karmic clearance for old behaviors and thoughts so that you will not be reminded of those issues by your subconscious in your night dreams.

Level 1 Self Forgiveness Healing Ray sets the foundation and Dream Scenario Clearance activations clear your subconscious patterns and cellular memories of topics that are related to behaviors you don't choose to exhibit.

Level 2 provides you with the ability to clear those same areas, for topics and patterns that first arose in any other time or place.

As we grow, we like to know that our past is our past. Better choices displaying our new gained wisdom yield healthier relationships, and more rewarding lives. So, why, when our outer life is finally reflecting our inner growth, are we sometimes or frequently plagued with dreams at night about situations that we now would never find ourselves in?

The answer could be due to many reasons, but the most common is the fact that until our subconscious is totally satisfied that we've learned all we can from that topic, we get to revisit. We get to revisit it over and over again in either the same or many different, slightly varying scenarios. The thread of the topic is noticeable nonetheless. Here we are 'back within' a scenario in our sleep dreams that we have worked so hard to never have to experience again.

This energy system runs an energy program, which is totally under the authority of your Higher Self, Soul and Eternal Sacred Source. Additionally, how effective this energy system is for you is determined by your own readiness to 'let go' at a deep level, of past failures and pain resulting from previous outcomes and situations. This is why it is important to activate and 'run' Dream Scenario Clearance on a regular basis.

More topics and items will be cleared in subsequent sessions than are ready to be

## DREAM SCENARIO CLEARANCE

cleared today. However, today I'm quite sure that some topics are indeed ready to go away from your dream scenarios, with the proper encouragement.

Dream Scenario Clearance moves very specific energies in the proper order through a series of areas within you so that clearance can occur. Your subconscious cannot do this series of movements by itself, so it does the only thing it knows how to do, proffer the topic up to you in your night dreams, again and again. Even if an entire topic does not immediately clear away, all that can clear away now, will.

Level 1 of Dream Scenario Clearance attends to the topics that are a result of behaviors, actions you took in the past or thought about doing, during this lifetime only. *Self-Forgiveness Healing Rays* set the foundation!

For example, if your previous behaviors were ones of saying yes too often to people, and living a rushed life of never quite getting everything done on time, your night dreams would put you in those very scenarios.

Maybe your old behavior was one of telling little lies, not quite the whole truth, and then when the truth caught up with you, people got hurt, including you. Your night dreams might have similar situations in them now, even though you live your current life in a truthful manner.

Some people dream about the old ways that their relationships felt, the tension of not getting along together. Let's say that now you have harmony and ease in your current relationship yet still dream about the difficult times.

Or maybe your actions and words do align, yet your outer life has not yet reflected your new way of being. Dream Scenario Clearance will enhance your ability to manifest what you want in your outer reality by clearing away your old patterns of behavior in many places and levels within you. More of who you are, including your subconscious mind will be in resonance with your new choicing about how you live.

This is an incredibly effective way to speed along the manifesting of a life that reflects what you really want. Additionally, a step to forgive yourself for any of your previous behaviors, actions or thoughts is necessary to fully free you. This step gives your subconscious mind a strong message of completion. All levels of your mind will know you've learned your lesson.

## ATTUNE TO DIVINITY

*If you remember your night dreams, you know exactly what situations you wish to never ‘be in the middle of’ in your dreams, ever again! Some dreams can feel so real, it is exhausting.*

*If you don’t remember your night dreams and have purchased this system, you will benefit by not having to go through scenarios that cause you to awaken fatigued. Even if you don’t remember your night dreams, Dream Scenario Clearance will attend to issues in order to free your mind to have more peaceful night dreams. This may result in you feeling more ‘ready for your day’ upon waking.*

Please spend a few minutes to invite your *Dream Scenario Clearance* attunement to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Dream Scenario Clearance attunement as founded by Mariah Windson and made perfect for me by Eternal Sacred Source, NOW!”**

Step one is to activate Self Forgiveness Healing Ray.

Say out loud or in your mind:

**“Self Forgiveness Healing Ray, Activate!”**

Lift up in your mind for a brief moment, any topics, one at a time that you still think of and are ‘hard on yourself’ about. Anything that bothers you and you are less than proud of about your past behavior and actions. This can be as simple as words you spoke that, upon reflection, were unkind. You may not have said something that could have eased another’s pain, or did not have the courage to speak of your love to a person. Anything that you did or did not do which has caused you to go back over the situation or topic again and again are to be lifted up and transmuted with the Self Forgiveness Healing Ray.

This Ray works very fast, as long as you are willing to let the feelings about the topics change. If you are determined to hold on to feeling bad about things, the Self Forgiveness Healing Ray can only make slight changes.

If you can accept that you do not need to continue to feel bad about \_\_\_\_\_, then think of it one last time as you activate the *Self Forgiveness Healing Ray!* Now go on to another topic until you’ve gone through that mental list! All done for today!

## DREAM SCENARIO CLEARANCE

It is very important that you follow along the next list of functions that comprise Dream Scenario Clearance so that you add your own intention to this process. It is wise to read them with strong feeling and desire for them to be activated. Then it is wise to recline and relax, simply letting your mind wander for about 20-30 minutes.

**Say: “Dream Scenario Clearance, level 1, Activate!”**

- 1) **“Old Behavior Karmic Clearance for my body and my spirit!”**
- 2) **“Old Behavior Cellular Memory Clearance!”**
- 3) **“Old Behavior Subconscious Pattern Release!”**
- 4) **“Dream Scenario Clearance!”**
- 5) **“Comfort Wrap Reiki, Activate!”**

Some people are familiar with the feeling of ‘completion’ that occurs when an energy system has completed all that is to be done for today. If that is true for you, get up and continue your day (unless you are doing this before sleep) when the energies cease to flow.

If you don’t feel anything when you activate Dream Scenario Clearance that is ok! The energies shall do what is necessary for you ‘behind the scenes’ and simply don’t need your awareness of their activities. Remember that your Higher Self, Soul and Source are directing the energies and all is done perfectly for you.

**Level 2 of Dream Scenario Clearance** provides you with both the ability to clear old behaviors whose origins begin in a time or place not within this current lifetime. It matters not what you beliefs are on the topic of reincarnation or where you imagine yourself to have been prior to this incarnation. You are here in a body. When topics and scenarios experienced in the dream state are not anything you’ve experienced in daily life, a person begins to wonder, “Where did that come from?”

If you don’t remember your night dreams, yet still find yourself in certain situations, despite your concerted effort to cease various behaviors, this system can help you. It is entirely possible, that the reasons you find yourself, time and time again, in certain situations, whether in the dream state or this reality, is because in another

time and place, the pattern was established.

I don't wish to try and tell you how to believe. For level 2 of this system to work best, I would like you to simply try on the idea of ***“maybe just maybe, the pattern for this dream scenario, or real life situations started somewhere or sometime before this life”***. Well actually we are not limited to prior to this life experiences. Since we are considering time to be pliable, and moving in both directions, maybe it is moving into and back from the future too! If so, then your current dream scenarios or real life situations could be a result of your future actions or behaviors!

So, try and look at this like a movie, suspending disbelief, and let's go into the territory of science fiction for a few moments. All we want is to have a better life and not be reminded of unwanted thoughts, deeds or behaviors.

So a new way of accomplishing that might just work wonders!!!  
'Gateway' is the symbol for Dream Scenario Clearance level 2. 'Gateway' gives you access to clear old behaviors, and patterns that originate anywhere and in anytime. Simply say or think the word 'Gateway'

These functions, work in different times and places for your freedom!

**Now Say: “Dream Scenario Clearance, level 2, Activate!”**

***1) Old Behavior Karmic Clearance for my body and my spirit!”***

***2)“Old Behavior Cellular Memory Clearance!”***

***3)“Old Behavior Subconscious Pattern Release!”***

***4)“Dream Scenario Clearance!”***

***5)“Comfort Wrap Reiki, Activate!”***

## Media Influence Flush

Media Influence Flush energetically flushes away adverse suggestions of the media, from your mind and energy fields. For many people, there is a daily influx of media advertising, news and promotional information that can accumulate in the aura, emotional, mental and spiritual bodies.

There are both intended and unintended influences in the media we receive. The unintended influences such as the emotions of the actors or newscasters can easily overwhelm intuitive people. These influences can be flushed!

Media Influences can create a layer of sludge that interferes with spiritual insight. This Flush can drop away those interferes, renewing your insight.

The influence of media absorbed during waking hours can disrupt peaceful sleep as your mind attempts to resolve the disconcerting messages about the world around you. Media Influences Flush can give your mind the freedom to review and make sense of the important information from your day rather than sorting through media influences that are unimportant to your life.

*Media Influence Flush* can serve the simple purpose of assisting you to discard unusable data from recent memory so that it does not ‘clog up’ clear thinking. While you sleep, your brain attempts to reconcile or discard information that is inconsistent with your current beliefs and views of the world. Sometimes these influences do settle in and cause us to make decisions that are inconsistent with our core beliefs.

Media Influence Flush can also assist you to discard suggestions of media advertising and political or news related information that would otherwise cloud your normal thought and decision making processes. You can rest well at night knowing that intended media influences are not affecting you adversely.

The quantity of information that an average person is exposed to in a single day is vastly more than what was encountered during an entire year, just a century ago. This increase in data and access to it has given many people more education, entertainment and in many cases, work opportunity.

There is only so much information a human mind can focus on in each moment.

## ATTUNE TO DIVINITY

A human mind can process in the background much more data than is being focused on consciously. It is believed that while the conscious mind can process between 7-15 pieces of information per second.

The sub-conscious mind can process somewhere between 10 million and 40 BILLION pieces of information per second. Multitasking is commonplace for many people. They've become quite skilled at sorting through information that arrives from several sources at one time. This could be television, radio, computer, telephone or the physical surroundings. There are mental benefits to operating at such a level of efficiency.

The unexpected side effects of receiving so much media input is that a person's mind must determine what information is valid and what is to be discarded. A news person may have spoken passionately about a politician's point of view and in the next breath spoke of a tragedy.

If any of the information received is of a differing viewpoint than your own beliefs, there is reconciling that needs to happen. Your mind may go over the topic thoroughly, even if your conscious mind is not aware of it. Eventually either the information gets filed under the 'do not believe', or it has influenced your core beliefs. Maybe what you believe now is different than what you believed a few hours ago and you were not even conscious of the shift in your beliefs. What a person believes in determine where his or her alliances are and where your efforts, money and vote will be placed.

Advertisements are often 'screened out' by a person's conscious mind in this society because they are so pervasive and frequently encountered. Please remember that there is more of your mind alert than your conscious mind has time and bandwidth to notice. There are other areas of your mind that has recorded everything that you have heard or seen. These areas of your mind will remember the suggestion to buy a particular brand of toothpaste the next time you seek to purchase toothpaste at the local store. While such suggestions do not overtly seem to cause any harm, the compilation of their influences can be immense.

You may be making decisions based on information that your conscious mind has not reviewed. The influences that your subconscious mind has received and processed are directly responsible for outcome of many day to day decisions.

So many people do not have time to consciously ask themselves what brand of



## MEDIA INFLUENCE FLUSH

toothpaste they prefer. When they are in front of the toothpaste choices in the store, the one they saw an advertisement of may be chosen not because they always wanted to try that brand, but because of the suggestion to buy. The suggestion does influence our choices, especially for busy people who do their shopping, and voting quickly between working and making supper.

I speak of this because a simple choice such as toothpaste is as easily influenced in the human mind as the decisions of where to live, what job to accept, what causes to support, and which politician to vote for.

Furthermore, there is a great predominance of negative news broadcasted. There are many fewer news related items about neighbors helping one another on their farms, late into the night to bring in the hay before it rained.

***We are conditioned to ignore many details in the news consciously, while our subconscious still goes about the job of forming its view of the world around us with every bit of information that arrives through any of our senses. This means that our body accepts the total picture that our subconscious proffers up about the 'state' of the world, and it will be fearful and tense or relaxed based on the sum total of the information absorbed. This is true whether it was an obviously fictional movie or a news report. All information is treated as real by the subconscious.***

When you are relaxed and focused on a movie, fully aware that it is fiction, or a politician's speech that you don't believe; the realization that it is fiction is received by your subconscious. The true danger is when a person is so busy that they 'don't even notice' a movie that is still running on television or the radio music lyrics. Your always alert subconscious will record all of the information as 'real' unless it is told otherwise.

If you are intuitive, empathic or otherwise more aware than the general public, even seemingly benign advertisements, shows, movies or news reports may give you adverse effects. The emotional state of the actors or news reporters may be felt by you. The emotions of the people whose lives or tragedies are being reported on may be felt intensely by you. There is a need to offload this additional information so that you don't have to emotionally process their 'stuff'. Media Influence Flush provides this spiritual hygiene tool in an immediate and effective manner.

Yes, some advertisers try to put subliminal messages into their advertisements.

## ATTUNE TO DIVINITY

There are some people who are indeed influenced by them.

It has been over 4 years since I've watched the news or advertisements on television. Several years ago I simply recorded the shows I wanted to watch and viewed them without the advertisements. About a year ago I dispensed with cable television altogether, choosing instead to use a service that would mail me DVD recordings of both television shows and movies that I chose and stream the content I do want to see, through the internet. Therefore I've not been exposed to television media of the news casting or advertisement style for a very long time.

I prefer the news I choose to hear, be read to me by NFB Newline© newspaper special reader which I hear over the telephone, rather than to be exposed to live media.

Recently, upon receiving an invitation from my friends, my husband and I went to their home to view a football game with them. The brightness of the live emotions displayed on the screen, together with the advertisements were intense.

It was later that evening, upon returning home and using all of my usual spiritual hygiene energy systems that I realized there were still influences and residue that had not left me. That is when Spirit brought me this Media Influences Flush. I called in this energy system firstly by the name of "Media Suggestions Flush!" It worked instantly, and a great amount of emotions, information and influences that were not my own, dropped away.

When I noticed that there were influences from the media leaving my body and energy fields, I asked Spirit to assist me to rename this energy system, "***Media Influences Flush!***" as that more accurately describes its function.

If you desire to specifically flush away suggestions from the media you may say: "***Media Suggestion Flush, Activate!***" It will work by either name.

Please accept your attunement then activate this flush by saying out loud or in your mind three times:

***"I now call forth to receive my Media Influence Flush attunement as anchored by Mariah Windsong and made perfect by Eternal Sacred Source."***

## INTER-DIMENSIONAL MEDICAL TEAM

Re-activate this Media Influence Flush anytime you want to by saying with strong feeling of wanting to receive its assistance:

**“Media Influence Flush, Activate!”**

There are many people who will be surprised at just how much freer they feel when the influences from the media are no longer influencing them!

The more spiritually open and aware you become, the more you need to protect yourself from things that may not have affected you as strongly before. We search to feel more spiritually, beware that you may feel more of everything, from everywhere. This is alright. Simply notice what you are feeling.

Media Influences Flush provides you with the ability to flush away media influences that you are not consciously aware of as well as the emotional content. This gives you the freedom of knowing that your decisions can be made consciously rather than inadvertently influenced by the media.

## **Inter-dimensional Medical Team**

The Inter-dimensional Medical Team is a team of Eternal Light Beings who have many areas of expertise. They will provide a comprehensive session for you that is far beyond what you may have experienced thus far in the realm of healing and inter-dimensional synergy. New ways to interact with the worlds around us are coming ‘online’ within our body.

Sometimes there are electrical, electromagnetic or gravitational signals from the higher dimensions that arrive to us here to assist our ethereal light body activations. It is my understanding, simply from experiencing the work with the Inter-dimensional Medical Team, that each organ and body system has an ethereal counterpart. Often, the physical body tries to follow what the higher dimensional signals are directing, even though those particular signals are designed for our ethereal body and organs.

This confuses the physical body system. The Inter-dimensional Medical Team are quite skilled at talking with your embodiment so that each part is listening and responding only to the signal meant for it. Good results can occur!

## ATTUNE TO DIVINITY

I have been working with them since 2008. Our work together has been outstanding. It is my understanding, simply from experiencing the work with the Inter-dimensional Medical Team, that each organ and body system has an ethereal counterpart. When an ethereal body part is not well, often the physical body part mimics the concern.

We, as Light workers, are accepting higher light frequencies. Our new or 'remembered' skills and abilities are activating. New ways for our body to interact with the worlds around us come 'online'. Sometimes there are electrical, electromagnetic or gravitational signals from the higher dimensions that arrive to us here to assist our light body activations.

A problem occurs when a physical organ or body system follows, or worse, reacts to those signals. This can wreak havoc with a physical body system.

There are also times when messages or signals from the higher dimensions are sent to the physical body. The physical body does not always know how to interpret those signals, and may try, with inaccurate results. These inaccurate results equal physical discomfort and pain.

The Inter-dimensional Medical Team works with your body, ethereal body and all levels of who you are. They are quite skilled at talking with your embodiment so that each part is listening and responding only to the signal meant for it. Good results can occur!

Your Higher Self and Higher Power will work with the Inter-dimensional Medical Team to determine, together with your body's consciousness, just how much of the results you seek, are given. With this attunement you will be receiving access to the Inter-dimensional Medical Team's services. It is not necessarily the same team who attends to you in each session.

***Accept your Inter-dimensional Medical Team attunement*** by saying audibly or in your mind, with strong intention to receive a link that grants you permission to call upon and receive sessions from the ***Inter-dimensional Medical Team: "I now call forth to receive my Inter-dimensional Medical Team Attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, Now!"***

You need to be comfortable with Beings working on you but not being able to see them physically in this reality. It is possible, by intent, to simply accept the attunement to their energies and then allocate another time to run your first session

## INTER-DIMENSIONAL MEDICAL TEAM

with them. Think of them as specialists and the ones who are specialists for the topic of this day's session is who will arrive to provide your session.

### ***Working with the Inter-Dimensional Medical Team:***

Request the Inter-Dimensional Medical Team session, then give them time while laying horizontal or at least partially reclined, to do their work. By time, I do mean allocate much more than an hour. Maybe small requests and revisits after the initial work can be done within an hour. But for major symptoms you wish to have eased or alleviated, expect to be in ethereal surgery for hours and hours.

Would you not give hours going to physical doctors or hospitals? I wonder why is the prospect of remaining stationary while we are being worked on by unseen Beings a difficult idea for some people to accept.

I was horizontal for 16 hours (with the exception of short bathroom, water and light food breaks) when they first worked on me.

We go to this team with big requests. All they ask is for us is to be receptive and lie still while they work. We must allow that much and be grateful to do so. They work as quickly as is effective. It is not known what will be worked on or how long it will take.

Clarify what issues you want assistance with. Specify the length of time you are willing to be horizontal. If you do not perceive that work is beginning, pick a less involved symptom or concern.

I have also found it helpful to simply list my concerns, be they physical, emotional or mental. Then the Inter-Dimensional Medical Team can choose what can be reasonably worked on, within the time frame I have set aside for that session.

After a major session or series of sessions, please return to ask for a 'check-up' session of the same issue within a few weeks.

Much is changing in the Earth's environment and the higher dimensions. I assert that we need to have follow-up sessions with the Inter-Dimensional Medical Team for optimal health.

***Directing an Inter-Dimensional Medical Team to work with another person is not***

## ATTUNE TO DIVINITY

*recommended*, but it is possible. Thus far, Inter-Dimensional Medical Teams have been less than happy with being called to work on a person who has not received an empowerment to their energies.

This is for two reasons:

1) If a person is qualified to receive an empowerment from the Inter-dimensional Team, then they 'should' call in this attunement for themselves.

***If a person is qualified yet not serious enough about their own health to receive an empowerment to the Inter-dimensional Medical Team, the Team would be hesitant to spend their skills and attention on such a person.***

2) If a person is not qualified to receive an empowerment to the Inter-dimensional Medical Team's services, then the work they are able to do is severely limited.

The person might not be accustomed to Higher Light frequencies or might not be fully receptive to change and growth.

Furthermore, you, the practitioner will need to hold your intent for this work to occur, throughout the entire session, bridging the energies in service to both the client and the Inter-Dimensional Medical Team.

## **Highest Divine Sacred Locations**

This attunement gives you protection from the impact of trauma that occurred in Sacred locations. Many places that you might not even think of as Sacred, were to some people at some time. When a location is Sacred it has an extra charge to the area.

Sacred areas have also been the places where a lot of conflict has happened because of the way people respond to places that are quite special.

Others either want the places, or want to keep people from going there.

When you travel, or when you walk on a sacred area, whether you are consciously

## HIGHEST DIVINE SACRED LOCATIONS

feeling the location's history or not, this attunement will cause the impact of the imprint of past conflict and what people felt in that place to be less.

It will filter for you, so that you do not necessarily have to feel all that they felt. It will allow the positive power and mystical, religious or spiritual significance of the location to come through to you, so you may partake of the positive concentration of the energies of the location.

This attunement does run autonomously, which means that there is no need to actively run these energies after you've accepted your attunement.

Sacred Locations attunement is also effective for while you are journeying or doing astral travel to a location.

While this protection is quite comprehensive for empathic individuals and individuals who receive images and emotions when they touch an item, realize that your higher self can over-ride the action of this attunement.

If there is a reason that your conscious self is not aware of, why it is beneficial to your soul's purpose for you to feel through and through, what happened previously in a place, you will still feel the imprint.

***This attunement is intended for the emotional imprint of events which occurred at the location in the past and ones occurring simultaneously in parallel realities to the one you are currently conscious within.***

It is also intended for events which occurred in a past timeline in parallel realities.

It is not intended for events happening in the future in this reality or parallel realities. Neither does it protect a person during their night-time sleep spiritual travel sojourns from being affected by the emotional imprint of what occurred in times past at the places you may visit during spiritual night work or travel, unless you do these activities consciously.

Consult your Guardians in the Light and Councils, requesting that such support be given to you in the manner proper for your night-time activities if you feel this kind of protection is needed.

## ATTUNE TO DIVINITY

Accept your attunement by saying audibly or in your mind:

**“I now call forth to receive my Highest Divine Sacred Locations attunement direct from Eternal Sacred Source now!”**

You can consciously activate this energy system if you’d like to increase your affinity with this energy by saying: **“Highest Divine Sacred Locations, Activate!”**

Highest Divine Sacred Locations Attunement has one energy function, the **“Information Only”** function. Simply intend to run the **“Information Only”** function if your guidance indicates that it is important for you to know what happened at a place or is happening in another reality in this place right now but you don’t want or need to feel the emotional impact of these events.

The Information Only function will not give you information about a location if you are not already at a level in your intuitive awareness to consciously receive such information.

This function simply allows the information part of the intuition to arrive, while filtering out the emotional feeling part of the energy signature.

Many of you do feel called to assist with healing for ones involved with such events at sacred locations, or for nature spirits and the spirits of indigenous plants, trees, or stones there.

The information only function will allow you to do your spiritual work for the location and its inhabitants without being in the middle of the previous trauma and the emotions associated with it.

For those who do not consciously feel emotions associated with a location, this attunement can assist you also, because your energy field may have been absorbing such emotions, treating them as currently real even if you are consciously unaware.

This attunement is not designed to increase a person’s sensitivity to the spiritual significance or positive energies of a Sacred Location.

Choose another spiritual practice or simply use your own intent to amplify your awareness to the sacred energies of various locations on our beautiful planet Earth.



## **Bride and Bridegroom Shakti**

Bride and Bridegroom Shakti arrived to me in response to a specific request to the Divine. They bring the synergy of the sacred masculine and feminine within your body.

Have you ever awoken in the morning to find your feet feeling very heavy, with stuck energy?

I have, and it was in response to my seeking to find a way for the energy to move down into the Earth and not simply stay in my feet, that these Shakti arrived. I find this very interesting, because I was asking for help from any being that has roots! Trees, plants of any kind who might want to help.

Instead, Spirit made it clear that it was an issue of the sacred male and female within me not being balanced, nor in any sort of synergy.

Once synergy was reached, they would function in Unison.

When I first called these in, as their names were given to me....I called first on the Bride Shakti to arrive and assist as is appropriate for me in this now moment. I felt warmth, a lengthening on the right hand side of my body, and the stuck energy went down into the Earth and new Divine Energy poured into that side of my body.

When that side was 'full', 'complete' feeling and the movement of the energy ceased, I then called in the Bridegroom Shakti and the left side of my body received the same emptying and refilling experience. The energies did feel a slight bit different on the left side of my body as this process ran to its completion.

Then, unbeknownst to me....the capstone, unifying, or as I was told...synergy part of the process arrived.....meeting in the heart center and head simultaneously, the energies converged with a feeling of Unconditional Love from Source pouring in.

Then the term is 'Unison', and that causes the energies to run as they were meant to - together.

**"Unison!"** would then be the command you would use to direct the shakti to run their energies together, to completion.

## ATTUNE TO DIVINITY

It was quite an amazing feeling!!!

I recommend this for all in this community. Shortly after awakening this morning also, I activated the Shakti again, trying first to activate the Bridegroom, but nothing happened until I activated the Bride Shakti. So, that either means that they must be activated in the order of Bride then Bridegroom, or it is simply necessary for me. This is excellent for people of all orientations, for it does not matter if you choose to mate with the opposite or same sex.

We all have sacred male and female energies within us. It does seem to me that this is especially helpful for single people, or ones in relationship who are not currently experiencing total balance and synergy with their mate.

These Shakti are fairly sensitive, meaning that if you try to activate another type of Shakti while running these, they will cease their function for those moments. Do not attempt to activate other Divine Energy while working with these Shakti.

These Shakti require the attention due a Bride and Bridegroom!

These Shakti will arrive unto you when you call in your attunement.

Say audibly or in your mind: **“I now call forth to receive my Bride and Bridegroom Shakti as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source!”**

Shakti will run either to completion once activated or require your attention upon them to keep them ‘on’, running the energy or doing whatever their function is. These Shakti are apparently of the kind that will run to completion. However I'm not allowed to program them as a set. This means that you will need to activate each in order, then the Synergy command, then the Unison command.

I recommend that you be horizontal or at least laying back fairly flat in a recliner when you call in your attunement, and each time you activate these Shakti.

In their functions I have found my hip to shift, and my back to adjust with the result being as a chiropractor would. I am not saying you will feel such bone and joint shifting, as my body responds to energy this way sometimes and yours may not. However it is wise to be horizontal to give your body the best opportunity to align

## BRIDE AND BRIDEGROOM SHAKTI

in the way that is necessary as a result of these Shakti actions.

This means that you will be required to call in the Bride Shakti and feel it run to completion, one to two minutes, then call in the Bridegroom Shakti, and it shall run to completion, about another one to two minutes, then it is likely that you will need to intend for **“Synergy!”** which is a particular movement that both of the Shakti do in order to bring a synergy to their energies within you.

The fourth movement is when the synergy is complete, however, they run the energy in unison; doing whatever is needed at that time within you.

And to start that process, say: **“Unison!”** The whole process seems to take about 7 minutes. However that is due to vary per person and per time that you use this.

This energy system’s initiation gives you the ability to run these Shakti on/for others.

While the Bride Shakti is running, you may feel movement in one side of your body. While the Bridegroom Shakti is flowing you will feel movement in the other side of your body. During this time, you may become very sleepy, yet not to fall asleep, simply a desire to sleep for hours or days actually. For most people that seems to only happen if you are already quite tired, otherwise you feel simply meditative during this process.

Once the synergy movement is invoked and does its function and then you say **“Unison!”** and the energy runs in unison for just a few minutes, there is a definitive feel of completion, a deep intake of breath and a clear headed, rested, ready for your activities feeling.

Shakti won’t function in the presence of impure energy. Their energies are subtle, yet powerful, and as they are intelligent energies who have your highest, joyful good in mind and heart. They do not, however, care whether you go through changes as their energy assists you along your path to a more healthy life that is more in alignment with your soul’s preferences for your life, here on Earth.

# Loyalty Empowerment

Loyalty Empowerment level 1 increases your own innate ability to be loyal to the right people and includes the Betrayal Forgiveness Ray.

Level 2 is an upgrade of the Loyal Empowerment and includes a Loyalty Attraction Rays to attract people into your life who have loyal characteristics and encourage loyalty unto you always.

**Loyalty Empowerment level 1** begins with your Loyalty Empowerment. When used regularly this make it easier to be loyal and to be loyal to those who you've consciously chosen to be loyal to. Included in your level 1 Loyalty Empowerment is the Self Loyalty Examination, the Betrayal Forgiveness Ray and the Emotional Healing Balm.

Please spend a few minutes to invite your level 1 Loyalty Empowerment to release fully unto you. Simply say out loud or in your mind: **“I ask to fully receive my level 1 Loyalty Empowerment as anchored by Mariah Windsong and made perfect for me by Eternal Sacred Source, Now!”**

Now you can activate the Loyalty Empowerment by saying out loud or in your mind: **“Loyalty Empowerment, Activate!”**

These energies will increase the ease of being loyal and be a conscience for you, reminding you of where you've chosen your loyalties to be.

Your Self Loyalty Examination, when this function is activated, will highlight and draw your attention to areas of your life affected by your loyalty. Some of the areas of your life in which you've been loyal have been a negative experience, as those people misused your loyalty. You may notice areas in your life where you were disloyal to people who you'd vowed loyalty to. At other times loyalty was simply expected of you.

## LOYALTY EMPOWERMENT

You will notice areas of your life in which you were loyal to others, and not loyal to yourself. Many people allow themselves to be disloyal.

When you know more about yourself, then you are more likely to get what you want in life. So, even if this is a sore topic for you, please bear with it for the short duration of this examination. Thereafter you will more easily be able to notice areas of concern for yourself, PRIOR to any action occurring.

This means that in the future, you will notice if you are being loyal to a person while being disloyal to your own needs and beliefs. You will notice if you are being tempted to be disloyal. You will notice if you are being loyal to someone who your intuition tells you is not worthy of your loyalty, prior to any betrayals! This way you can more easily adjust your actions for your own good! You will easily choose to be loyal to yourself, first and foremost.

Please recline and allow about 12 minutes for this  
Self Loyalty Examination the first time you activate it.

Please say out loud or in your mind:

**“Self Loyalty Examination, Activate!”**

Now relax and hold in your mind the topic of self-loyalty. This means that it will serve you better to look at your own loyalty habits now, and that we’ll approach the topic of others’ loyalty to you in a little while. Bring to mind areas of your life that involve the topic of your loyalty:

Loyalty to others  
Loyalty to yourself  
Disloyalty to others  
Disloyalty to yourself

*(Some or all of the above may apply, try to observe without judgment.)*

Notice within yourself if those people deserved your loyalty, the ones to whom you gave it. Did loyalty to them cause you to be disloyal to yourself?

Have you ever been disloyal to someone else?

## ATTUNE TO DIVINITY

Have you forgiven yourself for being disloyal to yourself or someone else?

Forgiveness = Freedom!

Now that you've examined the role loyalty has played in your own life you will more easily circumvent any future loyalty that is inconsistent with your true priorities.

So many people feel that if they just give their loyalty, that another person will notice that and feel compelled to also be loyal in return. That is rarely a person's true motivation for whether to be loyal to you or not. Usually it is a matter of whether they really wanted to be loyal to you or whether they even felt that there was a loyalty agreement in place between the two of you.

Whether you are talking about loyalty in business or the type of loyalty in a romantic relationship that denotes 'exclusivity sexually', it is important that both people are in agreement. Furthermore it is important that both people are serious about such agreement, fully invested in keeping the agreement.

Now I'd like you to activate your ***Betrayal Forgiveness Ray*** and use it as often as you feel the need. I don't know how many areas of your life require the assistance of Betrayal Forgiveness Ray. Some people can move quickly from one area to the next, lifting the various topics up into the Light of the Betrayal Forgiveness Ray to give a forgiveness cleansing to that topic.

For other people, one topic per session is more than plenty of effort, just to think about a certain topic, even for a moment or two, causes discomfort.

I encourage you to be courageous and even if you can only lift up one topic per session of using Betrayal Forgiveness Ray, please return to lift up another topic real soon. Your health will improve in so many ways by doing this exercise with the sanctifying energy of the Betrayal Forgiveness Ray.

So many people have never even thought about how they need to forgive themselves for betraying their own sense of right and wrong, or for being loyal to someone at the cost of their own dignity and health. Forgiveness is often illusive to achieve, and can be mind-numbingly difficult to approach.

## LOYALTY EMPOWERMENT

Now you've a spiritual technique that does the difficult work for you, of forgiving. All you need to do is to activate the Betrayal Forgiveness Ray with intention for it to forgive any areas of your life that your either experienced betrayal or been the one to do the betraying.

A momentary lifting up of the topic is all that is required, and then relax!!!!  
So, now, with full intention and knowing that it will be completely effective, activate the Betrayal Forgiveness Ray, by saying out loud or in your mind:

**“Betrayal Forgiveness Ray, Activate!”**

It will remain active for so long as your mind lightly rests upon the wanting of it to be active.

Now, bring your attention to any area of your life, or situation, be it historical or current, in which betrayal is a factor. Imagine one of these rays of light in front of you and simply toss the topic or situation into it.

You can be done for today with this ray or, if you are feeling up to it move on to the next topic, tossing it quickly into the Betrayal Forgiveness Ray!

Congratulate yourself on having the courage to free yourself of this weight!  
When you've done all that is for you to do today, it is now time to activate the Emotional Healing Balm. I recognize that it took great courage to revisit topics that were uncomfortable at the least and likely gut wrenching.

Say out loud or in your mind: **“Emotional Healing Balm Activate!”**

***Hold your mind, your attention to the wanting to receive a gentle, easing balm for your emotions that shall support your healing on all levels.***

***IMAGINE THIS BALM OR SALVE BEING SPREAD OVER YOU AND IF YOU ARE SENSITIVE TO SUBTLE ENERGIES YOU MAY FEEL ITS GENTLE WARMTH AND EASING. It usually looks golden in color.***

It doesn't matter whether you feel anything or not right now, it will work for you and help your emotions heal faster. You will be less embroiled in your own emotions and able to go about your daily life activities easier.

## ATTUNE TO DIVINITY

***Loyalty Empowerment level 2*** attunement is an increase in your own ability to be loyal. You will more easily notice to whom you are being loyal and whether such loyalties are in alignment with being loyal to yourself also.

You will be more conscious of your actions before they become reality. The simple thinking of an activity will be highlighted as ‘in alignment’ or ‘flagged’ mentally for you to analyze and determine whether such loyalty is truly in your best interest. Keeping agreements is important.

However, if such agreements are not in alignment with your true goals and beliefs, a new agreement may need to be made with the person. It may be necessary to change the parameters of your relationship with a person if it conflicts with your true priorities and beliefs in life.

Please spend a few minutes to invite your level 2 Loyalty Empowerment to release fully unto you. Simply say out loud or in your mind: **“I ask to fully receive my level 2 Loyalty Empowerment as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!”**

Now it is time to activate Loyalty Empowerment level 2 by saying out loud or in your mind: **“Loyalty Empowerment level 2, Activate!”**

Allow the energies to flow while you move on to the next function that you have the authority to activate for your life or other people’s lives.

Please be sure to get another person’s permission before activating any of the energies in this system for them. Free will is important!

***Loyalty Attraction Rays*** are brought forth from the Heart of Eternal Sacred Source to attract people into your life who are loyal. Furthermore, the Loyalty Attraction Rays shall also encourage anyone already in your life to be loyal to you. It attracts whatever loyalty is within the person, for you to be prominent. If they want to increase their own innate qualities of loyalty, they will need to use the Loyalty Empowerment.

Say out loud or in your mind: **“Loyalty Attraction Rays, Activate!”**

Please activate the Loyalty Attraction Rays daily for at least a month, and then



## SOUL CARE

every other day for the next month. Thereafter once or twice a week should be sufficient. It is necessary to build up a concentration of Loyalty Attraction Rays within your aura and energy fields so that people respond to you with loyalty. It also will help you attract people who are loyal to you. People who would be disloyal are less likely to become involved with you.

### **Soul Care**

Soul Care assists you to connect more strongly with your soul, and Eternal Sacred Source. The Shakti and Beings of Light who arrive with this energy system to guide and heal you are very happy that you will be asking for their help. Their presence every time you activate a function or level of Soul Care will be a comfort and reminder of your origins beyond this time and place. Soul Care energy system seeks to bring you into wholeness within your soul and bring more of you here.

Soul Care levels are to be completed in numerical order as they are presented. You and your Helping Healing Ones in the Light of Eternal Sacred Source are doing this work in the manner that they have deemed most effective for you.

***Soul Care level 1*** contains the attunement to the ***Rainbow Bridge Shakti***.

Shakti are delicate and powerful Divine Intelligences who are sensitive to their surroundings. This means that your sincerity and attention to purity of heart is necessary otherwise they will hide and not activate when you call upon them.

Shakti are such pure delicate beings who can perform precise Divine Functions, threading their way into places few others can reach, that they simply will not function if in the presence of someone who wishes to control them or you!!!

If you entertain company that is willing to accept power from any dark forces or evil helpers you will not be able to find your Shakti.

This is true even if you are in email correspondence with anyone who has less than pure intentions or who entertain dark beings (Ones who are not in alignment with Eternal Sacred Source). Clean up your life and your Shakti will work tirelessly for you.

## ATTUNE TO DIVINITY

Rainbow Bridge Shakti is a Loving Divine Intelligence that you can ride with from here to where you connect into the Heart of Eternal Sacred Source.

You ride with her on a Rainbow Bridge from here to your Higher Self, Soul, and onwards to the place where you connect into the Heart of Eternal Sacred Source.

If you are sensitive to subtle energies, you will feel such an incredible uplifting and love from her as she guides you to enter the energy that created you in exactly the place that is for you to arrive and be welcomed. Now you can ride with her anytime you have a quiet time to recline and visit beyond this time and place.

You may return with a fresh awareness of your belonging both in other worlds and here. Other people simply feel a bit of swaying movement and notice an inner peace in the days and weeks that follow their visit with the Rainbow Bridge Shakti.

Some people feel a sense of longing for where they just visited. Please be assured that this is because you may need more visits to be assured it was not only a one time miracle and that such visits can happen anytime you want.

The Rainbow Bridge, this Shakti tells me, is named after Bifröst. Bifröst comes from a Scandinavian word from Norse mythology meaning rainbow bridge connecting Heaven and Earth.

When thinking of your Rainbow Bridge Shakti, and the energy she displays, you may wish to think more of the Northern Lights or Southern lights than a Rainbow. However due to the Norse mythology about the Bifröst we must look to the aurora borealis of the Northern Hemisphere of Earth.

In Norse mythology, Bifröst is the bridge between the land of mortals, Midgard, and the land of the gods, Asgard. The gods cross it every day to meet and decide things at Urdarbrunn (Well of Urd) under the tree Yggdrasil. The bridge is a rainbow. It was built by the Æsir and is guarded by the god Heimdall.

Bifröst may mean “shimmering path.” The first part of Bifröst ~ bil; meaning “a moment”, suggests the fleeting nature of the rainbow,” which connects to the first element of Bifröst the Old Norse verb bifa (meaning “to shimmer” or “to shake”). This denotes that the element provokes notions of the “lustrous sheen” of the bridge. Austrian Germanist Rudolf Simek says that Bifröst may mean “the swaying road to heaven”.

## SOUL CARE

The Bifröst spoken of in mythology surely had its origins in history, but for our purposes we are speaking of the Rainbow Bridge Shakti as bringing us from here in physicality on Earth, up past the land of the immortal gods to the Heart of Eternal Sacred Source. Think Bifröst, upgraded! This is our Destiny when we choose to align ourselves with the energy that created us and through which we may enjoy ascension into Eternal Life.

Be reclined in a quiet place where you won't be interrupted for at least a half hour.

Simply say out loud or in your mind: **"I ask to fully receive my Soul Care level 1 attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!"**

You are receiving a Rainbow Bridge Shakti as your transportation and tour guide for your consciousness to travel between your body and the Heart of Eternal Sacred Source. After your attunement, immediately ask your Rainbow Bridge Shakti to take to you to where you connect into the Heart of Eternal Sacred Source.

If you are skilled in Shamanic Journeying or deep meditation, you may have quite a beautiful tour. It doesn't matter whether you feel anything or not, what matters is that you are spending time consciously asking to be in your place at the Highest Levels of Divinity.

This is your place and there is much rejoicing from the Heavenly Hosts to see you there in your place, receiving sustenance and Life!

If you are fidgeting and having difficulty remaining stationary or quieting your mind, please run Reiki energy or other peace and stillness energies while you are visiting with your Rainbow Mind Shakti. Please visit with her often!!

***Soul Care Level 2*** attunes you to the natural spin-speed ratio of Eternal Life and aligns with energy that is self-sustaining from the center point of creation and is self-regenerating instead of inorganic and finite.

Soul Care Level 2 provides you access to a spiritual concept called ***Aspect Management***. Most people have many aspects of themselves in different realities functioning simultaneously. This energy functions gives you an easy way to manage the focus and activities various aspects of you are engaged in at anytime.

## ATTUNE TO DIVINITY

We all split off aspects of ourselves whether we are aware of it or not. Being aware of when and why this happens is important. Purposefully managing how many aspects are 'busy' doing 'what' will give you the ability to pull more concentration of you present in the 'now' when you need strength.

The Merkabah, is known to be the vehicle of Light mentioned in the Bible by Ezekiel. "Mer" means Light. "Ka" means Spirit. "Ba" means Body.

Organic Eternal Merkavah Vehicles begin with a natural "331/3– 112/3" spin-speed ratio within a single set of 2 counter-rotating vortices, and builds its spin-speed and energy to way beyond the known "speed of light".

The mathematical correspondences all represent eternal energy forms that will remain to infinity within their own unique individuation, always in relationship to the center-point from which they emerged.

This means that their energy regenerates from Eternal Sacred Source continually, rather than any need to "suck" energy from any other life form or energy field in this or another universe.

Unnatural twisted merkaba structures are not naturally a part of the Divine Blueprint for our reality. Twisted merkabas implement unnatural distortions.

They create a harness field within which energy and atoms can be trapped. Once trapped within the inorganic merkaba field, the harnessed energy can then artificially sustain longevity of form for a while until entropy occurs.

The inorganic harness drains energy from organically living energy fields.

This is what some local "gods" offer as immortality rather than eternal life.

When you use an Eternal Merkavah as a spiritual traveling vehicle you are using growth-expansion formula for organic eternal life, not inorganic finite life.

This Soul Care energy system increases your inner discernment so that you can automatically notice and discard any finite inorganic codes.

Q. Why is all of this important anyway? A. There are ones who want you to align yourself with artificial light and codes that may increase physical life here, yet keep

## SOUL CARE

you within the karmic wheel because your energy fields are their food.

Those codes are only slightly different from the Divine Blueprint for Eternal Life. Many gods over the ages have been swayed into believing that such immortal life is worth the price of Eternal Life. I want you to be educated and have the energetic ability to vibrate your Light Body in alignment with Eternal Sacred Source.

Eternal Sacred Source is always self-regenerating and will give your Soul the healing necessary so that you have Eternal Ascension.

What is Ascension? Ah, many definitions. For our purposes, I shall speak of two kinds. One is about raising the Light Quotient of your physical and Light Body to the point that you can take your physical body with you into the higher spiritual realms and then come back immediately.

You continue your life here on planet Earth, in physicality. It means freedom of mobility, not abdication of your responsibilities and physicality here on this planet. The second is about what happens after the physical body dies (if you don't transmute and take it with you). Have you and the many aspects of you, including your soul aspects, reached a strong enough concentration of Eternal Light Quotient to Ascend? Ascend, meaning to be freed from further incarnations into a physical body here on Earth.

Basically, there are energy codes that can hold you back from your spiritual aspirations in the afterlife even if you don't know about them consciously.

Soul Care is about helping you be aware of yourself and with all of the conscious awareness you have, choosing Eternal Life. To that aim all levels of Soul Care energy stream is the life regenerating codes for Eternal Life.

Accept your *Soul Care level 2* by saying audibly or in your mind:  
**“I now fully accept my Soul Care Level 2 attunement as founded by Mariah  
Windsong and Mystical Flame, and made perfect by  
Eternal Sacred Source, Now!”**

Activate with intention by saying: **“Eternal Life, Activate Now!”**

**This puts you in alignment with the energy frequencies for Eternal Life!**

## ATTUNE TO DIVINITY

Now you can have additional discernment and wisdom.

Activate your Soul Care Level 2 energies anytime you want to increase your discernment and connect from within to the Heart of Eternal Sacred Source.

Soul Care Level 2 has an *Aspect Management*. It is a concept that Mariah Windsong co-channeled with Diane “Mystical Flame” Finn. Everyone is composed of many aspects that incarnated into your physical body, from your soul.

We are not talking about separate incarnations. These aspects are parts of you that do belong here in this body and are part of your personality.

In a day you split off aspects frequently. Say for example that you are concerned about a friend, and split off an aspect to send healing energy to that person. If your soul purpose includes healing for Earth, you may split off an aspect that goes to a place to assist anchoring more Light or helping plants.

Maybe in your night’s sleep, your spirit traveled to a disaster or war stricken area of Earth, and you were ministering to people and animals. It is very possible that the ‘barely here’ feeling you awaken with is due to literally ‘being’ in too many places at once!

Some people believe that they have 18 aspects that incarnate into the physical body. Mystical Flame and I feel that being aware of and directing 12 aspects is plenty to concern ourselves with at one time.

The more aspects of you that are present in your physical body, the more concentration of Divine Presence and Divine Power you have for one job or focus. The key to Aspect Management is to direct your aspects!

It doesn’t matter whether you ‘know for sure’ exactly what each of your aspects are doing or how many you have.

The concept is that when you are concerned about someone or have a Divine Project you are working on, part of you gives attention and focus goes there.

That means that there is less concentration of you, your Divine Presence and Divine Power here, right now for your day. Once we recognize that we are doing this all of

## SOUL CARE

the time anyway, it is wise to manage our aspects.

Let's say we want to manage 12 aspects. Believe and assume that, right now, you have the right and authority to manage your aspects. You will listen to yourself. Claim authority as the 'I AM' that is in this body and who has the right and responsibility to manage your aspects.

I suggest that you give your Higher Self authority to direct 3 aspects. Now we have 9 aspects to work with. Ask the 3 most tired aspects to go for some rest and relaxation. You may feel resistance, as if some of them really do not want to go. Now it is time to ask you Helping Healing Ones in the Light of Eternal Sacred Source to step in and take over the job that part of yourself was doing.

Or, you can call on the aspects of other Eternal Light or energy workers to arrive and hold space or minister as you were, until your aspect returns. You will have 6 aspects that are busy on a regular basis, and set up a rotation schedule for the 3 most tired ones to be on Rest and Relaxation.

Truly, this is very easy! It is like a dance! The energy of Aspect Management can be activated any time you want to quickly pull more of yourself present to this now moment. The energy of Aspect Management can also be activated by thought intent when you want to easily assign an aspect of yourself to tend a friend or minister someplace else.

It does not matter if you can sense the various aspects of yourself or not! Simply trust that you have the sovereign authority to assign various aspects of you to do certain jobs and the right to call you back to yourself when you need more concentration of you here!

Remember that your aspects are YOU! This means that if you are stubborn and dedicated to finishing a job, so are your aspects! You cannot simply call an aspect back to you, here in this body, without calling in Divine help to continue the job your aspect was doing! Remember this, please!

Mystical Flame and I have found great success when working with clients and in our own lives, by managing personal aspects!

Think about the incredible freedom and effectiveness by claiming the right to pull

## ATTUNE TO DIVINITY

more of ourselves to be present for whatever we are doing in this now moment. Or, the freedom to assign an aspect to minister or tend someone so that we can focus on whatever the Divine is calling us to do in this now moment!

We may not yet have the conscious ability to bi-locate physically.

We may not yet have the conscious ability to be aware of everything an aspect is doing when we send it out to minister to someone. We DO have the spiritual confidence and freedom to expand and contract the concentration of our Divine Presence and Power here and abroad as need be in each moment.

Activate with thought intention ***Soul Care level 2*** and the energy will flow so long as your attention rests lightly upon it. You now have the ***“Eternal Life”*** energies to bring you discernment and align you with Eternal Sacred Source!

Activate with thought intention ***“Aspect Management”*** when you think about something you need or want to do that requires caring focus, here or abroad.

You can be detailed in your Aspect Management as I outlined earlier, or simply run the energy of Aspect Management and ask your Higher Self to arrange all aspects of you in the Highest Joyful manner.

Many people find it a great freedom to think ***“Aspect Management”*** when they are feeling spacey or not all together here.

Just remember to also call upon your helping healing ones in the Light of Eternal Sacred Source to go ‘fill in’ doing whatever job you were all spread out doing.

***Soul Care Level 3*** provides you with Soul Cleanse and Soul Lights.

Your attunement to Soul Care Level 3 does the initial cleansing of any karma, codes, imprints, harnesses, implants, nano-technology or limiting programs that are not in alignment with the Heart of Eternal Sacred Source.

Your Soul Lights are lit with the full super saturated chromo color Eternal Lights. These contain all of the original Divine Blueprints of your evolutionary potential for sovereignty, enlightenment and regeneration.



## SOUL CARE

Activating the *Soul Cleanse* and *Soul Lights* function daily will ensure your optimal healing, growth and freedom. All *Soul Care* functions are under the authority of Eternal Sacred Source, so all that is allowed to occur today will happen today. Cleansing and regeneration is a gradual process.

When you are ready to receive your *Soul Care level 3* attunement, please recline and allow 20 minutes or more to receive the energies.

Say audibly or in your mind: **“I now call forth to fully receive my Soul Care level 3 attunement to arrive unto me, perfectly, from Eternal Sacred Source.”**

Your Soul Care level 3 attunement does the first Soul Cleanse for you and also lights your Soul Lights. It is your responsibility to activate the Soul Cleanse and Soul Lights functions with intention frequently.

To activate these functions simply say, out loud or in your mind: **“Soul Cleanse Activate!”** Then after a few minutes, **“Soul Lights On!”**

It is optimal to activate these functions daily. Some people ask why, after they’ve done this once do they ever need to activate functions again?

Simply answer, we live on Earth. Earth is a free will zone where some people are not embracing their affiliation with Eternal Sacred Source, choosing instead to set forth controlling energies. We may walk through these even if they are not intended for us, and some unwanted energies stick to us.

The results of things that happen here on Earth in this reality, to our body, our energy bodies and Spirit does travel upward to our Soul. Changes occur there that need to be cleansed, healed and renewed in order for us, here, to have optimal enlightenment, regeneration and ultimately ascension.

Things that affect us here, often make changes there, be they positive or negative. Energies do traverse between here and our soul.

People do often focus on healing their bodies, and energy bodies here.

Yes, much of that healing will reach your soul.

## ATTUNE TO DIVINITY

Yet some kinds of limitations put into place by devious people require a higher level of help designed to delete and cleanse all such controls and any residue from them. This would happen through living lifetimes and between lifetimes. However, many of us are in a hurry for health and enlightenment.

***Soul Care level 3 is spiritual hygiene and upkeep for your Soul right now.***

As we go about our life here, it is wonderful to have the confidence of knowing that there is an easy way to receive the help we want and truly need to stay healthy everywhere we are. Keep the rooms of your Soul brightly lit!

***Soul Care Level 4*** provides 4 functions you may activate to receive preparations within your soul to be more whole and healthy.

Soul Care level 4 is designed to facilitate soul parts to return to your soul. These soul parts are then worked with intensively by the Strength Movers of the Light and your own Angels and other Helping Healing Ones in the Light of Eternal Sacred Source.

***Soul Care level 4 is designed to facilitate soul parts to return to your soul.***

This differs from ‘traditional’ soul retrieval work in that your soul parts are called to return directly to your soul first, rather than to the incarnated you here in body. There is an increased efficacy in this work by encouraging your soul parts to reunite within your soul, prior to their invitation to join you here on Earth in body.

Soul parts that have separated from you did so while you were incarnated and had good reason to do so. They kept parts of you safe from any damage by separating out so were not available to be hurt.

Maybe they left after already experiencing trauma, determined to never be hurt again. Shamans who spend the time to fully heal a soul part before placing it in your body can make integration seamless. If the practitioner is not skilled, soul retrievals may take quite a while to integrate into your body.

Some soul parts (fragments) may return with only a minimal need for healing. They are wise parts who noticed that the life you incarnated and were living could yield danger and left before those inner parts could be hurt.

## SOUL CARE

The soul part may have taken with it very valuable Divine attributes that ARE the core of you. If you feel as if part of you is missing, it might be.

There are some parts of you that have protectors whose job it is to be sure that they are never damaged at all! This means that we are to herald in appreciation the wisdom and dedication these soul parts exhibited by living in self-imposed exile from you to keep more of you safe.

Sometimes the places these soul parts needed to go to stay safe are outside of space and time. Not an easy place to receive memos about what is happening for the incarnated you. This means that these soul parts do not yet know if it is safe to bring their precious cargo back to your body, or not!

***Soul Care level 4*** prepares your soul to receive these parts directly so that there is a safe haven within you for these parts, at the soul level. These soul parts are more likely to heed our call to arrive to your soul, instead of body.

Then in ***Soul Care level 5***, we will invite these soul parts and more of your soul to join you here in physicality. After they have descended, integration will be provided. Find a quiet place where you will not be disturbed for about a half hour.

Accept your Soul Care level 4 attunement while you are reclined and ask your Angels and all of your Helping Healing Guardians in the Light of Eternal Sacred

Source to be with you. Say audibly or in your mind:

***“I now call forth to fully receive my Soul Care level 4 attunement to arrive unto me, perfectly.”***

If you are feeling the attunement energies flow, wait until they cease, before you continue to the next steps.

Now you have been given the authority to activate these functions. Do so with a commanding countenance. Be the director of these energies.

Say out loud or in your mind, allowing a few minutes between each:

1. ***“SOUL SHIFT!”*** - Any soul shifting, a moving of the tectonic plates that comprise your soul, that needs to happen, will happen. Don’t be surprised if it

## ATTUNE TO DIVINITY

feels like the chair or bed you are on is moving, albeit briefly. This feeling is ok.

2. **“SOUL BALANCE!”** - Now a balancing will occur within your soul with regards to the location of various parts within your soul terrain.
3. **“CLARION CALL!”** - I want you to feel the place inside yourself that you consider to be where you reside in your body.

Send out a pulse or ‘call’ from that part of you to all parts of your soul that have left your body while you have been incarnated in this lifetime to return to your soul.

If you do not know how, ask your Helping Healings Ones in the Light of Eternal Sacred Source to activate your Clarion Call for you. At later times, after going through all levels of soul care you may want to do the Clarion Call with the intention of calling all parts of your soul from another incarnation (lifetime) to arrive back to your soul.

4. **“SOUL RETURN!”** -This is a command to all of those parts of you that have left while incarnated in this lifetime to RETURN to your soul. Remember, not to your body. Destination is your SOUL.

This gets results and is healthier, because I don’t think you want a possibly fractured soul part to be inserted into your body until after it has healed.

***Automatically, without your conscious knowledge or guidance, these returning soul parts will be tended to in alignment with Eternal Sacred Source and they will be listened to and receive any healing necessary.***

Some will be prepared to descend into your body in Soul Care level 5.

For our final level of Soul Care there is assistance and transportation provided to bring parts of your soul here to integrate with you in physicality.

We call this Descension and Integration. It is very difficult to ascend until you have enough concentration of yourself here in physicality.

It is necessary to more fully descend before you can easily ascend. Soul Care level

## SOUL CARE

5 will assist the bringing of more of you here, today, for life.

A strong concentration of your soul here in body gives you ease of eventual ascension because more of your natural Divine Attributes are present here.

***Find a quiet place where you will not be disturbed and recline. Ask your Higher Self, Soul, Guardian and Helping Healing Ones in the Light of Eternal Sacred Source and any other Beings in the spiritual realms that you trust, to be with you and to release your Soul Care level 5 attunement to you perfectly.***

If you are sensitive to subtle energies, you may feel warmth or other comforting sensations move through your body. It is normal to either feel or not to feel an attunement and the movement of Divine energy systems.

If you are able to feel the energies, please remain reclined until the flow stops. Attunement flow lasts usually between 10 to 20 minutes. Now you are authorized to activate the functions associated with Soul Care level 5!

Start thinking about your soul, what parts of yourself do you yearn for? There are not likely names here, simply a tug or a feeling of missing a part of yourself that you feel or think might be out there at the higher levels.

Pray and declare that you are ready to receive the parts of you that are ready to descend to you, here in body and integrate with you, here!

The parts of your soul that choose to descend to be with you in physicality may be the healed ones who returned during your Soul Care level 4 session. It is possible that some parts of your soul may arrive that have never been incarnated into physicality, ever. This would be a wonderful gift and may give you a sense of awe and new curiosity!

When you are prepared to remain reclined for 20 or 30 minutes, maybe even an hour, activate these functions, in the order they are presented.

Say, out loud or in your mind, these functions, allowing about 8-10 minutes between each. Say these with full authority and welcoming attitude!!

You are speaking to parts of yourself who are brave enough to arrive into physicality! This is as special as a birth! It is a birth of more of you!!!!!!

## ATTUNE TO DIVINITY

**“Descend!”** Think and invite more of you to arrive here, into your body.

**“Integrate!”** Allow some time, while you are reclined for these arriving soul parts of you to have their ‘meet and greet’ time with you and your body!

What soul parts arrive is decided by your Soul in alignment with Eternal Sacred Source. Trust the higher levels of you!

Soul Care Level 5 is for personal use only. These functions are NOT to be activated for or ‘run’ on other people. Anyone can receive all levels of Soul Care if they are sincere seekers, therefore Spirit wishes for people to display personal responsibility and use this system personally with full intention and desire.

Soul Care series is meant to be used in the order presented. Each level provides the energetic support and actions required to be done before you are ready for the next level. Please respect this. After you have received all 5 levels of Soul Care is suggested that you use level 1’s Rainbow Bridge Shakti often for she provides ease of connection directly to your place within Eternal Sacred Source.

## Lunar Balance

Lunar Balance energy system assists your emotions to stay balanced throughout our moon’s many phases each month. Some people are highly adversely affected by some of the phases of our Earth’s moon.

The moon’s pull affects the tides of our oceans and as our emotions are likened unto water so too are our emotions affected by the moon’s phases.

Lunar Balance is best activated during the times of the month that you guess that your emotions are most adversely affected by the moon. Each person is different. A power time for one person can be an emotionally scattered time for another person.

There have been stories told over the centuries, about how a full moon seems to reduce people’s inhibitions. I postulate that various moon phases bring out different characteristics in different people.

## LUNAR BALANCE

Many people love a full moon for they feel so very good during that time. Personally, a full moon has not been a great time for me. I don't get PMS as many woman would prior to their menstrual cycle, I do however experience something similar to PMS (Premenstrual Syndrome) during a full moon.

I get very moody and I feel like I'm being "pushed in" from all sides. This is usually punctuated by bouts of tears for no good reason at all. Usually my moods are happy and I'm easy to be around (if I allow people to be in my space). Depression is exquisitely rare for me. If I've ever been depressed, it is an immediate indicator that something needs to change in my life.

So, when, each full moon, my moods go "haywire", and get all messed up, I'm not so excited to see our moon's full face. She is certainly pretty and other people have gone to full moon gatherings while I stay home and try to keep my tears away!

New Moon time has been my power time, when you can barely see our moon! That is when I'm at my very best! So, I'm not a person to be telling you which magical workings to do at various times of the moon's phases. Simply because mine tend to be backwards of what other people would find effective!

I am here to say that after many years, I was finally able to channel an energy system that helps people to balance the emotional impact of the moon's phases!

This is very exciting to me and has made a world of difference in my husband and my life! Lunar Balance has been wonderful! So much nicer to have my normal, happy, reasonable self all month long instead of having it go away during the 3 days of the full moon! My husband used to joke that he did not need to keep track of my PMS. He only needed to watch for the full moon because that is when he wanted to be somewhere else! This helped him to at least be able to put my moods in context of "the moon!"

I believe that Lunar Balance will be very effective for both people who feel subtle energies and for those who don't. Lunar Balance IS moon energy brought to you in the exact right balance for you every time you activate Lunar Balance energy system.

In this way, you are provided the proper gravitational pull or lack thereof from the moon together with the amount of Her energy that is best for you.

## ATTUNE TO DIVINITY

Let us speak for a moment, about the times when you may want to utilize the moon's specific phases for various energetic or magical workings.

It is true that for most people, the established traditional wisdom about which moon phase to do banishing work and which ones to do co-creative manifesting work within are accurate. During your ritual you would not desire to balance the lunar energies for you if you already want to utilize the specific phase to the benefit of your workings. It is after your ritual that you may want to invoke Lunar Balance energy system.

Lunar Balance energy system assists mainly your emotions and the moon's gravitational pull on the water within your body. Therefore it will not "undo" or "reverse" the intent of any ceremony or ritual you set forth.

After you've completed a moon related ritual, if it is during a lunar phase that tends to be uncomfortable for you or your body, then please activate Lunar Balance energy system. You will probably feel better very quickly.

When you are ready to receive your Lunar Balance attunement, say out loud or in your mind: **"I ask to fully receive my Lunar Balance as anchored by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!"**

Think of the moon's light and energy above your head that opens up and streams down into the top of your head.

Lunar Balance arrives to your body and energy fields, providing you emotional balancing influence of the Earth's moon.

Anytime you want to activate Lunar Balance, say out loud or in your mind: **"Lunar Balance, Activate for me!"** It is best if you can recline and relax for a few minutes while and immediately after you activate this energy.

Lunar Balance does balance quickly, so you need only be reclined for about 5-15 minutes while the moon's energy assists you.

Lunar Balance can be activated for other people IF they've given you permission to do so. The moon's energies are strong and if someone is not expecting to encounter them, their body could react in a less than desirable manner. Please always be



## INTELLIGENCE AWAKENING

respectful of the sovereignty of other people and never activate an energy without their express permission.

You can activate Lunar Balance for in person or over a distance simply by thought intention. If a person has requested that you provide a session for them and have given you permission to choose which energies to activate for them that, is indeed permission enough to activate Lunar Balance.

Practitioners will enjoy the adaptability of Lunar Balance. It has a way of doing that “little bit extra” that is needed after you’ve assisted to balance a person’s chakras and energy bodies. **Lunar Balance** functions well with many Eternal Divine energy systems and you may find yourself adding it often.

Personally, you may activate Lunar Balance anytime your emotions or the water in your body feels out of balance. Most people will learn which times of the month they will think to activate Lunar Balance most often.

## Intelligence Awakening

**Intelligence Awakening** counteracts some of the side effects of energy upgrades and ascension activation clearing symptoms. I’ve said on more than one occasion to my energy team, “Give me access to my brain please!”

The energy upgrades Eternal Sacred Source provides to us as we increase our Light Quotient and regain our spiritual skills can have the side effect of difficulty accessing our brain! When you can’t concentrate at work and feel like your brain is locked away even though you’ve just done an “upgrade”, help is required. Few of us have the luxury of just waiting out this effect.

**Intellectual Processing Ray, Intellectual Ease, Intellectual Prowess Empowerment,** and **Puzzle Solver Knowledge Ray** are included in this Intelligence Awakening energy system so you can function at a high level.

Intelligence Awakening has arrived as a result of many people asking for assistance accessing their brains! Usually this need arises after they’ve received an energy upgrade. Many people are at risk of losing their jobs because their body is taking

## ATTUNE TO DIVINITY

longer to upgrade to higher frequencies of light. When a person's soul downloads more abilities and spiritual "gifts" to you, the integration can leave you without access to your "regular" level of intelligence and intellectual processing abilities for hours or days.

Never fear, help has arrived! There are many "Ascension Side Effects" and "Clearing Symptoms" that result from the preparations many of us are taking consciously and not so consciously in preparation for the future.

Simply by being on planet Earth every human is receiving Divine energy rays that are designed to give the person an opportunity to awaken more fully into their Divine Potential and Spiritual Birthright and Inheritance. As a result, everyone person's body is being pushed to expand energetically.

Not every person's body responds well to this influx of spiritual energy as most bodies resist change. Even good change can be uncomfortable. As a person's body consciousness becomes aware of the spiritual realm it can have many reactions if it hasn't transcended its previous beliefs of reality.

The Divine (Eternal Sacred Source) is in a time of "calling back unto itself" its creation. There are times of expansion and contraction with creation.

This is a time when separation has reached its furthest, most extended point and now it is time for all beings to be given frequent opportunities to know that they are not alone and that with just a thought, they are in unity.

Unity can evoke fear within humanity, for there is fear that within unity, free will may no longer exist. Divinity is helping humanity to see that there is even more freedom when the separation between creators and creations is reduced. Increased communication and a greater knowledge of what is can greatly assist this process. For this has been a closed system. Most people function within this reality with only rare experiences of communication with intelligence beyond "here". Whether a person's energy "upgrade" is consciously requested or exposure to the opportunity for an upgrade is encountered simply because they live on Earth, the result can be the same.

Eternal Sacred Source and all Eternal Beings of Living Life, Love and Light want so very much for all humans to recognize the energy that made them and remember their spiritual heritage. Once a person notices a spiritual resonance with an eternal

## INTELLIGENCE AWAKENING

energy and begins to call upon it for assistance, the fear and enemy patterning that is so rampant on Earth drops away.

Encoded in the energies that are being sent to Earth from Eternal Sacred Source are opportunities for all peoples to awaken to their true identity.

Each person connects with the energy that created them in a different way, we are all unique. Your path of enlightenment will be different than anyone else's, and yet there are some similarities that are present for each person.

When a person consciously or unconsciously says YES to the energy that created them, to awaken more to eternal life and spirituality, an “upgrade” of sorts occurs. This simply means that there is a change within the energy that comprises even a person's physical body. Sometimes when that happens, new connections need to be made to the areas in our brain and mind that we are accustomed to using even for the most basic tasks. Truly, the more difficult the task, the more intellectual the project, the more frustrating it is to be unable to think in the manner we are accustomed.

***Intelligence Awakening*** has several functions, one of which is designed to help you access that Intellectual Processing quality of your mind.

Intelligence Awakening is also designed to help awaken previously untapped and inaccessible intelligence that you've never before experienced. It can awaken the intelligent you in such a way as to invite you to think in ways that evaded you previously. Your mind may be able to function intellectually at higher and faster levels than ever before. You may suddenly start to understand topics which had not made sense to you before.

There is a spiritual understanding that is beyond linear words. After your Intelligence Awakening you may begin to comprehend ideas while expressing your intuition and thoughts in new ways.

Intellectual Prowess Empowerment can help your mind to function in more efficient ways. Puzzle Solver Knowledge Ray has already benefitted many people. It can be activated for all kinds of projects, games and topics that feel like a puzzle. It is useful in work and play to solve life's puzzles.

## ATTUNE TO DIVINITY

Please spend a few minutes to invite your *Intelligence Awakening* to release fully unto you. Simply say out loud or in your mind: **“I ask to fully receive my Intelligence Awakening attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!”**

Your Intelligence Awakening flows into your body and energy field, infusing you with your birthright of intelligence.

Now that you’ve paused to receive your Intelligence Awakening attunement you have the right to activate all the energy functions in this energy system.

Each energy function has a name. Its name or title is the super infused instruction or command by which you will activate the function to flow.

The name of this energy system, Intelligence Awakening, is in itself an energy function also. When you want to awaken as much intelligence within your mind and being as is proper for you to have awake at this time, simply say out loud or in your mind: **“Intelligence Awakening, Activate!”**

Use your inner guidance to determine how often to activate this energy function or simply activate it once a week. Every time you activate it, any additional intelligence that is proper to be awoken within you will do so.

The next energy function that you can activate is *Intellectual Ease*.

Intellectual Ease has been used successfully for people who tell me that it hurts to think. If you’ve had a recent energy upgrade or your body and mind are ready for healing that is still forthcoming, it may be uncomfortable to think. Simply using your mind intellectually may be difficult. This is true even for people who are accustomed to ease of thinking intellectually.

It may feel like your mind is “off limits” to you or unavailable right now.

If you have minutes, hours or days where it is difficult to think, or hurts when you attempt to engage your mind in the manner you usually do, please activate *Intellectual Ease*. Say out loud or in your mind:

**“Intellectual Ease, Activate!”**

## INTELLIGENCE AWAKENING

Most people, even those who don't feel subtle energies tell me that they are able to use their mind. It is often reported that they feel like they've been suddenly granted access to use their mind when moments before they couldn't get their brain to "turn on". Others say that they've needed to consciously activate *Intellectual Ease* several times over the course of an hour, and then they felt an ease and were able to concentrate on their tasks.

If you've had difficulty putting thoughts together in a linear fashion, or the cognitive abilities you've always relied on seems missing, please activate your *Intellectual Ease* energy function. Activate this as often as you think of it, or write yourself a message so that you notice it when you need it!

Intellectual Ease can also be activate in macro sets and timed functions.

*Intellectual Processing Ray* is a fun energy function that can increase your ability to process information, sorting and sifting for a result. Even if you are already an excellent mental processor, I think you'll be pleasantly surprised at your results when you activate your Intellectual Processing Ray while you are processing information.

If your work project calls for processing information you may benefit from activating this energy ray once, twice or three times an hour. You'll discern how long it stays activate each time you activate it. This is different for each person and so there is no length of time it regularly stays active.

It tends to stay activate for as long as it feels it is needed. It is intelligent and will "learn" what you need it for. It may have given you a dose of its energy and deemed that appropriate, while you may be wanting a more consistent flow if its energies. Say: **"Intellectual Processing Ray, Activate!"**

Talk to this Intellectual Ray and it will respond to your requests. The only time it will remain "off" even if you want it to be active, is if your body, higher self or soul turns it off. If, for example, you want to run the Intellectual Processing Ray and your body is very tired in need of sleep, your body may turn it off.

This message is that your body can override your conscious decision if it needs its rest. Your intellectual activity is in concert with your brain, thus if the brain needs rest it deserves to be granted rest.

## ATTUNE TO DIVINITY

***Intellectual Prowess Empowerment*** has arrived to increase your intellectual abilities. A dictionary refers to the intellect as: “The power or faculty of the mind by which one knows or understands, as distinguished from that by which one feels and that by which one wills; the understanding; the faculty of thinking and acquiring knowledge.”

Thus, your Intellectual Prowess Empowerment is an energy that empowers you to be the best you can be intellectually. Activate this empowerment several times the first few weeks and then every other week thereafter.

Say out loud or in your mind with strong intent to receive the energy flow:  
**“Intellectual Prowess Empowerment, Activate!”**

***Prowess means: Exceptional or superior ability, skill or strength.***  
**May your intellectual prowess exceed your greatest hopes!**

The next energy function is an energy ray. Puzzle Solver Knowledge Ray has been rewarding to work with both personally and with my clients.

***Puzzle Solver Knowledge Ray*** first arrived in response to a need that a client had to solve a puzzle of a project in her work. She was required to find the solution to this maze like bunch of information that no one else at her job could solve, yet it was now her job to do so accurately. She was concerned that if she did not solve this puzzle like problem correctly that she might lose her job. After much time in meditation and petitioning Eternal Sacred Source on her behalf, the Puzzle Solver Knowledge Ray arrived.

After anchoring it into this reality and setting it forth in an Eternal Moment I then attuned her to it. The energy provides a new way for a person’s mind to look at a situation, problem or puzzle so that a solution is obvious.

The Intellectual Processing Ray and Puzzle Solver Knowledge Ray work well together to bring a person the best combination of intellectual abilities.

It is my hope that at just the right time, when the Puzzle Solver Knowledge Ray can be of the most assistance for you, you will think of it and activate it!

Say out loud or in your mind: **“Puzzle Solver Knowledge Ray, Activate!”**

## FLUORITE CLUSTER EMPOWERMENT

Please activate this as often as you are perplexed and want to find a solution to a problem, puzzle or situation accurately and in a timely fashion.

You may activate any of the energy functions in this Intelligence Awakening energy system for others. There are safeguards built in so that nothing will activate or awaken that the person is not ready for. It is always wiser to teach a person how to use this energy system by properly attuning them rather than simply running the energy for them. However, if you are doing a healing session for a client, loved one or friend, these energies may be activated.

If you do not choose to attune a person, you may find that energies will be strong the first time you activate them, and less strong the next time. We are not to be enablers or to do another person's spiritual journey work for them.

This is the main reason that in any healing work, the first one to three sessions can be really effective, and subsequent ones seem less effective, unless the person themselves are also actively doing their own healing.

## **Fluorite Cluster Empowerment**

As Fluorite grows it changes from being in a cluster formation to Octahedron shape to a pyramid form.

It is said that the various forms a Fluorite crystal takes along its growth path gives us a clue to the gifts it brings a person who works with its spiritual energies. In the cluster formation it looks much like you might see a futuristic city. It is about unity within diversity.

It helps a person's mental body and brain function effectively during times when there is information arriving from many places at once.

It assists a person to sort and sift, making sense out of what is important and discarding or filing obsolete or inapplicable information. Information arrives in many more ways now.

Not only do we have an active media on planet Earth, human brains are using

## ATTUNE TO DIVINITY

information that arrives intuitively at a rapid pace. Many times people do not even realize that they are doing this. Therefore, the increase of data has risen significantly.

Fluorite Cluster's ethereal spiritual energy is a mental balm. If you are sensitive to subtle energies, you may feel warming and opening sensations in various chakras. These are most often felt in your third eye, inside the middle of your head, your crown area and your root chakra.

Another skill Fluorite Clusters extend to you is that of being a catalyst for change within a person's life. The Fluorite Cluster this energy system arrived through has been with me for many years and is an effective catalyst for life changes. A ***Fluorite Cluster*** moves your life expression into your next highest octave. Then how your life looks and who is in it changes to reflect the inner changes.

The spiritual energies of this Fluorite Cluster works under the authority of your Higher Self and Soul to facilitate the changes necessary to living more in alignment with the truth of who you are.

Most people do have people, situations, or things in their life that are not fitting. This can be true despite obligation or commitment to a goal. It is wise to work with the spiritual energies of Fluorite Clusters with the prayer that all changes occur with ease and grace. Even good change can be uncomfortable while it is happening.

Please spend a few minutes to invite your Fluorite Cluster Empowerment to release fully unto you. Simply say out loud or in your mind:

***"I ask to fully receive my Fluorite Cluster Empowerment as anchored by Mariah Windson and made perfect for me by Eternal Sacred Source, NOW!"***

It is usual that after spending some time in the spiritual energies of Fluorite Cluster that you will notice solutions that are beneficial to everyone involved in a situation. Whereas before you thought there was one or two ways, now you see there are three, four and five options.

Yes, Spirit brings new solutions and those will simply be known within you as your outer reality is changing too. You will not need to push and argue your point of view with people. You can respond and prepare. Life can be healthy. Now you and life around you are in sync, new is arriving. Sometimes the new simply looks like a new way of relating to ones who shall stay in your life.



## CURTAINS OF AURORA

**In Summary:** The Spiritual Energies of Fluorite Clusters brings a threefold blessing to you. It is a mental balm to bring comfort. It reduces your resistance to change so that your life changes to more accurately reflect who you are at the higher levels, while you are here in body on planet Earth. It helps your mind notice intuitive wisdom and new solutions.

### Working with Fluorite Cluster Empowerment:

Activate the Fluorite Cluster's energies with your intent and words by saying this affirmation or one that is most natural to you:  
**"Fluorite Cluster, please activate for me and assist me today!"**

Imagine that you are holding it. Think of its weight and the feel of its angled edges. Speak to the Fluorite cluster as you would to a friend. Ask it to increase the feel of the energies if you want to turn up your feeling sense of it. You will know when the session is complete whether you feel anything or not.

## **Curtains of Aurora**

Curtains of Aurora energy system provides curtains of energy in expansive color bands that you send to treat your walls, closets, floors and ceilings. These curtains are the energy of the Northern and Southern Lights. The application of these energies makes your living spaces more sacred.

Aurora, plural auroras or aurorae is a light display most visible between 60 and 72 degrees in the north and south latitudes. This means that there are polar lights, known as the Aurora Borealis in the Northern Hemisphere and Aurora Australis in the Southern Hemisphere. Auroras have been witnessed on other planets too.

The Northern Lights, (Aurora Borealis) were named after the Roman Goddess of dawn, Aurora and the Greek name for the North Wind, Boreas by Pierre Gassendi in 1621.

Auroras are a result of solar wind arriving into the Earth's upper atmosphere. Solar wind is a flow of free electrons and positive ions from the sun, moving through space which eventually bump into Earth's upper atmosphere and become trapped

## ATTUNE TO DIVINITY

by the magnetic field. As solar wind particles move along lines of Earth's magnetic fields, the excitation of energy causes nitrogen and oxygen atoms to emit light.

As an ionized nitrogen or oxygen atom regains an electron, they go from an "excited state" to a "grounded state". It is during this process that photons of light are emitted. Sometimes these solar ions and atmospheric atoms and molecules cause energy releases as they bump into each other. The energy is released in the form of light (auroras) appearing in large circles around the poles. Auroras can occur in various colors. The colors are dependent upon what kind of molecule is releasing energy and how long it takes to reclaim an electron.

Nitrogen gives off blue or red lights. Oxygen gives off green or brown to red lights. When oxygen is returning to a ground state after being excited, it can emit a green light in less than a second and take up to two minutes before red light emanates.

If oxygen or nitrogen atoms collide into other atoms or molecules the excited energy will be absorbed by them, rather than emitted as light. The upper region of our atmosphere is not as full of oxygen and other molecules, thus there are fewer particles to collide with. This means that there is usually enough time for the ions that are excited by our magnetic fields so that oxygen can emit red light. Closer to Earth, there are more particles so only green lights have time to exist before the atoms collide with another and the energy is absorbed.

Aurora lights commonly exist in color bands consistently appearing at various altitudes in our atmosphere. Way up high up in our atmosphere oxygen gives off red light, then green auroras. Nitrogen in the upper regions emanate out blue to red. Pink auroras have been witnessed here on planet Earth too.

Solar coronal mass ejections influence auroras because more solar wind passes through the area of space that Earth is traveling through.

Therefore more ions are trapped by Earth's magnetic fields and available to bump into oxygen and nitrogen.

Auroras are more frequent and brighter during the intense phase of the solar cycle when coronal mass ejections increase the intensity of the solar wind.

Geomagnetic storms cause auroras to happen and are more frequent during the equinoxes. Aurora activity is more prevalent during spring and autumn while polar activity has less effect on the whether an aurora appears or not.

## CURTAINS OF AURORA

This is by no means a complete explanation of the formation of auroras.

Your Curtains of Aurora provides you with a more comfortable living space and increased protection against adverse energetic influences entering it.

Stale and stagnant energy can harbor negative influences and inhibit the manifesting of a fully prosperous and joyful life. Cluttered corners and closets slow down your co-creation efforts. Curtains of Aurora lift and expands the energy so that anything that does not belong drops away.

The spaces between your ceiling and roof, the spaces in your walls and floors need supporting energies because if a space is not consciously tended, it fills with less than desired or old energies. Similar to when you sweep a floor, if you are not careful, dust and debris can drift off into the corners; so too can old energies drift off and collect in your floors and ceiling.

I live in the Northern Hemisphere and so prefer the Aurora Borealis. If you prefer to call upon the Aurora Australis please do so.

When you activate your Curtains of Aurora, you can simply say: **“Curtains of Aurora, Activate!”** or you can specify which Auroras you are calling upon.

If you want the Borealis, say: **“Curtains of Aurora Borealis, Activate!”**

Before you can have full access to call upon and use these energies in your home or work place, please accept your attunement.

Please spend a few minutes to invite the your of ***Curtains of Aurora*** attunement, to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Curtains of Aurora attunement as anchored by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Your attunement will easily arrive to you because Eternal Source is not limited by space or time. Curtains of Aurora energy flows to your body and energy fields, providing you with a meet and greet. This gives you the right to call upon and direct these Curtains of Aurora to flow into any area of your home or other physical space you will be spending time in.

## ATTUNE TO DIVINITY

This realm of Earth is a dense reality. High velocity and frequency energies are difficult to maintain in physical spaces here. The energy of a space naturally returns to denser energies unless you continue to set forth the intention to keep the energies high and light. A spiritual energy whose qualities are that of separating out your space for sacred purposes is helpful.

Curtains of Aurora make it easier to keep the energies that you want thriving in your living spaces. When there are Curtains of Aurora holding space along the boundaries of your home it is easier to live in the type of space that you want to. The colors the Curtains of Aurora will emanate out into your living spaces will be specific for what you and your loved ones need at any time. They may change from time to time. There are a lot of schools of thought about colors.

Colors have been said to have specific meanings. People doing research say that certain colors positively affect various areas of your body. Colors are said to assist people to be more spiritual and attain higher levels of thinking.

Perception in the spiritual realms may be increased when high dimensional colors are in your environment. In truth, as far as I have been able to learn from my helping healing guides in the Light of Eternal Sacred Source, colors do more than we ever guess. Colors are not stationary.

They do not stay the same. Colors are used as a communication and creativity tool in certain dimensions of reality by angels and other light beings.

The meanings of each color can change. That is why it is always better to follow your intuition and the colors you are drawn to, instead of following what a book or a person said.

A person or a book may have been accurate for you when you heard the message, but inaccurate now. You have changed and grown.

You may need different emanations of colors now to support and uplift you to your next highest expression. That is why I am not providing a list of colors and what chakras or attributes they will assist with.

Colors in the higher dimensions are “super saturated” or also called “chromo colors”. This means that they have a different quality to them than we can perceive

## CURTAINS OF AURORA

from this reality. We may have felt or glimpsed these colors in dreams or spiritual journeys. We don't need to know what colors we need.

Your Curtains of Aurora will arrive and display the exact color bands and saturation that is optimal for you and your loved ones (including pets).

Curtains of Aurora have colors that are past the regular range that humans witness when viewing the sky during a display of Auroras. If you can see into the spiritual realms you will enjoy watching your Curtains of Aurora as they spread out and coat your walls, floors, closets and cupboards. It is not required that you see anything in order for Curtains of Aurora to work perfectly for you and your home. I only "see" in the spiritual realm when I'm in spiritual journey or meditation mode. Being a clairsentient, I feel and know more than I see in the spiritual realm on a regular daily basis.

A friend told me how beautiful these Curtains of Aurora are as she treated her home with them! I witnessed them as I channeled the energy and anchored it into an energy system that people can be attuned to.

I know they feel great and work wonderfully but was unaware just how beautiful they really are here in this reality!

The first time you treat your home or work place with Curtains of Aurora it is wise to activate the energies and then walk around "sending" them to coat and fill every wall. Some people say it feels like the energies are coming out of their hands. Other people simply see these Curtains come down from the sky and go directly to their walls.

Curtains of Aurora will follow your intention. You must direct them to where you want them to go for best results. If you don't see or perceive anything while sending them to various walls and areas of your home, do not worry. They are following your direction and will imbue every area and structure you send them into. Re-activate these curtains every 3 days.

The most readily viewable color of Auroras is green in the sky. The color spectrum and range of color bands that arrive to assist your home or space will be varied. Many colors will arrive and ripple and flow!

## ATTUNE TO DIVINITY

So now call upon your Curtains of Aurora! Say audibly or in your mind:

**“Curtains of Aurora, Activate for me and my home Now!”**

Curtains of Aurora are responsive to your request.

It is not necessary to say the activation statement with only those words.

You can direct your Curtains of Aurora into any area of your home.

They work best with designated spaces or structures to imbue.

Corners, closets, walls, ceilings, floors are all excellent places to send them. Think about their movement and shape, that of a curtain, rippling and swirly.

Remember that you can further delineate which Auroras you prefer to arrive:

**“Curtains of Aurora Borealis, Arrive and fill all structures or boundaries in (name of location or space)!”**

Or

**“Curtains of Aurora Australis, Arrive and fill all structures!”**

*Curtains of Aurora imbue, fill and emanate out from where ever they are sent. They are for the boundaries and small spaces that surround a bigger space. They do not usually fill an entire room or house. They will go around the edges, and the structures that separate that space into smaller spaces. Think of walls, floors, ceilings, closets, shelves, drawers, steps.*

*After the first time that you apply Curtains of Aurora to a space, you will be able to quickly re-activate the energies the next time you want to strengthen your Curtains of Aurora. Simply activate them like you did previously and apply quickly to every area. You can even do this mentally while in your meditative or spiritual hygiene state, without walking around to every wall and corner you want treated. Once you activate the energy, the Curtains of Aurora will continue to flow out to where you are directing them until you stop thinking of more structures to send them to.*

Curtains of Aurora may be sent to your work place, public buildings and other people’s homes. They never interfere with someone’s free will.

Curtains of Aurora will assist to provide the color frequencies that are optimal for the persons living, working or passing through. These types of Curtains of Aurora

are not as personalized as ones sent forth by the person who resides or works in that location. When you send them forth for a space that you are caretaker of, they can be much stronger and more effective.

Sending Curtains of Aurora to another person's home without their permission is alright, because if they are not wanted, they will fade.

If a person specifically asks you to send Curtains of Aurora to treat their home, it would be most helpful for you to visit their home. If that is not possible, a floor plan or photos of floors, walls, ceilings and closets would be helpful. The more specific information you have about the location, the brighter the Curtains of Aurora will be because they follow your thought.

I've enjoyed working with active Curtains of Auroras for upwards of 30 or more minutes at a time. I also like to "marinate" or immerse myself in their flowing, rippling, swirling alive energy. If you want to receive benefit from working with this energy for your own body and being you can call your Curtains of Aurora to arrive and flow to you! Say audibly or in your mind:

**"Curtains of Aurora, please arrive unto me and assist my body and being"**

Keep your consciousness open to this energy for as long as you want to.

## **Barberry Deva**

The *Barberry Deva* is the spirit of the barberry plant. She is a fine wise spirit who brings you the gifts of dreaming deeply within moments for spiritual journey dreaming. Whilst deep within her relaxing energy you are both fully present within your body and consciously traveling through time.

She brings the gifts of precognition for receipt in the dream state that you will remember when the time is right for the information to be known.

The Barberry Deva will attend to body health concerns by moving energy that has previously stagnated and this energy is not only within your body.

## ATTUNE TO DIVINITY

The Barberry Deva helps you release karmic issues anywhere they are.

Medicinal use of barberry dates back more than 2,500 years, and it has been used in Indian folk medicine to treat diarrhea, reduce fever, relieve upset stomach, and promote vigor as well as a sense of well-being.

Botanical name: *Berberis vulgaris*

Other names it is called by are: Berberry, European barberry, jaundice berry, pepperidge, pepperidge bush, sowberry, Barberry, berberis, Daruharidra, Daruhaldi, Kingor, Barberrry

The *Barberry Deva* arrived to me with the feeling of being dropped down into a deeper part of myself, through the center of my body, into a sacred sanctuary. I was asking to learn how she wants to help people and what part of her plant energetically is actually good for what conditions. I wanted to learn what parts of the human body or body areas would benefit from a visit with her. What I got was a whole lot more transcendent in nature.

*A visit with the Barberry Deva for me was extremely relaxing.* I felt a swirling sensation as if I was traveling very quickly through time and space to where, I had no idea. I felt very safe and protected throughout the journey. I think I even slept for part of the visit only to be awoken by the Barberry Deva. I then felt that we had “reached” our destination. I was shown people who had never before had conscious dreams of the future easily remembering night dreams at the appropriate times to verify the validity of their skills. There was something important about the abilities helping to “prove” to the appropriate person that knowledge was known and it brought a level of trust from the other person.

There were images of the energies that had to be shifted and from where they needed to be moved out of, within my body. Yet there was movement throughout all regions of time and space where there was any record of such.

This is indeed one of the ways that karmic clearing occurs, yet usually we are not able to see or perceive with such clarity. I feel that it was a wonderful gift to have been witness to the “how” such happened. I do not know if at all times, when working with the Barberry Deva, I will be allowed to see so much. It is possible that with my asking to know how she will work with people, that I was given more insight than each person will have when their own healing work occurs. Either way, you can be sure that she is a powerful healer who will work everywhere necessary



## BARBERRY DEVA

for your health and wholeness.

On subsequent visits with the Barberry Deva I was able to retain consciousness while I “traveled” with her. It is my belief that her energy frequencies were faster/higher than mine when I first started working with her and that only as I became accustomed to her energy frequency was I able to retain awareness throughout the spiritual journey visit with her.

I must tell you all that even a half hour visit with the Barberry Deva was so freeing! She is able to release limitation wherever it exists in your body and being. She does this within an environment of love and safety in such a way that your body does not resist the release of all that no longer is beneficial.

Of course only as much as is right for a body is done at one time. Even good change can be a lot for a body to handle and only the amount of change that the human body can be balanced with receiving, will happen.

There was great benefit to my nervous system and sense of having traveled universes while also being fully within my body at the very same time. I am quite sure that there was traveling through time also and a peace about where I was and what I witnessed. I have no idea how the Barberry Deva will choose to work with you. Your experiences will likely vary depending on your level of experience with meditation and shamanic/spiritual journeying.

If you are sensitive to subtle energies, you are sure to receive much relaxation and insights that will rise up in the next days and weeks right when you need them to. If you don't feel anything, that is alright too, simply beam appreciation to the Barberry Deva and she will help you in whatever way you are ready for. Just because you don't immediately feel anything doesn't mean that you aren't in therapy with her, allow her time to work.

If you don't feel anything, spend time beaming appreciation to her. I've included some information about her physical properties and traditional uses so that you can be educated about her and feel like you know her even if you don't “feel” her presence.

After about 5-10 minutes if you don't feel her, it is ok to read or listen to relaxing music for another 20 minutes or so. Read only that which is relaxing, not news that could worry you or studies that you must remember.

## ATTUNE TO DIVINITY

For those of you who do feel her presence soon after activating her energies, she does her session in waves, bringing you fully back to here after each topic is worked with. You can then ask her to continue, or end session. In this way, by her bringing you fully present before moving on to the next topic she wishes to work with you on, you are brought completely to here.

It is similar to weaving or sewing. After each time of weaving, or unweaving as the case may be, there is need to arrive back to the same place and time. I hope this makes sense to you all. She frees parts of you from everywhere there is an unhealthy hook that has connected you to a painful situation.

When I speak of the Barberry Deva, I am referring to the ‘over-soul’ of the Barberry Plant. I am referring to the big soul, not the energy of an individual barberry plant. I am not referring just to the essence of its medicinal qualities. I am not referring to the energy of its root or bark or berries specifically. The energy that will be working with you is a sentient being that is very spiritually advanced and cares about your eternal wellbeing.

I have witnessed the Barberry Deva bestow spiritual abilities upon people. At other times she awakens and brings conscious latent abilities that were already present. I am glad you want to get to know and visit with the Barberry Plant. Accept your attunement, then talk with her and activate her energies. Then lay back and allow her to work deeply with you in whatever way she deems appropriate. Then give yourself time to relax afterward!

Berberine has been shown to inhibit the growth of bacteria in test tubes, and also may help the immune system function better. The aqueous extract of barberry has beneficial effects on both the cardiovascular and neural system.

Barberry root, bark and berries are used to ease inflammation and infection of the urinary (bladder and urinary tract infections)

Barberry is one of the best remedies for correcting liver function and promoting the flow of bile. It has been used as a sedative, and provides anticonvulsant effects.

Barberry tends to dilate the blood vessels, thereby lowering blood pressure. A teaspoon of the root will purge the bowels, or use an infusion of the berries with wine for the same purpose. A decoction of either berries or root bark makes a good mouthwash or gargle for mouth and throat irritations. Bark of root or stem is used medicinally and a

## BARBERRY DEVA

person would gather the root in spring or fall. Use only ripe berries.

The stem, root bark, and fruit of barberry contain alkaloids, the most prominent of which is berberine.

Berberine may also stimulate the immune system. It also acts on the smooth muscles that line the intestines. This last effect may help improve digestion and reduce gastrointestinal pain.

Barberry extracts are standardized to contain 8 - 12% alkaloids (berberine).

The chief constituent of Barberry bark is Berberine, a yellow crystalline, bitter alkaloid, one of the few that occurs in plants belonging to several different natural orders. Barberry contains alkaloids of the isoquinoline type, mainly berberine, berbamine and derivatives.

During the early middle ages, European herbalists used it to treat liver and gallbladder ailments. Russian healers used it for inflammations, high blood pressure, and for abnormal uterine bleeding.

Description: A bush native to Europe and the British Isles, naturalized in North America, flowering in April and May. It is a deciduous shrub that grows in hard, gravelly soil in the northeastern states and sometimes in rich soils in the western states.

***The root is yellow on the outside and its bark has a bitter taste.***

The stems, growing from 3 to about 9 feet tall, are reddish when young but turn dirty gray when older. Barberry is a bush and they are planted often along tree lines or at the edges of properties or fences. The small, yellow flowers appear from April to June and hang from the branches in clusters. The intensely red, long berries ripen in August and September.

They have an agreeable acidic taste and should be eaten only when ripe. I've seen pictures of the plants with both reddish leaves and green leaves. I've pruned the roots of thousands of barberry seedlings for my father's crews to plant for both reclamation of coal mines and when farmers wanted to return some of their land to nature.

The branches have thorns on them, new ones grow each spring. The root, bark, and

## ATTUNE TO DIVINITY

berries are used for medicinal purposes.

Cows, sheep and goats are said to eat the shrub, while horses and pigs refuse it. These are not a good plant to plant for birds, as they rarely eat the berries.

The ripe berries of Barberry can be made into an agreeable, albeit tart jelly by boiling them with an equal weight of fine sugar to a proper consistence and then straining it.

Pregnant women should not take physical barberry because it may cause uterine contractions and trigger miscarriage.

Barberry should be used in children only under the supervision of a qualified health care provider and never for those under 2 years of age.

No one should use the physical plant internally in more than medicinal quantities. If the herb causes dizziness or faintness, stop using the herb immediately.

***Barberry is such a strong herb that there are possible interactions with many common medications if you take it internally.*** For example: antibiotic and anticoagulants may have decreased action if taken with barberry.

Barberry plant increases the effects of antihistamines, blood pressure medication, diuretics and blood sugar reductions or insulin dosing medications such as those used for diabetes.

The physical plant is also counter indicated if you are taking celecoxib commonly known as Celebrex. The roots have been used to dye wool yellow, and in Poland they dye leather of a beautiful yellow color with the bark of the root.

Please spend a few minutes to invite your ***Barberry Deva Empowerment*** to release fully unto you. Simply say out loud or in your mind:

***“I ask to fully receive my Barberry Deva Empowerment as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”***

Activate the Barberry Deva’s energies by saying, out loud or in your mind,  
***“Barberry Deva, Activate Please, for me, Now!”***

## BARBERRY DEVA

Be prepared to give her 20-30 minutes with you staying in one place, reclined. The Barberry Deva is a plant who WILL shift your consciousness whether you realize it or not.

If you are not usually aware of subtle energies, this plant spirit may surprise you! Even if you don't consciously feel different, please trust me that your reaction time will be slowed for operating machinery or driving a vehicle.

Please allow at least a half hour after you have 'returned' from any visit with the Barberry Deva before you operate machinery, kitchen utensils or drive a car or other physical mechanical vehicle.

The Barberry Deva can and will put you into a very altered state of consciousness even if you've been sitting there wanting to read or were thinking about your grocery list. She will be working with various areas of your body, including your nervous system.

In any type of energy healing there are physical, emotional, mental and spiritual changes that can occur. Often times a person feels spacey and it is a good idea to drink a lot of water and other healthy liquids just in case there are physical toxins loosened within your cells that need to be excreted.

Lift up to the Barberry Deva, as you would in prayer to an angel, or saint the concerns that you wish addressed and tended to during your visit together.

She will indeed choose the topics of the visit from there and where to take you along this journey. You may be gifted with skills and abilities that seem to have no relevance to the topic you are currently concerned with.

She knows what you need right now, from the highest levels of creation, where you exist in realms that you have no consciousness of from here.

She will work in your subconscious to help you release obsolete patterns that have been difficult to release by other method and are no longer serving you.

***Call in the energy of the Barberry Deva and activate her presence in your life anytime you want to work deeply within yourself for many reasons. Please be open to however she wishes to attend to the concern you lift up.***

### **Bio Life**

Bio Life energy system manual explains the difference between eternal and immortal energies. You will gain discernment to accept into your body and being only energies that resonate with the signature of Eternal Life. An affirmation is within this manual to assist you to de-attune from any energies that do not support Divine Birthright of Eternal Life.

Bio Life attunement gives you access to the stream of energy that most optimally fuels all biological organisms from the Heart of Eternal Sacred Source. Bio Life is self-sustaining Eternally Living energy. Humans are the only species that seem to have forgotten to reach to Source always.

Bio Life energy is the Living Life energy from the Heart of Eternal Sacred Source. This means that you will be receiving the tonality and life stream directly from the energy and intelligence that made you!

Bio Life energy is a distinct Divine Energy Stream. Bio Life is not Reiki or any other already named energy that many of us are familiar with. It is entirely possible that some of you may have, from time to time, received and even dwelled within Bio Life energy without knowing what it was!

One purpose of this manual and the Bio Life energy system is to acquaint you with Bio Life in such a way that its energy signature will always be remembered. You will be able to access Bio Life energy with just a thought, anytime, anywhere you are; just as people access Reiki, Seichim or any other previously established stream of energy from the Divine.

Here on Earth, as the karma game that was initially instituted on this planet has continued to etch the positioning of separation from the Divine into the collective consciousness of humanity it is vitally important to bring an easy link to replenish biological life. From beyond, separation is inconceivable, from here, oneness and unity is often inconceivable.

So many people have no clue how to reach the beyond in a real way that will bring them optimal energies to sustain their life form! Biological Life Energies that resonate as Eternal Life rather than immortal life are essential to not only your soul's eternal life but also your body's lightbody potential.

There are indeed energies offered by various 'gods' whose energies simply add to a long life here eventually leading to entropy. Entropy means a decline in DNA structure. Think of it like making a copy of a copy so that eventually the human form would not support life.

This is due to an influx of energies from where you think is the 'source', yet in actuality you receiving from lower gods who offer only immortality. There are ones who want 'freedom' from Divine and Cosmic Law and principle so that they don't have to adhere to the Divine Blueprint of species creation and sustenance. Rather, it is as another form of psychic vampirism, more specifically, running people's innate life force through these lower gods in exchange for immortal rather than Eternal Living energies.

Eternal Life is your Divine Birthright and your Soul knows its home is with the Heart of Eternal Sacred Source. This is natural and not easy to avoid! True Ascension and Eternal Life is only avoided if someone, at the core of who they are, totally reject the energies that made them initially.

You don't ruin up your chances for Eternal Life simply by making bad choices in one lifetime, or making a conscious decision here with your personality. The two ways I'm aware of a person losing their Birthright of Eternal Life is by a compilation of many many choices at your soul and personality level to totally reject the energy that made you. Thus your very own Eternal Life Spark, OR by default when people accept so very many initiations that use immortal light, that percentage of their body and soul energy become predominantly immortal rather than eternal.

This I believe is the true danger that exists here on planet Earth: for well-meaning seekers of spirituality to trade their eternal life for an immortal one. There is an extremely simple solution to this concern: Affirm Eternal Life!!! Immortal energy uses light that is not the eternal living light.

It only perpetuates the karma cycle and returning to the Eternal Source without consciousness when entropy occurs and an immortal body declines to the point that it cannot support life. Please do not accept immortal promoting energies. Please ask

## ATTUNE TO DIVINITY

before accepting ANY attunement, that ONLY the Eternally Living energies arrive to you and that anything else be discarded before the attunement releases unto you! This is my recommendation.

Bio Life energy is a sure Eternal Life promoting energy. It makes it easy to refill with Eternal Living Life energy that assists biological life forms to be self-sustaining! It isn't essential of course to eternal life. Eternal Life is your birthright and needs only to be constantly affirmed.

A simple affirmation repeated daily is a great help:

***“I am Eternal Life! I affirm Eternal Life! I ask that all of my Eternal Helping Healing Angels and Guides who are in complete resonance with Eternal Living Life, Love and Light move through my body and energy fields removing from me any energies that are not in alignment with Eternal Living Life, Love and Light.***

***I reject any energy or Being who is not in alignment with Eternal Living Life, Love and Light.***

***Eternally Living Sacred Source, please de-attune me from ANY energies that do not resonate completely in Eternally Living Life, Love and Light, NOW!!!***

***Please completely refill all levels, spaces and places that I AM with Eternal Living Life, Love and Light now and forever more. I claim Eternal Life!!!”***

Please spend a few minutes to invite your ***Bio Life*** attunement to release fully unto you. Simply say out loud or in your mind: **“I ask to fully receive my Bio Life attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!”**

Now you have the ability to ‘activate’ streams of Bio Life energy for you and anyone in a body here on planet Earth! Any type of life form on Earth is biologically compatible with Bio Life energy. Any being who accepts Eternal Life will enjoy this energy. Any being that is not in alignment with Eternal Life will either, drop the discordant energies within them and accept Bio Life, or they will reject Bio Life. All have free will here on Earth.



## BIO LIFE SPHERE

It is your job to take good care of all aspects of who you are and your body! To activate the stream of energy that is Bio Life for yourself, simply say out loud or in your mind: **“Bio Life Activate and Flow for me and my body!”**

You can run (intend to flow) Bio Life while you are working with other energies. It brings synergy and gives both bodies and beings the support they need to live here on Earth with full preparation for Eternal Life.

You can activate and run Bio Life energy for other people, plants, animals, birds, fish, amphibians and all other kinds of life forms here on Earth.

Simply say out loud or in your mind: **“Bio Life Activate and Flow for (Name of person or type of creature or think of who and visualize)!”**

Bio Life will usually only remain flowing for so long as you keep your attention lightly upon the thought that you want the energy to flow. That is why, if you know how to use timed features it can free you to do other things during a session you are doing for others.

*Any timed features that you know from other energy systems will also work for your own sessions with Bio Life. Bio Life responds to free will and can do more for you when you are relaxed and receptive to its flow.*

You can use this energy when you are up and about in your day as well.

## Bio Life Sphere

Bio Life is self-sustaining Eternal Living energy that most optimally fuels all biological organisms from the Heart of Eternal Sacred Source. Humans are the only species that seem to have forgotten to reach to Source always.

Bio Life Sphere replenishes the body and being of any species. It is designed to be activated first then you may activate ***Bio Life Elixir*** to reduce pain within a human or any other physical life form on Earth.

## ATTUNE TO DIVINITY

Bio Life energy is the Living Life energy from the Heart of Eternal Sacred Source. This means that you will be receiving the tonality and life stream directly from the energy and intelligence that made you!

Here on Earth, as the karma game that was initially instituted on this planet has continued to etch the positioning of separation from the Divine into the collective consciousness of humanity it is vitally important to bring an easy link to replenish biological life. From beyond, separation is inconceivable, from here, oneness and unity is often inconceivable.

So many people have no clue how to reach the beyond in a real way that will bring them optimal energies to sustain their life form!! True Ascension and Eternal Life is only avoided if someone, at the core of who they are, totally reject the energies that made them initially.

Bio Life Sphere arrives to you from Eternal Sacred Source and is comprised of renewed Divine Blueprints for physical embodiment.

There are original Divine Blueprints for each species. There is a need for the original Divine Blueprint to be renewed based on where planet Earth is in space, and the evolutionary changes each species has experienced.

These renewal codes support self-sustaining physical life in whose body resides souls destined for Eternal Life.

When we are integrating more and more of our soul energies into our physical embodiment; it is more important than ever to give our bodies easy ways to receive biologically compatible renewal energies.

Think of how many energy systems are for our spiritual and soul growth! These are important. However they are not directly made to replenish your body. There are also many 'raw' elemental energies that can feel sharp to a body and require further adaptation before your physical body can use it as 'food' and 'sustenance'.

The concern that Bio Life Sphere solves is to provide your body with a sphere that constantly replenishes it with Eternal Living Life energy that is totally and immediately compatible with its biological form. It is actually compatible with any

biological form that exists on Earth, within Earth or its atmosphere.

There exists a gap for many people, between the growth we do in our spirit and soul, and how our body responds to our requests for health and flexibility. The human body has its own consciousness, therefore some of the spiritual energies it is given does indeed feed it. However, it is also biological and therefore needs energies that are designed for its form.

Spiritual energies permeate all living things and the line between matter and energy is constantly shifting. Sometimes there is no line at all as waves of energy change into matter and then back again into pure energy.

The densities vary between solid, liquid and energy. Some of the energy systems we use regularly are adept at supporting all of those various forms of energy, others are not. This is why Bio Life Sphere is so important for us.

Bio Life Sphere does need to be re-affirmed daily so that it stays vibrant.

Any spiritual energy tool, technique or function here on planet Earth needs to be reinforced daily. Eternal Sacred Source is unlimited in its ability to give to us. We live within a dense 3 dimensional reality. All things vibrating at fast, high vibrations slow down and become dim and weak over time.

This is simply due to the conditions we live within on planet Earth. This and the fact that it is imperative to constantly re-affirm where we stand (Our choice to have Eternal Life) is why a person cannot simply activate an energy technique once and expect it to be completely effective days and weeks later!

Please people, any energy systems you are attuned to and spiritual hygiene techniques that you use - activate them frequently. We live in an imperfect environment here on Earth at this point in history and we must be vigilant to keep our energy spaces pure and to refuel our bodies with biologically compatible Eternal Life Energy.

It is difficult for people and for bodies to know how to reach beyond here to receive replenishing directly from Eternally Living Sacred Source. Within the realm of Earth's reality; a direct line of energies from beyond here is difficult to acquire. Some people can do so. I intend to provide you an easy to use technique that you can put into place and daily renew.

## ATTUNE TO DIVINITY

This is due to resonance. We are here. Where is here? Eternally Living Sacred Source is there. Where is there?

By receiving your attunement, which is a dose of energy that IS Bio Life Sphere and then also Bio Life Elixir, you will have the right to call up, and activate both of these anytime for yourself or for other people and life forms on Earth. Think of it as a portal or gateway, only there is not a wormhole connecting from you to Source. It is more that when you ask for Bio Life Sphere to form and replenish you, it immediately manifests! This is because Source can operate outside of time, space, and distance.

The limits we think of are not applicable to Eternally Life Sacred Source! Any way I try to explain how Bio Life Sphere and Bio Life Elixir work will be, in some ways incorrect! The fact that they DO work, in the way that is best for you, under the authority of your higher self, soul and Eternally Living Sacred Source is wonderful! We really don't have to know how they work. Once you receive your attunement, you can ask and receive anytime.

Bio Life Elixir is a pain reliever. Bio Life Elixir is a physical pain reliever. I don't know how much pain relief you will receive. That is truly under the authority of your personality, higher self, soul and ultimately Eternal Sacred Source. This lack of conscious control may be a frustrating reality; however, if you usually feel subtle energies, I think you will be surprised at how effective Bio Life Elixir really is!

Bio Life Elixir was the initial purpose of this entire energy system. It became immediately clear that Bio Life Sphere was arriving and must be activated each day, before you activate Bio Life Elixir. The importance of Bio Life Sphere is to provide the biological support and energy renewal to promote your body's natural healing abilities, instead of just masking your pain with Bio Life Elixir.

Bio Life Elixir is granted to us for those times while healing is happening or when there is an illness or a condition that causes long term physical pain.

Bio Life Elixir lasts approximately 1 to 3 hours per 'activation'. I asked for a longer time of effectiveness, but it was not granted. I am told that simply masking pain is not healthy if action is required on your part to help you heal. If a visit to your medical doctor is required to assist your healing, Bio Life Elixir will only work for a short while.

## BIO LIFE SPHERE

If you don't usually feel subtle energies, yet you sure feel the pain in your body, Bio Life Elixir will still have benefits for you. It may be that there are less times of intense pain, or you somehow forget about the pain for a while!

Bio Life Elixir will do something beneficial for everyone who feels the need to reduce pain in their body. You can activate Bio Life Elixir as often as you think of it! It will usually start flowing as a liquid thick, 'melty' feeling energy that moves through your body and head. It is more effective, initially, when they recline or lay horizontal to activate Bio Life Elixir. Then, when you've a better sense of the mental and energetic movement of intending to 'activate' Bio Life Elixir, you can activate it anytime, anywhere you are!

You retain your mental acuity and physical response time to stimuli and your surroundings while Bio Life Elixir is active. It doesn't usually make people sleepy, or reduce their mental or physical reaction times.

Please spend a few minutes to invite your *Bio Life Sphere* attunement to release fully unto you. Simply say out loud or in your mind: **"I ask to fully receive my Bio Life Sphere attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!"**

Your attunement energies will release to you and may feel warm or tingle or you might not feel anything at all. Allow 12-24 minutes to pass quietly.

In your mind or out loud say: **"Bio Life Sphere, Activate!"**

Your Bio Life Sphere will form around the outside of your body, aura and energy fields! Each energy fiber of your Bio Life Sphere is like an antennae that receives Bio Life energy directly from the Heart of the Eternally Living Sacred Source. It forms a safe sphere that also works as a quick clear for you if you've been around people who are frustrated or upset.

Now you may activate your Bio Life Elixir by saying out loud or in your mind with strong feeling: **"Bio Life Elixir, Activate and Flow!"**

Bio Life Elixir may appear different to each person. I experienced it as a honey like liquid. People who have degenerative or chronic illnesses may enjoy how Bio Life Elixir can increase their ease of mobility through the easing of physical pain. Many

## ATTUNE TO DIVINITY

people are not prescribed enough pain medicine. For other people, pain medicine that is actually strong enough to ease their pain can make their minds feel foggy or make them sleepy.

**Using Bio Life Sphere and Bio Life Elixir for other people:** Your one attunement to Bio Life Sphere with Bio Life Elixir gives you the ability to activate both of these functions for other people.

It is always wise to ask someone's conscious permission before activating these energies for them. Additionally, it is even wiser to actually attune these people (with their permission) so that they have these spiritual functions at the ready anytime they want to use them.

When you activate both of these functions for other people, it is common for them to immediately be strongly effective, only to find that subsequent activations yield lesser results. This is because any energy system is more effective and long lasting when the individual, of their own free will asks Source directly for assistance. If a person is attuned to this energy system, they will always be able to receive strong benefit from both Bio Life Sphere and Bio Life Elixir.

If a person asks you to activate it for them, and you do so, Source responds by fueling that activation with Bio Life Sphere and Bio Life Elixir. Subsequent activations are met with a sense of: "Why are you still activating this for this person? Can't they choose to activate it?"

We live in a free will zone here on Earth and each person's conscious choice to ask for help from Source will be met with strong positive response. When that person chooses not to help themselves in the strongest way, (accepting the attunement and having their own tools) Source eventually gives less to the asker for the receiver. This is about personal responsibility for health.

The exception to this is of course someone who is in a coma, or is otherwise disabled mentally and not able intellectually function to understand and ask for this help. Language barriers are not enough of a barrier because you could always beam the example of the energy to the other person. Show them the attunement. Energetically offering it to them with your mind.

Bio Life Sphere and Bio Life Elixir may be activated effectively for animals, fish, birds, plants and all other life forms here within the holograph of Earth.

Bio Life Sphere is Divinely Intelligent and will learn the needs of your body or any body it is activated for. It is Eternally Living Life and will adapt so that each time you activate it, it responds your body's needs better.

## **Bio Life Fuel**

Bio Life refers to sentient consciousness that resides in a biological body here on Earth.

Bio Life Fuel arrives to us from kinetic energy, the energy of motion. Bio Life is an energy that biological life forms notice and accept as sustenance. Many energies are too raw and of a vibration that are not easily received or used by a biological body. Bio life Fuel is excess energy from tidal waves, and atmospheric pressure changes that have been transformed into a fuel source for biological bodies here on planet Earth.

When you are ready to accept your attunement, say: ***“I ask to fully receive my Bio Life Fuel attunement, founded by Mariah Windsong and made perfect by Eternal Sacred Source!”***

Now that you have paused to receive your attunement, you have the right to call upon and activate Bio Life Fuel for you!

Simply say out loud or in your mind:  
***“Bio Life Fuel, Activate and flow for me!”***

Please do so when you have a few minutes to marinate in the energy stream that will open for you. Bio Life Fuel's name is the 'command code' that will put you into alignment with the energy stream it is.

Activating it with your intention, a strong feeling of wanting the energies that its name represents is all that is required to begin the energy flowing to you. Usually it is necessary to keep your mind lightly resting upon the fact that you want this energy to continue flowing, for it to remain active. By moving your thought to another topic, the energy receives that as a message to cease its flow.

## ATTUNE TO DIVINITY

Bio Life Fuel has some influences of Earth, moon and sun within its energies. Tractive force is the type of gravitational force that causes tides. Wind energy is the kinetic energy of the air in motion.

***Kinetic energy released during the movement of tides and wind combine perfectly with Eternal Life energies to create Bio Life Fuel.***

What makes Bio Life Fuel so compatible with human and other physical life forms here on planet Earth? Our physical bodies exist within Earth's atmosphere and as such we are already energetically familiar with the movement of air around our body. Being created and sustained by Eternal Sacred Source, a physical body here on planet Earth thrives within the energy of Eternal Love, and Life! We are Eternal Beings living within a physical body made of elements local to this Earth planet.

As you continue to increase your spiritual awareness and your body's own energy frequencies, you require a greater quantity of your body's sustenance to be in resonance with Eternal Love and Life. Bio Life Fuel is Eternal Life and Love energy that has been merged the movement of water and air.

Think about this for a moment! For your body to function more efficiently and have an easier time maintaining a high vibrational frequency, adding energies to your diet that are already in resonance with both the Earth and Eternal Sacred Source makes good sense.

There is plenty of extra kinetic energy released from wind and water tides here on planet Earth. Bio Life Fuel is comprised of that excess energy and Eternal Sacred Source Life energies. Please call upon and activate these energies frequently to increase your health and energy reserves on a regular basis. I think you will find the energy readily available to you.

It flows easily and even if you aren't usually sensitive to subtle energies it is likely that you will sleep better at night and have more energy during your day, if you activate Bio Life Fuel each morning, noon and early evening.

Bio Life Fuel is a balanced energy that will help you be centered and grounded yet your very cells will vibrate with ever higher and higher frequencies of Eternal Life energies.



## BIO LIFE FUEL

Some people consciously choose to increase the vibrational frequencies of their body so that they may at some point shift their physical body into a light body. Bio Life Fuel helps with such preparations while assuring your body that being here in physicality is good and appreciated by you.

Bio Life Fuel can be activated for or channeled to your pets, plants or other avian, equine or other life forms here on planet Earth.

You can attune any life form to Bio Life Fuel thus providing a ‘meet and greet’ of this energy for the body you are attuning. This will make it easier for the body and being residing therein to reach for Bio Life Fuel anytime it is needed or wanted.

I am in preference of you activating Bio Life Fuel for a being in a physical body rather than simply channeling the energy. You can use Bio Life Fuel with any timed energy function you are already attuned to or become attuned to in the future. Anytime you channel an energy your body has to ‘work’ harder as the conduit than when you simply use your intent to activate and keep the flow activate for the recipient. Channeling is necessary for initial anchoring of an energy system and for some informational purposes. It isn’t required for the sending of energy to a being in a physical body.

If you are choosing to activate Bio Life Fuel for beings that are non-verbal, such as a plant, animal, bird, etc. Please always send the energy with the intent that if it is wanted, it will arrive, if it is not wanted, it will bounce off and go on to Earth.

This is very important. You might feel a slight resistance if the nonverbal being doesn’t want to be attuned or receive Bio Life Fuel.

By non-verbal I mean either that the person or being couldn’t verbally respond to your request of whether they want to receive energy. If your attempts in meditation or spiritual journey to perceive a yes or no answer to whether Bio Life Fuel is wanted weren’t conclusive then only send energies out with the intention that they drop away to Earth if not wanted.

## **Bio Life Kundalini**

Bio Life Kundalini is a comprehensive energy system that gently and effectively dissolves away any plugs in your chakras or spine that previously inhibited your Kundalini's movement and rise within your body. It activates in every cell's nuclei and DNA spiral fueling you through your microcosm.

Bio Life Kundalini gives you greater access to your soul's wisdom beckons your Kundalini to rise and enhance your sexual magnetism.

Bio Life Kundalini functions by the intelligence of Eternal Sacred Source.

What is Kundalini? Ah, there are many descriptions in books and information may be found in an internet search. Kundalini is said to be a person's sacred sexuality and creativity. Kundalini energy is your own energy, yet it can draw easily on universal energy to gain intensity. It will also activate, once awakened, to a person's fight or flight response, giving a boost of energy and power when needed.

Kundalini is a potential of energy that is a sacred creative force that resides coiled and still in the perineum area of most people. Many yogis and people who study meditation and tantra sexual practices work toward activating this energy potential. Sometimes a person's Kundalini will activate on its own.

There are natural plugs in your spine and various chakras that restrict the Kundalini's movement. If there is a burst of awakening in your Kundalini due to intense orgasmic experience or unusual spiritual awakening, Kundalini energy can begin to move up your spine and through your back.

If there are still some of the energy plugs in place, especially at the base of your skull, the pressure build up can be horribly painful. Kundalini energy should be able to move easily up your spine and through your skull and out the top of your head. It used to be that the Kundalini would not rise until all of the plugs were dissolved. A natural process one would say.

However, nowadays, for many reasons, Kundalini energy is more anxious to awaken and move through a person's body even before all the plugs are dissolved. Many people's souls are trying to get much accomplished in this one lifetime. Many people are asking to fully awaken to all they can be!

## BIO LIFE KUNDALINI

It usually takes a yogi or other student a long time to dissolve out the energy plugs with various energy moving exercises or meditation. If you've had an active sexual appetite and strong sexual energy you may wonder if your Kundalini is already active. It may be. Also, if your creative juices have been flowing for projects in your life, your Kundalini might be moving.

Have you felt the fire, heat and power move from your perineum area up your spine and out the top of your head? Maybe you've simply felt some stirrings of energy that has an unusual heat and strength to it. Maybe your Kundalini is awake and active, yet you are not sensitive to subtle energies and can't actually feel it. That is ok too.

Human bodies on planet Earth were born with many energetic plugs in their chakra's and energy pathways. Kundalini is a person's sacred sexuality and its ability to influence other people is a great responsibility.

The natural energetic plugs dissolve slowly over time as a person's spiritual maturity increases. Bio Life Kundalini assists the smooth release of the plugs that naturally restrict your Kundalini's movement so it can awaken naturally when it is ready.

Bio Life Kundalini is unique for many reasons, the most important of which is that your Kundalini will awaken within the nuclei of each cell in your body, in your DNA! Your Kundalini may travel the 'usual' path up your spine, but it will also be active within each cell of your body! This greatly increases its Bio Life activity in every part of your body!

Please spend a few minutes to invite your Bio Life Kundalini attunement to release fully unto you. Simply say out loud or in your mind: **"I ask to fully receive my Bio Life Kundalini attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!"**

Now each cell of your body has ease of access to Eternal Creative Power from beyond physicality. ***Bio Life Kundalini energy is understood by your body's cells as fuel and instructions for optimal health and stamina.***

***Each rung on the spirals of your DNA will fire with your Divine Expression of Creativity, Sexuality and Enlightenment in perfect resonance with your Soul.***

## ATTUNE TO DIVINITY

The purpose of the Bio Life Kundalini attunement is three fold:

- 1) To release any energy plugs that have restricted your Kundalini from activating within your DNA and entire body.
- 2) To provide you with the right to activate Bio Life Kundalini anytime to fuel your passion for any endeavor or prayer.
- 3) To provide you with the right to pass a Bio Life Kundalini onward to any other sincere seeker to release their energy plugs so that their own Kundalini can awaken naturally when it is ready.

For many people, just as soon as the plugs are released, their Kundalini does awaken. For others, this system is preparation for when their Kundalini is ready to awaken naturally.

I seek also to guide you in directing your Kundalini for your health, enjoyment and enlightenment. You can 'turn on' your Kundalini for sexual, creative or enlightenment assistance. By simply thinking or saying out loud or in your mind: **"Bio Life Kundalini Activate!"** you turn its intensity up.

You can turn it down your Bio Life Kundalini by mentally thinking of an oven dial and turning the dial down. Your Bio Life Kundalini's 'pilot light' will remain lit even when you turn the 'dial' all the way down. It is at the ready for you. Please hear me now! Any strong emotion will also activate your Kundalini.

Your Kundalini requires bridling else you will become restless or quick to anger or experience an over active desire for sexual activity. This is easy to do. You simply use the round dial image in your mind with intention and turn down your kundalini's intensity whenever necessary. It will abide by your will, it is your Divine Expression of Passion, Creativity, Sexuality, Power and Enlightenment, use it wisely and with discernment.

## Leyline Bio Life Symmetry

Supersymmetry is the symmetry between forces and matter. Forces exert a pull or push on matter, affecting their movement and very form. Here on Earth there are Earth Meridians, also called leylines of strong concentrations of Earth energy in specific lines. Usually ancient sacred sites were built along these lines. If you step near or on a leyline, your naturally smooth egg shaped aura energy field becomes elongated as the pull from the energy stretches you. It is similar to touching a live electric wire of high voltage.

Leyline Bio Life Symmetry's energy is that of a transducer. It transforms the super strong energy of Earth's raw life force into an energy that is biologically compatible for your body and energy fields to thrive.

Leyline Bio Life Symmetry attunes you to the symmetry between leyline forces and biological lifeforms. Leyline Bio Life Symmetry assists you to be in balance and benefit by any Earth energy lines you live near or travel to.

It will also bring you the energy of places whose energy is needed for you. Superstring Theory revealed the M Theory regarding relationship between gravity itself and how it escapes this reality. Leylines have varying levels of gravitational forces and other stronger elemental energies. It has been postulated that gravitons slip into other realities at leylines.

Thus science has been willing to accept the possibility of dimensions in addition to our three well known dimensions actually existing. Leyline energy, the Earth's energy lines, can affect our bodies in many ways. If you travel, or if you are in one place, and the Earth's energy lines, leylines, are like the Earth's Meridians.

If their energy changes, your body can experience energy surges or changes that are uncomfortable. Or you can feel like a swift amount of energy just left your body, without that energy arriving back inside. The usual currents you are accustomed to feeling might not be there, at least not in the same way.

For example, think of a smooth, well contained bubble that I will suggest to be an aura surrounding a person. Healthy and strong! Now think of the same bubble (aura) after it has been exposed to leyline energy that is of a different voltage and energy vibration that the person's. Some of your personal aura's energy may burst

## ATTUNE TO DIVINITY

through its membrane without containment.

Imagine how you would feel, if your energy is being tugged and pulled, elongated out of its normal shape and vibration. Yes, Earth's life force energy is wonderful! And that is what runs through the leylines in stronger concentrations. But we are talking about the life force of a planet here!

That is some very, very strong energy! Lava is also Earth's life-force energy and we can see its glow and how most forms of life and matter dissolve in its heat and flow. Just because we can't see ley-lines doesn't absolve us of giving those energy flows the respect they deserve! Earth's energy is powerful and the human body is delicate in comparison.

Lava has intense physical heat in addition to Earth life force energy. Leylines may be 'invisible' to most people's eyes, yet their energy has more gravitational and electromagnetic qualities. A human's nervous system and heart run on electrical impulses and we are sensitive to magnetic energy too. A surge of any one or a compilation of these energies can rearrange the very life pulses that sustain us into a configuration that can land us in a hospital or worse! Therefore, let us be respectful of our Earth's leylines.

Now, many people say, "oh, but there are populations of people who live along those lines!" precisely, they are accustomed to the energies of the locale in which they live. You may not be so lucky as to be comfortable in the same location if you've not acclimated to it!

There are also areas around our Earth whose leyline energy may be exactly what your body does need to be in perfect balance with your current location. It is also possible that your own soul energy, within your body seeks the balance of Earth energies that are not native to where you live. Leyline Bio Life Symmetry is designed to bring you energy from where ever on Earth you are in need of it. How wonderful this is!

In order of importance, adjusting any imbalances due to leylines you've crossed or live near is of first importance. Thereafter Leyline Bio Life Symmetry will bring you other Earth leyline energies to provide super symmetry with your body and the energy you live around regularly.

The more sensitive we become to the presence of subtle energies, the more difficult

## LEYLINE BIO LIFE SYMMETRY

it is to be comfortable when our body's energy system is out of balance. Purposeful living requires additional spiritual techniques to thrive here on Earth.

Please spend a few minutes to invite your *Leyline Bio Life Symmetry* attunement to release fully unto you. Simply say out loud or in your mind: **“I ask to fully receive my Leyline Bio Life Symmetry attunement as anchored by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!”**

Please allow 20-45 minutes to receive your attunement, as Leyline Bio Life Symmetry attunement energies will begin balancing your body energy fields and that may take some time to complete. Relax and imagine your energy fields and aura as a smooth round colorful shape around your body.

Please drink plenty of water after your initial attunement is complete. If you are sensitive to subtle energies, you'll notice the flow begin immediately. If not, that is ok too. Relax quietly for 20-45 minutes that first time.

The next time you want to activate Leyline Bio Life Symmetry, simply say out loud or in your mind: **“Leyline Bio Life Symmetry Activate!”**

Your body is a biological life-form and you seek symmetry (healthy relationship of the forces between matter and Earth's Leyline energies).

You can activate Leyline Bio Life Symmetry as often as you want to.

The amount of time the energy will flow is different for each activation. It depends on what is necessary to adjust in order to bring you into balance. If you don't feel the energies flow, simply allow about 10-15 minutes of time when you are remaining stationary and preferably reclined.

You may activate Leyline Bio Life Symmetry for other people, although it will be more effective when they are relaxed and in one place for a while.

## Pure Perpetual Potency

Pure Potency uses perpetual Master Number Sequences to raise your energy frequency. You may also use this as an amplifying tool for any other energy system you are attuned to, while working on yourself or others. Great for manifesting wealth too, for you get accustomed to thinking bigger numbers!

Pure Perpetual Potency is the key to the kingdom for each person's journey to unify with the energy that created them and utilize the full potential they were given upon creation.

Pure Perpetual Potency also unlocks and releases unto each person, the wisdom, skills and attributes they've acquired in any other incarnations as well as existence between incarnations that is applicable to NOW!

Going up and out, your energy level shall increase. Emotional, Mental and Spiritual clearing is fostered and you might even feel giddy or loopy, silly and recharged. Your Light Quotient, the amount of Higher Eternal Light your body can hold will increase during either exercise and for hours thereafter.

Master Number Sequences are used. We often hear about 333 and the other three digit Master Numbers. Less well known are the other Master Numbers that were revealed to me about three years ago and provided to you here. There is something very potent and powerful about lifting your consciousness by the increments designated by these numbers.

Please spend a few minutes to invite your *Pure Perpetual Potency* attunement to release fully unto you. Simply say out loud or in your mind: **“I ask to fully receive my Pure Perpetual Potency Master Number Sequence attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!”**

Every time you say the full name of these numbers, simply think of the next numbers, and move up this scale as you say each one. It will naturally carry you. Yes, you can say **“Pure Perpetual Potency On!”** or **“Pure Potency Activate!”**

If you wish to use Pure Perpetual Potency while you are running another energy system, it will amplify that energy system. However, if you are using Pure



## PURE PERPETUAL POTENCY

Perpetual Potency by itself, to increase your energy frequency, PLEASE SAY THE NUMBERS IN WORDS!

Start and continue from 111, to 222, to 333, to 444, to 555, to 666 to 777 to 888 to 999 to 1,111 and then 2,222 and 3,333 and 4,444, and 5,555 and 6,666 and 7,777 and 8,888 and 9,999 then 11,111 and 22,222 forward incrementally 1,111,111,111,111.

Please do not expect to move that far in your first practice!

I eventually made it, in my own practice, up to one trillion, one hundred and eleven billion, one hundred and eleven million, one hundred and eleven thousand, one hundred and eleven.

I then felt like I was stuck to the ceiling, all giggly without a clue as to how to get down, and I didn't want to just drop down!!!

However, naturally my frequency reduced to a comfortable everyday functional level. Somewhere around four hundred and forty four you may feel your energy bodies clear. Somewhere around eight hundred and eighty eight million eight hundred and eighty eight thousand eight hundred and eighty eight it is likely that you will break out into spontaneous laughter, no matter what your mood was before you started saying these Master Number Sequences of Pure Perpetual Potency!

Don't just look at the numbers; this system is designed to work by saying the numbers in words while intending that your own natural energy frequencies raise by that amount each increment.

Somewhere around nine hundred and ninety nine billion nine hundred and ninety nine million nine hundred and ninety nine thousand nine hundred and ninety nine, it is possible that the walls of your room may look transparent and you may feel as if you are floating.

Maybe way before you reach those numbers you will feel as if your consciousness can journey and travel with simply a thought, easier than when you are in a daily activity mindset!

This practice can be used when you do healing work for other people. You are to request their conscious permission before using Pure Perpetual Potency with

## ATTUNE TO DIVINITY

intent to raise another person's frequency because not only does it raise their Light Quotient, it also can make people hyper!!!

It is my personal experience, that when your husband asks you to send him some energy to help him 'get through the day' if he didn't sleep well the night before, 'amping' him up with Pure Perpetual Potency can be like winding the guy up to the point that he is bouncing around in his chair at work! Truly! As if you have added jet fuel and lit the fuse! So, if you are going to amplify someone else's energy, please do so with respect to the fact that you may not be sure how fast their energy level will increase, and secondly, make sure they actually ate enough food recently, so that their body has the fuel to use for the amount of energy they really will expend!

My husband felt like he could do a year's worth of work in one day, and at the speed he was moving through paperwork and mechanical designs, he might have really been able to! It makes people want to talk fast too! Please always start slow if you are going to help increase someone else's energy level, and maybe only go to seven hundred and seventy seven thousand and seven hundred and seventy seven instead of going up into the billions and trillions with the amplification! Be in communication with your subject if you are using this energy system to amplify them alone or in conjunction with other energy systems!!!

**Warning:** This energy practice may quickly feel intense!

Heed your body's signals of discomfort, pressure, lightheadedness or other sensations that are not normal for you. Stop, and start again in a few hours or another day. Switch to a stabilizing energy system or call in the energy of a Deity or Angelic Being that you prefer or power animal or Reiki or Seichim energy to center and harmonize this greater concentration of you with you like pressure, as, because your frequency has already been raised...simply resume at or near wherever you were.

If you are happily comfortable moving up the ladder of numerical concentration of who you are and get interrupted, it is important that you start at the number that you got interrupted, and proceed from there. It is not necessary to officially "call in" an attunement to this energy system. Doing the numerical sequence audibly or in your mind is sufficient so long as you say the words for the numbers in their entirety. If you prefer to call in an attunement, use the format aforementioned in other energy systems in this book, replacing that energy system's name with "Pure Perpetual Potency".

## PURE PERPETUAL POTENCY

If the interruption lasted no more than about an hour, DO NOT start at the beginning numbers, otherwise you may feel pressure as if someone is shoving you downward. The pressure would be similar to driving a car at 55 miles an hour and then suddenly downshifting to second gear to go slower. You have already attained a certain velocity prior to the interruption of your energy practice, so start again from where you were.

The very fact that we are using Master Sequence Numbers means that we are invoking the power that is inherent in those numbers. There is a great study of numerology and how certain characteristic and also Angels and Ascended Masters are affiliated with various numbers. Sufficient to say here, that we are invoking Divine Perpetual Potent Power!!! Use it well, use it respectfully! This is a great system for people who aren't even attuned to Reiki. Many beginners to attunements and energy systems love this system because they can 'actually feel something' when their body isn't yet sensitive enough to other subtle energy systems. A very intellectual man who is an actuary felt the consciousness clearing and clarity of this system.

Below you will find the list of numbers in the higher sequence of numbers for your upward energy increase practice. I recommend that you say these numbers in their entirety. Say, One Hundred and Eleven instead of simply visualizing the number.

By saying this Master Number Sequence you are invoking the energy of Pure Perpetual Potency. The numbers work because you are invoking the attributes of Divinity that the numbers represent and the Eternal Beings of Light who are associated with each Master Number. There is much help being given to you when you say the words of these numbers out loud or in your mind, in escalating order as you see them here. Eventually you'll become so familiar with the sequence that you won't have to look at these pages to do this technique. I find it useful during exercise lift my energy level.

Say the numbers in your own language if your first language is not English.

***111,***

***222,***

***333,***

***444,***

***555,***

***666,***

ATTUNE TO DIVINITY

*777,*

*888,*

*999,*

*1, 111*

*2, 222*

*3,333*

*4, 444*

*5, 555*

*6,666*

*7, 777*

*8, 888*

*9, 999 and then up to*

*11, 111*

*22,222*

*33,333*

*44,444*

*55,555*

*66,666*

*77,777*

*88,888*

*99,999*

*111,111*

*222,222*

*333,333*

*444,444*

*555,555*

*666,666*

*777,777*

*888,888*

*999,999*

*1,111,111*

*2,222,222*

*3,333,333*

*4,444,444*

*5,555,555*

*6,666,666*

*7,777,777*

*8,888,888*

*9,999,999*

*11,111,111*

PURE PERPETUAL POTENCY

*22,222,222*  
*33,333,333*  
*44,444,444*  
*55,555,555*  
*66,666,666*  
*77,777,777*  
*88,888,888*  
*99,999,999*  
*111,111,111*  
*222,222,222*  
*333,333,333*  
*444,444,444*  
*555,555,555*  
*666,666,666*  
*777,777,777*  
*888,888,888*  
*999,999,999*  
*1,111,111,111*  
*2,222,222,222*  
*3,333,333,333*  
*4,444,444,444*  
*5,555,555,555*  
*6,666,666,666*  
*7,777,777,777*  
*8,888,888,888*  
*9,999,999,999*  
*11,111,111,111*  
*22,222,222,222*  
*33,333,333,333*  
*44,444,444,444*  
*55,555,555,555*  
*66,666,666,666*  
*77,777,777,777*  
*88,888,888,888*  
*99,999,999,999*  
*111,111,111,111*  
*222,222,222,222*  
*333,333,333,333*  
*444,444,444,444*  
*555,555,555,555*

**666,666,666,666**

**777,777,777,777**

**888,888,888,888**

**999,999,999,999**

**1,111,111,111,111**

## **Herkimer Diamond Shakti**

Shakti are feminine-like creative healing forces of Eternal Sacred Source who are sentient. This means that they are intelligent and self-aware. They are similar to angels but not of the same lineage. They are closer to forces of nature in form, yet are conscious and respond to your requests. Their work with you for your health and enlightenment are under the authority of your higher self and soul. They are direct emanations of Eternal Sacred Source.

Many Shakti will be “clothed” in the skills and job descriptions that they will be providing to humanity, animals, plants and other life forms here on Earth. This means that when we call upon them, their “name” or “title” specifies “who” is arriving. I imagine it as a special place in the Heavenly Realms that prepare Shakti for each special type of job here on Earth.

I’m sure they are readied to work with us in a slightly different manner. But this is an easy way to think of it for me and many other people.

***Herkimer Diamond Shakti*** is one that I discovered and fully brought forth into this reality about two years ago. She may have already worked with many other people, but I am not aware of anyone else channeling her energies into an attunement and so she is new to me.

I experience her as feminine, though some other people may notice a more masculine feel from the effect of her energies. Herkimer Diamonds are a form of quartz which crystallizes into double-terminated short, stout, clear crystals.

Some Herkimers are rutilated but most are not. Herkimer Diamond's energy is strong and uplifting with an innate knowing of how to help the person who holds it. The spiritual essence of a Herkimer Diamond has a beneficial effect on a person's

## HERKIMER DIAMOND SHAKTI

body of dropping away tension so that its own healing abilities are more effective.

Herkimer Diamond Shakti is an even more refined presence of Herkimer Diamond to invite and work with. This is because it is the divine intelligence and higher wisdom of Shakti in accord with the Herkimer Diamond Kingdom which arrives to you.

In this way you are not limited by your own ability to "feel" or connect with the spiritual energies of an individual physical Herkimer or the spiritual energies of all Herkimer Diamonds. The height and magnificence of the Herkimer Diamond's role for humanity and each individual person is opened to you in the way that is perfect for you to receive.

The Herkimer Diamond Shakti works in concert with your body's consciousness and your own soul. If you are sensitive to subtle energies you may feel a "clearing" instantly and a sense of being "lifted" when you activate your Herkimer Diamond Shakti!

When you are ready to meet your Herkimer Diamond Shakti, please spend a few minutes to invite your Herkimer Diamond Shakti to fully arrive unto you.

Simply say out loud or in your mind:

**“I ask to fully receive my Herkimer Diamond Shakti attunement as founded by  
Mariah Windsong, educated and clothed perfectly for me  
by Eternal Sacred Source, NOW!”**

It doesn't matter if you feel anything or not when you activate your Herkimer Diamond Shakti. She will still arrive and assist in the manner that is best for you, this day. Being a Shakti, she works from the highest levels of divinity! Being a force of divine nature, she knows only to put into action that which is the most exalted.

You are in a human body. You need to attend to daily life responsibilities in order to meet your physical needs and maybe to provide for your loved ones. Herkimer Diamond Shakti likes to promote expansion of the mind.

Herkimer Diamond Shakti will “bring online” and activate any latent psychic abilities that you've not yet known how to activate.

## ATTUNE TO DIVINITY

This can be a “spacey” time for you if you don’t realize what is happening.

I highly recommend that you speak to your Herkimer Diamond Shakti as you would speak to a trusted elder; directly after activating her each time. Tell her the parameters you have for her work with you.

For example, ***“Please help me think clearly for work today, and wait until I activate you this evening to bring my attention to the higher aspects of my awareness.”***

Or

***“Please protect me from radioactivity and relief any adverse tension in my body throughout the day, and lift my consciousness to receive higher truths after 9pm tonight.”***

Say audibly or in your mind with strong intention to receive the beneficial actions and awakening of the Herkimer Diamond Shakti:

***“Herkimer Diamond Shakti, Activate!”***  
***“Herkimer Diamond Shakti, Activate!”***  
***“Herkimer Diamond Shakti, Activate!”***

Three is a very magical number. Herkimer Diamond resonates with the number 3.

When you affirm 3 times that you want your Herkimer Diamond Shakti to activate, you are calling strong upon her to be there for you.

Most people can activate Herkimer Diamond Shakti mere moments before driving a car or operating machinery. I suggest that the first time you activate this Shakti, you do so when you don’t have to have accurate reflexes, just to test her effect on your sense of time and space.



## **Tachyon Mirror Body Deflector**

You are worth protecting. Now there is an easy way to be safe so that you can enjoy spiritual safety. Any thoughts or intentions from people or who want to control you shall be deflected and either transmuted in the Violet Light of Transmutation or amplified upon their return from whence they came or transmuted and dropped down to Earth.

Any healing intentions from others that simply are not in your highest joyful good shall be deflected and transmuted for Earth. For example a frequency you are not ready for or energies that although well-intended, might cause unbalance within you.

Amplified Tachyon Mirror Body Deflector works everywhere and every-when.

Any part, aspect, speck, imprint, memory, thought, consciousness, footprint or projection of you that is or shall be.

When you receive your attunement,  
let the energies build and move out from here to all that you are.

Say: **“I now fully receive my Amplified Tachyon Mirror Body Deflector attunement as founded by Mariah Windsong and made perfect for me!”**

Amplified Tachyon Mirror Body Deflector responds to the authority of your Higher Self, Soul and Eternal Sacred Source.

This means that if your Higher Self, Soul or Eternal Sacred Source deems that there is a lesson that needs to be learned; certain energies may be allowed through, even if you disagree. Energies of Eternal Sacred Source and ones who resonate entirely of that frequency will always be able to flow through easily.

Activate these energies by saying audibly or in your mind:  
**“Amplified Tachyon Mirror Body Deflector, Activate!”**

You can activate this Amplified Tachyon Mirror Body Deflector for other people with their permission by saying with strong intent for their protection:  
**“Amplified Tachyon Mirror Body Deflector Activate for (name of person)!”**

## ATTUNE TO DIVINITY

There are many ways that those who are upset at us, want to control us or do us real harm can get in or set up programs for us to bump into. Amplified Tachyon Mirror Body Deflector is designed to minimize such occurrences and increase our right to interact only with energies and being who we agree to interact with.

## CHAPTER 5

---

### ***Forgiveness Freedom Rays***

Forgiveness Freedom Rays are the energies of forgiveness that flow outward to others and inward to you. There is no need to “work up the energy” to forgive yourself or others. If you feel resistance at the mere thought of forgiving others or yourself, this energy system has an energy technique for that too, the Forgiveness Resistance Flush!

Forgiveness Freedom Rays flow easily to bring you emotional freedom! There are no laborious lists of who wronged you or who you wronged. These rays only require your willingness to allow forgiveness to happen.

***Forgiveness Freedom Rays have arrived out of my pleading to Eternal Sacred Source for an easy way for people to forgive themselves and others.***

I have noticed that the extreme discomfort and anxiety that exists around the topic of the wrongs that happened to people make the idea of forgiving others nearly impossible to make real. Whenever someone thinks of the idea of forgiveness they are assaulted with memories of what was done to them.

This energy system is positively different because you are not required to go into the details or even the list of what happened to you or by whom.

Forgiveness does not mean that you are giving the person a “free pass” to harm you in the future. Forgiveness does not mean that everything goes back to the way it was before you experienced hurt at the words or actions of the other person. Forgiveness does not mean that you put yourself back into the “line of fire” of an unhealthy communication or situation. This is especially true if you have already worked hard to distance yourself from the person.

***Forgiveness does mean that you remove that person’s ability to continue to hurt you as a result of what they did or did not do or say that was wrong.***

Forgiveness of others is a gift to you. You do not even need to tell the person or act in a new way around the person than you are now.

## ATTUNE TO DIVINITY

Forgiveness of others is about what happens inside of you when the thought of that person crosses your mind. Forgiveness is about closing and healing a wound so that your energy is not drained by the thought of the person or the experience that you went through at their words or actions or lack of actions.

***When the Angels and your helping healing guardians in the Light of Eternal Sacred Source look at you, they see all the energy spouts that are leaking your vital life force. I am told that the largest leaks are the ones involving the topic of bad experiences where others wronged you.***

You lose your life force when there are unresolved topics of others doing wrong things to you or saying wrong things to you that hurt you. Many people resist allowing forgiveness to happen because they feel that the other person deserves to be punished for doing wrong to them. The punishment topic is a topic best left to Eternal Sacred Source and that person's soul because retaliation can go wrong too and hurt you worse.

Forgiveness does not require a situation to be resolved or a person to acknowledge that they wronged you. All that is required is your acceptance that that happened and your willingness to allow the rip in your energy fields to close. Forgiveness is an acceptance of what happened. We are not saying that it was right. We are saying that it happened. Acknowledging that it happened with witnesses can be especially important for bodies to heal.

If something happened to you that no one else knows about you can feel very alone. The Forgiveness Freedom Rays give you a sense of "someone else knows what happened and believes me".

The energy of the Forgiveness Freedom Rays closes the wound so that it can heal. The energy of Forgiveness Freedom Rays assures you and your body that you would notice any risk or danger without keeping the extreme feeling of being wronged bright.

Many people are afraid that if they forgive, they are saying that that what the other person did was alright. No, it was not alright. They do not get to have the freedom of hurting you daily just because you have forgiven them.

The energy of forgiveness stops the wound from growing. The energy of forgiveness is like a stillness that is protective and gives you the sacred space to heal.

## FORGIVENESS FREEDOM RAYS

What if you are afraid that healing means you might forget what happened? Why would a person want to remember the experience? Not only remember it, but remember it in all of its grisly, frightening and terrible ways?

There is a false safety in leaving a wound open and brightly painful. The false safety is that people think they will be more alert and notice dangerous people or situations in the future if they “never forget”. If all of the terrible wrong that happened to them stays brightly painful, they are sure that it will be easier to judge future situations and people as safe or unsafe. In truth, all that such painful memories do is to make a person tired, and their judgment wavers.

There is less accuracy when a person is still in the midst of the terrible things that happened to them, in heart and mind. The freedom in the Forgiveness Freedom Rays is the dropping away of the “current” feeling that the wrong just happened.

The freedom in the Forgiveness Freedom Rays is the fact that the wisdom about the situation is granted, and the pain is reduced. All that you needed to learn about the situation will be there in your mind. All that has been draining your energy whenever a thought of the person or situation that wronged you *comes to mind*, it will be closed. The person who wronged you has not the freedom to continue to wrong you just by their presence or memory.

Let us speak now about self-forgiveness. Maybe there are times when you have wronged another person. Maybe this was a conscious wronging of another person or maybe it was unintentional.

In either type of situation, there is a person who feels pain as a result of your words, actions or lack of words spoken or actions.

There is nothing required of you at this time to plug the energy leak within you that has sprung when you learned a person felt wronged by you.

There are people who feel pride and enjoyment when they know others feel pain because of something they did, said, or didn't say or do. I am thinking that is not you, otherwise you wouldn't be interested in forgiveness.

Why would there have been an energy leak within you when you learned or noticed that a person felt pain because of something you did or didn't do or say? This is

## ATTUNE TO DIVINITY

because we want to be good. We want to be proud of ourselves. We want to have others think well of us. We want to have others feel good after interactions with us. We want to be loved and give love, not pain.

That is true of most people, anyway! When we learn a person felt pain after an interaction or expected interaction with us, we can feel failure. We can feel a sense of missed opportunity. We can feel that we messed up. We did wrong and have no easy way to make it right. Maybe there is no way to make it right.

Maybe there is a miscommunication that can be made right. It is wise to do our best to make the communication good and healthy if we want the person in our lives in a healthy way. Seek your inner guidance on this topic.

Maybe for your own safety and health, it is best to leave things as they were left with the person. Sometimes the best course of action is to activate the Forgiveness Freedom Ray and let the energy make things right.

Please spend a few minutes to invite your *Forgiveness Freedom Rays* attunement, to release fully unto you. Simply say, out loud or in your mind:

**“I ask to fully receive my Forgiveness Freedom Rays attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Now that you have paused to receive your attunement, you have the right to call upon and activate your Forgiveness Freedom Rays and also your Forgiveness Resistance Flush. As you have read about this energy system, if you have felt any resistance to activating the Forgiveness Freedom Rays that is clear indication to activate the Forgiveness Resistance Flush.

Say audibly or in your mind, **“Forgiveness Resistance Flush, Activate!”**

The energies will flow for about 3-10 minutes, depending on what is needed to be flushed away for you. This energy flush is under the authority of your higher self and soul. In this way you can confidently activate the energies, knowing that only resistance that does not serve your highest joyful good will be flush away.

Now, activate the Forgiveness Freedom Rays! Say out loud or in your mind with strong intent to receive freedom! **“Forgiveness Freedom Rays, Activate!”**

## ETERNALLY EXALTED SEXUALITY

*The wonderful core of this Forgiveness Freedom Rays energy system is that you don't need to think about any situation or person who wronged you or that you may have wronged or been told that you wronged.*

*It is time to think about your future, and about how you would like to be treated by others. Think about how you feel proud treating others.*

*Think of someone who you'd like to do something nice for. Think about someone who did something nice for you and how you might thank them.*

This energy system can be activated for others if they are consciously aware that you will be activating it and have asked you to do so.

## Eternally Exalted Sexuality

Eternally Exalted Sexuality Level 1 enhances your personal sexuality, teaches you how to shift your sexual energy into creativity of any positive kind and also exalt your sexuality into enlightenment fuel.

Level 2 brings you empowerments to the Crane Bird and Bamboo Wood.

These spiritual energies give you access to mating dances and longevity.

Level 3 contains an energy function to retrieve and heal parts of your sexuality that left you because of a person or situation. Many times in a person's life there can be situations or people to whom we give away parts of our sexuality and may not even realize it at the time. Later, we can feel inadequate or simply feel like there is less inner power to our sexuality. This can be restored.

### *Eternally Exalted Sexuality, level 1*

Please notice the word exalted in the title of this energy system. Our purpose with all of the functions and levels of *Eternally Exalted Sexuality* is to express our sexuality in the most exalted manner in every situation.

There are some times when a burgeoning innocence is the most exalted expression.

## ATTUNE TO DIVINITY

Sometimes there is need to balance the masculine and feminine energies within our body and energy field. Other times you want your personal sexual energy to coalesce and be very strong and attractive.

There are other times when your sexual energy can be used as a spark for creativity!

A very exalted way to utilize your sexuality is to transmute it into a fuel for enlightenment. The energy of sexuality is very spiritual and can assist you to connect more fully with your own Divine Essence and Expression.

None of the forms of sexuality mentioned here are better than another.

I seek to teach you how, with the ease of these energy functions, to shift your sexuality energy into whatever form serves you best at that time.

The most exalted form of your sexuality in each now moment!

There is one attunement per level of Eternally Exalted Sexuality. There are several functions, empowerments or affirmations included in each level. With your intention, you will have the authority to activate each of those, anytime you want to, after you consciously ask to receive your attunement for that level.

Say audibly or in your mind with strong intent to receive: ***“I call forth to receive my Eternally Exalted Sexuality level 1 attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, Now!”***

Now that you have paused to receive your attunement, you have the right to call upon and activate each of the functions listed on the next page. Please do so when you have a few minutes to marinate in the energy stream that will open for you. Each function’s name is the command code that will put you into alignment with the energy stream it is. Activating it with your intention, a strong feeling of wanting the energies that its name represents is all that is required to begin the energy flowing to you.

Usually it is necessary to keep your mind lightly resting upon the fact that you want this energy to continue flowing, for it to remain active. By moving your thought to another topic, the energy receives that as a message to cease its flow. There are some energies that are ‘self-completing’, that is will continue to flow until all that



## ETERNALLY EXALTED SEXUALITY

is needed at that time has been brought to you.

I suggest that the first time you activate the functions of Eternally Exalted Sexuality you do so in the order listed. Thereafter you have the freedom of using them individually as is appropriate for you.

It is to be noted here that by activating these energy in the order listed, it is much easier to transmute sexual energy into enlightenment energy. Sexual energy's expression flows naturally in the order you see listed here.

You begin in innocence, blossoming; individuating into masculine and feminine expression, coalescing once more into a strong exalted sexual flow, then shifting to creativity, and further exalting into enlightenment.

Once you become accustomed to the feeling of shifting your sexuality into its various expressions, you will no longer need to do these functions in order to accomplish the transmutation.

Say out loud or in your mind each name of Eternally Exalted Sexuality's functions, as you see here, waiting a few moments then move on to the next one. You can also activate only one, and spend much more time with it.

**“Blossoming Innocence, Activate!”** This reminds your body and spirit of the feeling of newness, of energies awakening and blossoming within you. Feel the newness of your sexuality, body blossoming and inner confidence growing.

There is a sense of invigorating tingles and rushes of concentrated energy that may release at unexpected moments. A feeling of being attracted to others in a new way, the curious wonder of another person's private areas.

This is the poised knowing of having a mysterious power without the knowing of how to use it or how using it could change you and your perception of life.

**“Eternally Exalted Shakti, Activate!”** This is the Divine Feminine expression of sexuality and when activated will replenish your inner feminine sexuality. Even men need a certain percentage of Divine Feminine energy to bring their own masculinity in to the perfect balance for them.

## ATTUNE TO DIVINITY

If you are a man activating this, you will receive exactly the right amount of Feminine energy and also enjoy the presence of the Divine Feminine in whatever way is proper for you at this time, today. These energies are undifferentiated, meaning that they contain no personality. If you are in a relationship, you can safely activate Eternally Exalted Shakti and keep your vows of fidelity to your spouse, lover or partner.

**“Eternally Exalted Shiva, Activate!”** This is the Divine Masculine expression of sexuality and when activated will replenish your inner masculine energy. Even women need a certain percentage of Divine Masculine energy to bring their own femininity in to the perfect balance for them. If you are a female activating this, you will receive exactly the right amount of Masculine energy and also enjoy the presence of the Divine Masculine in whatever way is proper for you at this time, today. These energies are undifferentiated, meaning that they contain no personality.

If you are in a relationship, you can safely activate Eternally Exalted Shiva and keep your vows of fidelity to your spouse, lover or partner. While there is a being known as Shiva this energy is simply Divine Masculinity.

No matter what gender you are, it is wise to activate both Eternally Exalted Shiva and Eternally Exalted Shakti so that you can receive the perfect balance of masculine and feminine energies within your body and spirit.

**“Eternally Exalted Sexuality, Activate!”** This function is to activate and give you access to more of your sexuality while giving it the most exalted expression. For example, there are many ways to use your sexuality. An exalted way is to only engage sexually when there are feelings of love with another person.

The important clarification here is feelings of love with. It isn't enough to love someone if their interest in you has not yet reached that level in their heart. To engage sexually with someone who is only interested in you sexually is not the most exalted form of sexuality. Exalted sexuality seeks to connect you deeply with whoever you are engaging with sexually. Be wise to use this function only with others who you honestly want a stronger connection with at all levels.

Eternally Exalted Sexuality is wonderful to activate when you are in preparation for a mate. It doesn't matter if you know 'who' the person is yet! Eternally Exalted Sexuality prepares your sexuality, increasing it in concentration so that the energy you send forth, without even realizing it, will attract a mate who is worthy of you!

## ETERNALLY EXALTED SEXUALITY

It helps to intensify and purify your own well of sexuality so that at the appropriate time, it can pour forth.

Eternally Exalted Sexuality can prepare you, if you are in a relationship, to more 'ready' whenever the opportunity to join sexually with your mate occurs. Some people have difficulty accessing their sexuality, unless all the 'conditions' of the moment are 'just so'. Some people need a certain music, food, atmosphere and romantic overtures before they feel 'in the mood'. If this has been true for you, you may have felt the frustration of lack of arousal despite having a deep love for your spouse, lover, mate, or partner.

Eternally Exalted Sexuality, when activated regularly as part of your spiritual hygiene routine, even if just for a few minutes, will help you be 'ready' quicker when the appropriate sensual moment arrives. This will reduce tensions between you and your mate and reduce your stress also.

If you feel aroused or anxious for sexual attention more often as a result of the increase in your own sexual potency, no worries, the next functions give you easy ways to shift the spark of your sexuality into fuel for creativity and enlightenment purposes. Eternally Exalted Sexuality gives you the freedom to always access an overflowing well of your sexuality to express in the most exalted manner.

Sometimes simply to feel sexual is empowering! There is not always a need to immediately 'off load' that energy by means of an orgasm, especially if you aren't in the middle of lovemaking.

**"Eternally Creative Sexuality, Activate!"** This function activates a transition, shifting the spark of your sexuality into creativity!

You will always have plenty of sexual energy for the sexual activity of lovemaking. However sexuality is a wonderful spark to ignite creativity! Sexuality sparks the creativity of procreation naturally. Many people forget that all other forms of creativity can be sparked by sexuality as well.

When you activate your Eternally Creative Sexuality, you are exalting your sexual energies into a creative expression. If you have a project you are needing creativity energy for, activate Eternally Creative Sexuality. Now the spark of your sexuality will ignite creativity for any positive endeavor you have!

## ATTUNE TO DIVINITY

Any activity that powerfully flowing creative energy will benefit by, such as art, music, project, writing, strategy, housework, paperwork, exercise can be held in your mind while you activate Eternally Creative Sexuality. The amazing thing to notice here is that the creative purpose may not relate at all to sexuality, yet activating Eternally Creative Sexuality causes your own innate sexuality to shift into Creative Energy.

Sexuality is a very versatile energy that many people try to squelch or repress. Instead of repressing your sexuality, use Eternally Creative Sexuality function to shift your sexuality into an expression that is more beneficial and appropriate for the current endeavor or activity.

The benefits of learning how to shift the spark of your sexual power flow of energy into the most appropriate, exalted form to fuel the endeavors of your day are incredible! This is reason why so many people who had been sexually robust in the past, worry about their lack of sexual energy. They find their sexual appetite to be a distraction to their work productivity and so repress it rather than changing the energy into creativity. Then the next time they reach for their sexuality, it has drifted so far inside of them, there is much coaxing needed before it will emerge.

Most people can benefit by having more creative energy flowing through their body and being in the course of their daily life activities. Transitioning or shifting your sexual energy into creativity is a wonderful solution. This is so important because the next time you want your sexual energy to return to its sexual expression, simply think Eternally Exalted Sexuality, Activate! Now your sexual energy shifts into its most exalted sexual expression rather than its previous creative function.

**“Eternally Exalted Enlightenment, Activate!”** There is a natural progression of sexual energy from union with others, to union with our own soul and union with Eternal Living Source.

Sexuality is often seen to have the purpose of connection with our mate. Yes, and then procreation often times = creativity. Now that we’ve reviewed how you can shift your sexual energy into pure creativity for any positive endeavor I shall explain how sexuality naturally flows from its creative expression into enlightenment.

Sexuality as union with others, creativity as union with your soul and source as you connect to those higher realms to express in a creative manner. Enlightenment is a being state that results from creativity connecting with your higher self, soul and

## ETERNALLY EXALTED SEXUALITY

source. Creativity naturally progresses to these higher states of awareness that can have many expressions. There are many books and classes dedicated to teaching you how to step into enlightenment.

Sexuality is connecting energy as such it is part of the mystical and powerful energy flow that connects you to the higher levels of you. The higher levels of you are more refined and are accustomed to unity with the Divine, whereas here the more individuated you is aware of separation.

Sexuality is a bridge to unity. Many people have perverted its power and attraction by using its expression in many a manner that is unclean.

By activating your Eternally Creative Sexuality you are transforming it into the higher aspect of its expression. When you activate Eternally Exalted Enlightenment you are inviting this same sexual energy flow to step up to its next exalted expression. Sexuality, Creativity, Enlightenment, steps up the ladder to knowing unity with Eternal Sacred Living Source of all that is.

When your sexual energy flow has already shifted into its creative expression, it is refined and vibrating at a faster rate. It can more easily fuel your steps up into Enlightenment than can the initial form of sexuality.

Once you get accustomed to activating these energies and shifting your sexuality from one form to another, you can activate them in any order. For now, though, please start with *Eternally Exalted Sexuality*, then *Eternally Creative Sexuality* then activate *Eternally Exalted Enlightenment*. You will quickly acquaint your body and energy with these shifts and then you can call upon any of these functions, in any order as is best for you.

### *Eternally Exalted Sexuality, level 2*

Your second level attunement to Eternally Exalted Sexuality brings you the ability to activate two empowerments that compliment and increase your sexuality.

Say audibly or in your mind with strong intent to receive: **“I call forth to receive my Eternally Exalted Sexuality level 2 attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, Now!”**

## ATTUNE TO DIVINITY

Now that you've received your attunement, you have the right to call upon and activate the Sandhill Crane Empowerment and the Bamboo Wood Empowerment. Both arrived to me while in meditation recently.

Say out loud or in your mind: **“Sandhill Crane Empowerment, Activate!”**

Sandhill Cranes are quite social birds, living in large groups. They are monogamous and usually mate for life. This is an attribute they extend to you. They are also very verbal and their mating pairs vocalize in a behavior known as “unison calling.” They throw their heads back and unleash a passionate duet. It is an extended litany of coordinated song. Sandhill Cranes' ethereal energy of this empowerment will increase your courting and communication ability with mates or prospective mates! When the young reach sexual maturity in the second or third year they find their mate through a pair-bonding process that continues for several days.

The male and female “dance” and call together in an elaborate display that can include leaping high in the air with outstretched wings, tossing sticks or grass, flapping the wings, pumping the head, and bowing. Once the pairs are formed most of them remain together for life, continuing to dance and call together. Sandhill Crane Empowerment brings you the invigorating energy of being every more interested in your mate each year.

Cranes also dance, run, leap high in the air and otherwise cavort around, not only during mating, but all year long. They walk upright, like humans do and have a lot of body language. At least 90 different visual displays play a vital role in maintaining the Cranes' social order. Humans' spoken language probably conveys many of the same functions as the crane's body language.

Sandhill Crane Empowerment helps you communicate better with not only your mate, but others in your community also. Sandhill Crane's enthusiasm for living will also help you to enjoy your life and move your body more.

Crane mythology is widespread, being found in areas such as the Aegean, South Arabia, China, Korea, Japan and in the Native American cultures of North America. Their long life of 30-40 years, for a bird denotes longevity, a fact that has not been lost on the mythology surrounding this lovely bird.

In Asia, Cranes are symbols of longevity and immortality. Cranes were vehicles of the gods and in China fly them to the "Isle of the Immortals", the legendary home

## ETERNALLY EXALTED SEXUALITY

of the eight immortals. A Crane's eggs were said to have been used in magic potions to grant eternal life upon its drinkers.

The crane has a remarkable position in Celtic lore. The crane is believed to be the messenger of the gods and to have a high degree of wisdom. The crane represents higher states of consciousness. In addition, both the male and female crane incubate their eggs and protect their young.

Cranes avoid direct confrontation whenever possible. They exhibit a complex array of threatening behaviors when necessary to keep from fighting. In this way, they are symbolic of peace-keeping.

Cranes tend to be larger than herons and with a heavier bill and elevated hind toe. Cranes are found in wetlands and grass plains.

They are opportunistic feeders that change their diet according to the season and their own nutrient requirements. They eat suitably sized small rodents, fish, amphibians, insects, grains, berries, and plants. The spiritual energy of the Sand Crane Empowerment extends to you the beneficial attributes of the Sand Crane.

If you are in need of being able to digest various foods better, activate the Sand Crane Empowerment. If you need to seem more threatening to stay safe, call upon the Sand Crane Empowerment. Your sexual energy is your foundation for a fuller, happier life. The second empowerment your Eternally Exalted Sexuality level 2 attunement gave you the right to call upon is the Bamboo Wood Empowerment.

Say out loud or in your mind with strong feeling:

***Bamboo Wood Empowerment, Activate!***

Bamboo has a long history of being a symbol for longevity. Your Bamboo Wood Empowerment brings you its ethereal energy of upright integrity with accommodating flexibility. It has the perfect balance of grace and strength, or the Yin and the Yang. Bamboo symbolism holds a high respect for Elders.

The young branches at the top of the bamboo trunk will not grow at the same angle as the older branches below, in order to allow sunlight for their elders. When the young shoots emerge from the roots, they are under the shade of the older bamboo branches. Bamboo Wood Empowerment is an energy of conduit. A conduit for



sexual energy, creativity, enlightenment and wisdom.

Bamboo wood flutes and pipes are common around the world. Bamboo wood is sometimes used in place of other woods for stringed instruments and even be used to create a full organ. In Chinese philosophy the straight stem of bamboo symbolizes a path towards enlightenment, and its segmented stem shows the steps along the way.

***Eternally Exalted Sexuality, level 3***

Your third level attunement to Eternally Exalted Sexuality brings you the ability to activate the functions of this level and increases your affinity with this system.

Now ask to receive your ***Eternally Exalted Sexuality***, level 3 attunement by saying audibly or in your mind: ***“I call forth to receive my Eternally Exalted Sexuality attunement, level 3 as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, Now!”***

Now that you’ve received your attunement, you have the right to call upon and activate affirmations that will set in motion a retrieval and healing of any parts of your sexuality that had previously left. There are times in a person’s life when certain parts of their sexuality have vacated the premises. Some part of who you are decided that this part of your sexuality wasn’t safe here. A sexual part was given to another person by your free will or taken from you against your will.

Any parts of your sexuality that you are ready to have restored unto you, whole and pure, at this time, will heed your call and return.

These functions are to be activated twice a month for at least 3 to 6 months. It is amazing to see your restoration to wholeness! Change, even good change is change. Change in and of itself can be perceived as stress to your body and being. Therefore, this function and indeed all of the energies brought to you by every level of Eternally Exalted Sexuality are under the authority of your higher self, soul and Eternal Source. This means that there are higher levels of you and Divinity that knows exactly what parts of your sexuality you are ready to receive today. Tomorrow or in a few weeks, you may be ready for another part to return.

People have asked me extensively, over the years, why all parts can’t return in one day or at the very least, by one time of asking. The answer is simple, you aren’t yet ready, and it is ok to not be ready. With a return of a part of one’s sexuality, often times memories long forgotten may also be noticed. Generally, because the sexual



## ETERNALLY EXALTED SEXUALITY

part was healed prior to its return, you may feel detached or impassionate about the memories. That is to say that they may not have the same brightness of emotion as they did previously for you.

There are times however, that memories will be evoked that are not entirely comfortable to be in the presence of. Rest assured that if a part of your sexuality returned unto you that evoked this memory, it means there is more of you that is ready for a healing. More of who you are and your emotions and body that is ready to be restored unto wholeness. By the sexual part of you returning, it is a confidence to you! Telling you that you are ready to let go of the past and move forward in your life in a new and healthy way.

Say out loud or in your mind: **“Heal my well of sexuality, Now!”**

Then say: **“Restore unto me, my Sexuality, Complete and Pure! Now!”**

You may activate these energies twice in one day, as soon after the first time as you feel comfortable. This time you will specify a particular situation or person that you’d lost your power of sexuality to and now choose to retrieve.

Say out loud or in your mind: **“I claim my pure sexual power!”**

**“I retrieve my sexual energy and power from (name of person or event) restored unto me, cleansed purified and healed of all misuse and abuse!”**

**“I now fully receive my sexual freedom, personal power, and dignity returned unto me, today, and forever more.”**

Simply by saying out loud or in your mind:

**“Eternally Exalted Sexuality, level 3, Activate!”**

You are inviting any parts of your sexuality that had previously been separated from you, to be exalted unto wholeness and fully restored unto you. The energy will automatically work with all parts of your sexuality and being to orchestrate the seamless return of you unto you. As we spoke of before, your higher self and soul, together with Eternal Sacred Source will oversee this process so that it occurs perfectly for you, in your highest, joyful good.

These detailed affirmation functions are designed to cause Eternally Exalted Sexuality energies to move in a particular manner, so that you can focus on certain

## ATTUNE TO DIVINITY

areas of your life.

These affirmation functions are a more specific and easy way to be receptive to the work that the energies would already set in motion. Often, a person's mind wants to know, "what are we working on?" These functions provide the topic, so that you can take active part in your healing and restoration.

Affirmation functions also give you a way to affirm your healing and are part of the 'taking back your power and sexuality' from events or people.

If you don't know who stripped you of a part of your sexuality, simply say:

**"I call all parts of my healthy sexuality to return unto me, now!"**

**"I claim my sexuality as a pure healthy part of my wholeness, now!"**

**"I call to any part of my sexuality, from any time, place, person or event to be healed, renewed, exalted and returned unto me, perfectly, now!"**

**"I claim my sexual freedom and assure my body that I will only engage sexually when I feel safe and loved"**

**"My sexuality is good. My sexuality is creative. My sexuality is Spiritual."**

**"I accept my sexuality and even if I don't always understand what I am feeling, I am happy to feel sexual and welcome my sexual energy to flow"**

**"I claim my sexuality as a Divine Birthright and intend for its power, strength and attraction to ever increase, in perfect response to my thought and the needs of the moment. My sexuality is flexible and an exalted expression of my mystical, biological and spiritual being."**

Eternally Exalted Sexuality can be activated, each level, for other people. Eternally Exalted Sexuality is stronger and more effective when the person wanting to benefit from its energies is the one calling upon it. This is because this, like all energy systems is meant to be activated frequently, as part of your spiritual hygiene routine, not just once.

## **Sexual Imprint Flush**

Sexual Imprint Flush removes the imprints other people have left upon the etheric matrix of your physical and emotional body. When we've engaged sexually with a person, whether simply a kiss or something more involved, their unique energy signature leaves an imprint upon us. Each person's touch is literally an energetic print, like a finger print. If a person wanted to control you or keep you as theirs when you wanted your freedom, this imprint could be very long lasting and cloud the way you feel about sex in the future.

Your Sexual Imprint Flush attunement also provides you access to the Sexual Spectrum Ray to bring you the full spectrum of your sexuality!

Sexual Imprint Flush is a wonderful way to completely remove any energy signatures from other people that may be holding you back from having the intimacy or life experiences that you really want.

It is possible that some of you reading this have always had very good sexual experiences and intimate connections. Even for you, this Sexual Imprint Flush is beneficial to remove any unwanted stigmas or anything historical in your family lineage that has been embarrassing.

People in may have carried the weight for generations of the perceived mistakes that others have made. The cost was paid long ago, yet the imprint may remain. For many people, there are some sexual experiences that now, you would like to erase. If most interactions with a particular person were loving and made you feel accepted, relax, for it is not those type of touches that we are looking to erase here.

There may have been some touches that you wish never occurred. It is these that your Sexual Imprint Flush will lift away.

In even very healthy romantic loving relationships, there can still be times, when your mate/spouse/partner may have been angry. They may have been angry with you or angry about something else in their life.

If you engaged sexual or even kissed while he/she was angry about something, you could receive an imprint that can detract from complete intimacy in the future.

## ATTUNE TO DIVINITY

Your body remembers everything. Things our minds drop down to our subconscious and we ‘forget’, our bodies remember. This is why sometimes we may have sexual intimacy problems even while we are in a healthy loving relationship. Our body remembers times when a touch brought with it emotions of anger, fear, frustration or desire to control you.

Please understand, it doesn’t matter whether those emotions were about you or not. What matters is that the other person was feeling those emotions strongly during a time that you were ‘open’. Being sexual with another person is one of the most ‘open’ times we can have. Our body is receptive, even if our emotions and heart are not open.

This is why, when a person has a ‘casual’ sexual relationship with another person, and just because they aren’t in love with the other person, they think the sexual experience ‘doesn’t matter that much’ or won’t affect them later.

I assure you that your body did not get the message that ‘this sexual experience doesn’t matter’. Every touch matters, every touch compiles how your body feels about life and especially sexuality.

If you had a wonderful experience sexually, that is great! If it wasn’t so good, and left you feeling empty or upset with yourself for ‘allowing’ the interaction, your own ‘self talk’ about the experience is also imprinted onto your body. Your body easily imprints the energy signature of other people, their emotions and intentions at the time of sexual interaction, as well as your feelings about the experience.

You can easily lift away any one else’s sexual imprint on your body by using the Sexual Imprint Flush. It is similar to how a forensics team will lift away a fingerprint from a crime scene, only we are using sacred energy.

A person’s touch on your body, the imprint it leaves, is just a touch. It is just an imprint like a photograph of the emotional conditions of the person who touched you, their intentions and your experience of it.

Think about how wonderful it is to lift those touches away, to free your body from all that extra data that is no longer applicable in your life.

Do not worry about whether you have ‘learned a lesson’ from a particular experience.

## SEXUAL IMPRINT FLUSH

Your Sexual Imprint Flush is under the authority of your higher self, soul and Eternal Sacred Source. If there is any additional messages in regards to a particular touch from another person, rest assured that you will receive that message and learn anything you need to learn from it.

More often than not, the imprint is simply full of information that clouds your future intimacy opportunities from being as fulfilling as they can be.

Let us say, for example, that you had a good relationship with a boyfriend and then, when you realized that he and you had different priorities, you wanted to end the romantic relationship.

Maybe you told him this and you both decided to have sex one more time, just for 'old times' sake, and to end on 'good terms'. Now, you are opening your body (even if you are the guy) you are engaging sexually when there is some sadness, apprehension about the future and wondering what the other person is really thinking. This will leave some imprints.

The problem arrives when those imprints are brighter than all the loving, gentle, accepting sexual experiences you had previously with the person. Sexual Imprint Flush will lift away the imprints from any times that you engaged sexually that was not emotionally comfortable.

This will provide your body with the freedom of knowing it is loved. You will be free of imprints that were worrisome and still be able to remember and feel (if you choose to) all the other relaxed, passionate loving times.

If you ever had the unfortunate experience of being touched when it was not consensual, Sexual Imprint Flush will remove those touches completely.

You do not have to suffer. Any experience that occurred can be lifted if it is not one that you want to be a continued part of your body's historical records within your cellular memories. Then you will be free to more easily open to healthy intimacy. Your body can be confident of the choice you make and who and when you chose to be sexually intimate in the future.

If you ever made a decision to engage sexually that you later realized was not the best choice, it is ok. Sexual Imprint Flush lifts the touch and takes it away.

## ATTUNE TO DIVINITY

When a person has engaged with you sexually, and they are a very possessive person, their desire to ‘own’ you can be strong.

Sexually your body can be imprinted as ‘theirs’ by the strength of their will.

This can inhibit complete intimacy with a new person, even years later. Sexual Imprint Flush will lift away their hold upon you energetically.

The last type of sexual imprint I want to explain is a very physical one.

It is a direct result of a person’s DNA coming into contact with your body.

This occurs both through saliva and any other bodily fluids that may have been received into one of your orifices. Any body opening, especially the warm liquidy ones, that receive liquid from another person, leaves their physical DNA imprint within your body.

DNA sexual imprints remain a very real component of your body’s opinion of sexuality. Your body will be likely to react the way it did when you were with the last person who it received a sexual DNA imprint of, even when you are with someone new. This can be a very complex set of instructions that your body responds to, especially if you’ve been with more than one partner. Sexual Imprint Flush will also lift away the DNA imprint of the person with whom you kissed or otherwise engaged with sexually.

The key is to lift away any sexual imprints that are not useful and impede intimacy for you now and in the future. It is just another way to clear and cleanse anything unwanted from your past to free you to be your best.

Your Sexual Imprint Flush attunement:

Say audibly or in your mind: **“I now call forth to fully receive my Sexual Imprint Flush as founded by Mariah Windsong and made perfect by Eternal Sacred Source.”**

Now that you have paused to receive your attunement, you have the right to call upon and activate each your Sexual Imprint Flush. Please do so when you have a few minutes to be washed by the energy stream that will open for you.

## SEXUAL IMPRINT FLUSH

Please say out loud or in your mind:

**“Sexual Imprint Flush, Activate!”**

Imagine stepping into this royal blue shower of Light while any unwanted imprints from others on your sexuality are gently and completely washed away. Say out loud or in your mind: **“Sexual Imprint Flush, wash me!”**

There is one additional function in this energy system. It is the ***Sexual Spectrum Ray!*** Your one attunement to the Sexual Imprint Flush gave you the right to call upon and activate your Sexual Spectrum Ray anytime you want! Now it is time to bask in the replenishing energy that your Sexual Spectrum Ray brings you!

Please say out loud or in your mind:

**“Sexual Spectrum Ray, Activate!”**

Your Sexual Spectrum Ray will bring you the full spectrum of your sexuality. All of the many attributes and nuances of your sexuality that is for you, in this lifetime, that you may or may not already be aware of! Receive the full spectrum of your sexual abilities and the heights of sexuality that you may never have even considered before that could be for you!

Please activate your Sexual Spectrum Ray often! Daily activations are important because sometimes a person is not quite ready for certain innate sexual attributes to open. You will receive the infilling and replenishing that you need for the sexual region of your body each time you activate your Sexual Spectrum Ray from your soul level, additional attributes of your sexuality may descend here into physicality to increase in your sexual expression and function.

If you are not in a relationship at this time, your Sexual Spectrum Ray is still mightily beneficial to you! It provides an infilling and replenishing that can increase your sex appeal! Please be clear about the style of relationship you seek to attract by fantasizing about how it will feel to be in the relationship.

You will have greater success at attracting and sculpting the best relationship for you by thinking about how well you will be treated and how it may feel to be loved so completely and fully accepted. That causes you to attract a person who will respect you so that it is more likely that you will have a positive experience with the next person you choose to engage with.

If you are already in a relationship or marriage, your Sexual Spectrum Ray will assist you to be more complete within yourself. You will be more likely to arrive with your partner or spouse ready to interact sexually in a very passionate and profound way for you both! You will probably be able to respond better to your partner/spouse than you did prior to working with the energies in this system.

You can activate these energies for another person, with their permission.

## Angelic Erelim Empowerment

Angelic Erelim represent interconnectedness. This is the energy and assistance they extend to us; the interconnectedness of LIFE!

The Erelim have massive amounts of compassion and weep when they witness any form of pain in life. The greatest form of pain is the illusion that we are separate from the energy that made us, because we have no idea how to touch it, feel it, and dwell within it.

The Erelim await our requests so they can help us know the freedom of unbridled communion with all forms of sentient life that we bear resonance with.

The Erelim are an Order of Angels in the Choirs. Some people place their ranks as Dominions and Thrones, 3<sup>rd</sup> down in rank from God/Source itself.

An *Arel*, *Ar'el*, or *Er'el*, more commonly referred to in the plural as "*the Erelim*". Their name is seen to mean "the valiant/courageous".

They have many functions throughout creation.

They nudge and support the growth of vegetation. Their role in assisting plants to flourish is more important than any of us can realize.

After your Angelic Erelim Empowerment, you may call upon them anytime to help your plants and crops grow. They may give you insight about how to be respectful and create balance in your garden or yard.



## ANGELIC ERELIM EMPOWERMENT

They issue justice and they rescue traveling intelligences that have arrived into the wrong place within time and space.

The Erelim have massive amounts of compassion and weep when they witness all forms of pain in life. The greatest form of pain is the illusion that we are separate from the energy that made us, because we have no idea how to touch it, feel it,

And dwell within it. Here on Earth, there is often the feeling of unworthiness that keeps so many people locked away from sharing their hearts and lives with others.

The Erelim have a deeper view into the woes of sentient life than most beings could handle. When in meditation, I saw one of the Erelim, appearing to me with a purple face. Her face appeared framed with a scallop shaped edging, made either of blonde hair or a hood. I did not see more detail.

The purpose of this Angelic Erelim Empowerment is to receive a dose of their Divine Signature, giving you a connection to their energies. Your empowerment is as an official ‘meet and greet’ to the Erelim. If you are sensitive to subtle energies or accustomed to noticing visuals in your mind while you meditate or perceiving tones or other sounds, you may indeed feel their presence! You might even catch a glimpse of one or hear various musical harmonics.

It doesn’t matter if you can feel their energies or not. Many people have said that after working with their energies over a period of months, they begin to feel more subtle Divine energies, including the Erelim. Such perceptions are not immediate for everyone. It is more important to the Erelim to assist you to connect better with people here on Earth than to feel their energies!

Call in your *Erelim Empowerment* by saying with strong want to receive:  
**“I call forth to receive my Erelim Empowerment, as founded by Mariah  
Windsong and made perfect by Eternal Sacred Source.”**

When you are ready for an Erelim healing session, please be in a reclined or horizontal position and perform the following steps in your mind and body.

Allow the words you read here to be true for you even as it is true that when you read a story, you imagine what you read to be real.

## ATTUNE TO DIVINITY

- 1. Allow the energies to arrive and fill your body and being. They clear all previous worries with a love that feels to be one with you.*
- 2. Think: I am known, I am appreciated, I am loved for who I AM!*
- 3. Ride the swirl of your inner galaxies. Those places within that you thought only you knew of, now to see that the Erelim are there with you.*
- 4. Focus on how natural and easy it is to simply be, and be known.*
- 5. Breathe in and out at least five times, breathing in life, and breathing out anything that anyone has ever told you that felt unkind or not true.*
- 6. Relax your muscles by tightening legs and arms then relaxing them.*
- 7. Notice the spaces within you that expand.*
- 8. Open and imagine that you are as a platform of communion.*
- 9. Invite companionship, there is no need to picture who, simply invite companionship that would feel wonderful for you, exactly the way you want to be loved and listened to and appreciate!*

Then, the Erelim will probably raise your vibrational frequency, targeting resistance to closeness with others as it relates to past experiences or stories you have heard. This way your previous associations of discomfort can melt away. If the frequency increase becomes too intense, tell them that is enough for now, and that you will call them, and request further assistance soon.

Remember that many Angels have not been in a physical body ever, or it has been a very long time since they have had such an experience!

You need to show sovereignty over your own physical embodiment and honor your body's thresholds so that your growth can be with ease!

Instructions for more visits with the Erelim:

These Angels arrive to us here on Earth from very high up in the Angelic Hierarchy

## ANGELIC ERELIM EMPOWERMENT

and from places that have very pure and fast vibrations. They arrive to us from places of Eternal Life, Love and Light. It is wise for us to request time in their presence often. They want so much to visit with us.

Remember that you will gain a more palpable, concentrated awareness of the Erelim the more often you activate their energies. When you activate their energies you request their presence to arrive and be with you strongly.

Say out loud or in your mind: **“Angelic Erelim Empowerment Activate!”**

Now there are many things you can do! You can remain quiet and send the Erelim appreciate and ask for assistance in any of the following areas listed here. You could ask them to assist you, show you or give you whatever they feel is appropriate right now. You could go through the steps I outlined earlier in this manual to reinforce your new way of inviting people who to connect with you in your life in healthy, vibrant and peaceful way.

Areas that the Angelic Erelim are known to assist with are listed here and is surely an incomplete list as these Beings are quite Divinely talented:

Help you see a new perspective on relationships  
Bring comfort and courage to move forward in life  
Reduce your resistance to letting people close to you  
Give assistance to grow plants  
Freedom of unbridled communion with all forms of sentient life  
Rescue you if you show up in the wrong place in time and space  
Issue justice and provide balance in life  
Increase your vibrational frequency dropping away density  
Give your body a sense of communion with the Divine  
Help you learn about your inner worlds and self

Please spend time often with the Erelim for maximum assistance and to receive all the benefit they can provide. Sending love and appreciation to Earth’s plants and allowing yourself to be loved are two gifts you can give the Erelim in return. It is also always accepted by the Erelim when you send them your appreciation also. We are working with Beings here and everyone enjoys being appreciated.

Remember that it never matters whether we can perceive these Beings or not, they exist and respond to sincere requests for assistance.

## ATTUNE TO DIVINITY

We are working with aspects of Divinity here, and just as it is said when people pray to ‘God’ (whoever you feel is your Higher Power), the answers to prayer, while perfect, may not necessarily be what we expect!

The Divine and the Angelic Erelim can see a bigger picture than we can and often know us better than we know ourselves! So let us use our will to ask for blessings, and be open to those blessings looking different than we expected!  
Blessings to you upon your path of growth and love.

## **Agrimony Shakti**

The Agrimony Shakti level 1 assists those who are smiling on the outside, yet sad or hopeless feeling on the inside. These people may seem jovial to others, but inside they feel like life has passed them by and that they are just existing. They don't feel like they are really making a difference or that anyone cares.

Agrimony Shakti level 2 provides reversal of hexes and persistent negative intentions from others. Agrimony Shakti's authority assists to send dark magic spells back from whence they arrived or renders them null and void.

Agrimony Tracking Essence helps you find missing children or pets. Agrimony Relevant Information and Insight together with Agrimony Imprint Revelation and Clearance removes imprints of those who have come before so that their influence no longer affects you or your living space.

Agrimony plants are members of the rose family and have been used historically for wound healing. This plant's spirit will greatly speed the healing of all types of wounds. Agrimony is highly astringent.

Agrimony plants have several names that they are known by:

Common Agrimony, Cocklebur, Ackerkraut, Cocklebur, Stickwort, Church Steeples, Sticklewort, Agrimoniaeherba, Philanthropos, Agrimonia, Aigremoine, Funffing, Herbe de Saint-Guillaume, Liverwort, Stickwort, Acrimony, Odermennig, Agrimonia, Herbaagrimoniae, Burr Marigold, and Garclive.

The Agrimony Shakti is a very high velocity self-aware divine intelligence who

## AGRIMONY SHAKTI

will grow a relationship with you. You do not get to simply command Her to do this or that. She does want to make your life better and free you from limitation and the adverse influences from others both in this reality and in the spiritual realms. Please call upon her often and approach her as you would a respected elder who you trust and who you know loves you.

I perceive Her as feminine. Historical magical workings with this plant record that the plant's energetic and magical nature is masculine. I think was because of its highly protective nature and how its essence has been felt.

This Agrimony Shakti arrives to us from very high up in the spiritual realms, yet is distinctly of the Agrimony species. Historically, Agrimony is known to be associated with the planet Jupiter and the element of air.

Recognize that She will give guidance and extend to you more and more of Her spiritual authority to wield when She feels you are ready for the responsibility that comes with great power. Even people who are new to conscious co-creation with divinity and direct experiences with angels or Shakti will benefit from her healing presence and protective influence.

Some important benefits of this Agrimony Shakti energy system are, but are not limited to the following list. Your results may vary depending on your skill of holding intentional focus and willingness to allow transformation.

### Level 1

***Healing for inner emotional pain despite outward “happy face”***

***Menstrual regulation and balance for women.***

***Digestion tonic***

***Ease of digestion during stressful times***

***Reduces inflammation of rheumatism for joint mobility and less pain***

***Urinary tract health increase and kidney stone reduction***

***Call upon Agrimony Shakti to speed healing of physical wounds***

***Increase your energetic immune system to resist others' ill will against you***

### Level 2

***Your link to the Agrimony Shakti will be deepened***

***Your ability to positively affect the reality of your body and life increases***

***Reverse bad spells or hexes with the Agrimony Shakti's spiritual authority***

***Notice and clear people's imprints to free you of their adverse influence***

***Track people here and in the spiritual realms during spiritual “journeys”  
Agrimony Shakti increases the potency of your healing sessions***

Agrimony Shakti provides you with the right to call upon Agrimony for your emotional, spiritual and physical health concerns. This empowerment assists people who feel the need to present a “good face” outwardly and who may not know how to find the time to take good care of themselves.

People who find it difficult to ask for help or reach out to others for their own needs will benefit greatly from the energies of Agrimony.

People who want to use the physical plant's herbal parts in tea or powder form must be aware that it can lower the blood pressure. Please don't use without checking with your doctor if you are undergoing anticoagulant therapy or those under drug treatment for any high or low blood pressure problems. Agrimony must not be physically used by pregnant women and nursing mothers because of its effect on the reproductive organs relating to the menstrual cycle.

Agrimony is best picked in the late spring or early when the plant is in full bloom. Flowers and leaves can be used fresh or dried for later use.

Agrimony plant leaves have a slightly astringent effect on physical wounds and has a long positive history of helping a bleeding wound to clot.

Agrimony is a perennial native to Northern Africa, Europe, Western Asia and that has naturalized to most of the US and Canada.

The flowers are usually yellow and after maturation, turn into a burr that sticks to animal fur and human clothing. The leaves are fuzzy and look silvery on the undersides. The root is a black woody rhizome.

Once you have received that dose of energy which is the essence of the Agrimony Shakti's presence, you are able to call upon this Shakti anytime.

Shakti are feminine-like creative healing forces of Eternal Sacred Source who are sentient. This means that they are intelligent and self aware. They are similar to angels but not of the same lineage.

## AGRIMONY SHAKTI

They are closer to forces of nature in form, yet are conscious and respond to your requests. Their work with you for your health and enlightenment are under the authority of your higher self and soul.

They are direct self-aware, intelligent emanations of Eternal Sacred Source.

Many Shakti will be “clothed” in the skills and job descriptions that they will be providing to humanity, animals, plants and other life forms here on Earth. This means that when we call upon them, their “name” or “title” specifies “who” is arriving.

I imagine it as a special place in the Heavenly Realms that prepare Shakti for each special type of job here on Earth. I’m sure they are readied to work with us in a slightly different manner. But this is an easy way to think of it for me and many other people. Plant Shakti arrive from a perspective that is both as high as Eternal Sacred Source is, while at the same time, fully aware of sentient embodiment here in physicality. They are a higher aspect of a plant spirit or plant Deva.

Please spend a few minutes to invite your Agrimony Shakti to release fully unto you.

Simply say out loud or in your mind:

**“I ask to fully receive my level 1 Agrimony Shakti as founded by Mariah  
Windsong and made perfect by Eternal Sacred Source, NOW!”**

Think of a ball of light and energy above your head that opens up and streams down into the top of your head surrounding your body with light.

Your attunement will easily arrive to you because Eternal Source is not limited by space or time. ***Agrimony Shakti*** arrives into your body and energy fields, communicating automatically with your body’s consciousness.

In this way a familiarity develops and your body knows that it can trust the Agrimony Shakti. Now you and your body can work in concert with the Agrimony Shakti. Your inner emotional world can receive healing and you can commune more fully with divinity and your own soul.

Soon, your ability to attract into your life, authentic loving people who are ready to

## ATTUNE TO DIVINITY

share their lives with you in a meaningful, healthy way, will increase!

Spend the next 3 days calling upon and activating the Agrimony Shakti as often as you think about her. Preferably at least 4 times per day. This is important because you and your body need to grow a familiar and strong relationship with this Shakti before you go on to the next level of this course.

Speak to the Agrimony Shakti as you would a trusted elder.

Speak to Her about your emotional, mental and physical concerns.

Tell her about what is not working in your life and ask her to help you to see a new way! Ask her to sooth your emotions so that you can be confident to reach out to others and be well received.

Ask her to heal your physical wounds.

Ask her to help you digest your food more comfortably.

Ask her to help balance your menstrual cycle (if you are a woman).

Ask her to relieve your suffering, and be willing to give up your pain.

Notice that you will need to do something different in your life.

You may need to do something for another person, in order to feel useful.

You may need to pray for others if there is not a task nearby that you notice.

When you have asked for help for you, and for others,  
now activate Her energy with full intention.

It doesn't matter if you can feel Her presence or not.

Claim Faith to call forth Her Presence!

That is what the attunement was for; to give you the right to call upon Her!



## AGRIMONY SHAKTI

Say 3 times: “**Agrimony Shakti, arrive and assist me today, in all ways!**”

After you have consciously called upon her to assist you, lift up in your mind the areas of your life you want help. Spend a few minutes in appreciation of the Agrimony Plant. Spend a few minutes in appreciation of Her spiritual qualities and wisdom (even if you don't feel anything).

Research the Agrimony Plant online or at your local library. Spend time getting to know Her history in folklore and herbal physical uses of her leaves and flowers.

Level 1 of Agrimony Shakti is for personal use only. It provides you with healing in the areas of your life, body and being that are necessary to receive care prior to extending Agrimony Shakti's energies to other people.

Some of you who may be hurting on the inside will go to great lengths to surround yourself with people for the majority of the hours of your day.

You may even accept a bedmate who is not a good partner, just to have “someone” right there. Agrimony Shakti will help you see the feelings you've hidden even from yourself while holding you close. Agrimony can help you learn what you do want in your life and gently release the feelings and situations that you don't want.

You can grow confident in your connection with yourself, because you will like yourself better. Then you will look forward to setting aside “alone time” with the Agrimony Shakti and yourself!

It is the “alone time”, that sacred time with yourself, Eternal Sacred Source and any helping healing eternal beings of light and love who you call upon which is key to feeling better and your life becoming more enjoyable.

So many people avoid “time in spirit” because it means that they will be face to face with themselves. If you are upset with yourself for any reason, the idea of setting aside time to look within can be uncomfortable or scary.

The Agrimony Shakti can help those areas within you that feel unheard and misunderstood to know that they are valuable and worth listening to.

Agrimony Shakti level 2 attunement is to be received with intention:

## ATTUNE TO DIVINITY

Say audibly or in your mind:

**“I call in to receive, my Agrimony Shakti, level 2 attunement!”**

Allow a few moments to pass while you sit or recline in a receptive mindset.

You are receiving a stronger dose of energy from the Agrimony Shakti.

This causes you to be more sensitive to her presence and you may soon begin to feel her presence near to you.

You may simply get a sense that someone is there who cares about you.

It doesn't matter if you feel anything or not.

You might feel a tingly warm sensation on the top of your head  
or in the middle of your back.

Some people feel various warmth or pulsations when Agrimony is near.

The Agrimony Shakti is developing a better link with you. Through this energy pathway, or relationship with the Agrimony Shakti, She can imbue you with spiritual authority. This will cause your intentions of protection for you, your loved ones and clients to be much stronger and more effective.

Let us talk for a moment about “spells”. Q.) What is a spell? A.)I shall describe in simple terms, likely not in any exact answer that someone in a "craft" would prefer to hear. A spell is an intention that is so crisp and concentrated that it holds its focus over a distance and time.

Usually a spell is meant to achieve a goal. A spell may be "upheld" and "carried out" by various deities or spirits. The energy of elementals, birds or animals may also be used to strengthen the spell or "make it work".

Spells often use a specific incantation or chant that has been said, with the same intention many times. A strong spell may use the same words or chant that has been used for centuries.

In this way, the words themselves help carry the intention and make it real in this reality.

Q. Are there "good" spells and "bad" spells? A.) I don't like the word spell, personally because it makes me think of something intended to make a person act in a manner that they normally would not. I think of a spell as intention designed to persuade a person to do something against their will.

Therefore I shall clarify for the purposes of this description: a "bad" spell would be one that is held up and carried out by energies that are not in alignment with Eternal Sacred Source. Energies or beings who will carry out an intention that seeks to deliver ill will or adverse circumstances are bad.

Energies which remain intact until they reach their target, and then "do" something that is not in the receiver's happy, joyful, healthy good can be described as "bad spells". Spells that cause a person to respond in a way that is against their own morals or ethics I consider bad. Spells that reduce a person's immunity, physically, psychologically or spiritually I consider bad.

A good spell is simply an alignment with eternal energies and an intention similar to prayer that amplifies support and benefit that the receiver wants.

You can gain new abilities and your spirit walking skills in the spiritual realms can increase as you mature in spirituality and wisdom.

Now that you've accepted your level 2 attunement for Agrimony Shakti energy system, you are authorized, imbued with the privilege of working with the following energy functions:

***Agrimony Imprint Revelation, Agrimony Relevant Information and Insight,  
Agrimony Imprint Clearance, and Agrimony Tracking Essence.***

Your results will vary, depending on how accustomed you are to activating energies and what level of spiritual authority the Agrimony Shakti feels that you are ready for. Continued practice with these energy functions will definitely provide you with the ease of working with the Agrimony Shakti.

Everybody grows in their own time, and often it is at a different pace than we would

## ATTUNE TO DIVINITY

prefer or be comfortable with. Sometimes Eternal Sacred Source and our helping healing guides and guardians think we need to know something and will reveal it to us when we activate these energy functions.

Other times they will allow us to simply live life and witness its unfolding.

If you want to detect whether someone has walked through your sacred space, you can activate Agrimony Imprint Revelation. Set your sacred space in the manner to which you are accustomed. That may mean casting a circle. For most people it means calling in your helping healing guides, angels and other celestial or animal and bird spirit guardians; and entering into meditation. In your quiet inner sacred sanctuary inside yourself, set forth your desire to know if your physical or spiritual sacred space has been traversed by anyone.

Tell your guides and guardians why you want to know.

Often times clarifying the reason for your request is key to being allowed to witness the answer or information you seek. Simple curiosity is not enough. Our helping healing guardians and guides do not like it if we treat our spiritual journeys and quests as entertainment. There needs to be a real reason based in compassion, safety, wisdom and service to others.

When you achieved a quieting of the mind, say audibly or by thought:

**“Agrimony Relevant Information and Insight, Activate Now!”**

You attention may be drawn to an area in your house, on your land or even a part of your body, or the body of a loved one.

You may or may not be granted specific information about "who" went there, or for what reason.

If your helping healing guardians feel that it is important to know, the following energy function will reveal the pertinent information to you. Say:

**“Agrimony Relevant Information and Insight, Activate Now!”**

For many years, when I do informational question, answer readings for people,

invariably they will want to know who entered their energy fields. They will want to know who walked through their home physically, and who stepped into their night dreams or other astral regions.

Please understand that our helping healing guides and guardians are most concerned with our safety. They are very concerned that we receive the information that they notice is important for our spiritual growth.

That does not mean that they will indulge our idle curiosity if they don't think it is important. In other words, if a simply clearance of the energy imprint is all that is required for health and safety, you may not necessarily get the details of "who" or "why". When you let go of needing to know all of the details about who traversed through your space or energy fields, you free yourself to move forward and raise your energy frequency. Then you are usually deemed mature enough to be granted new skills and increased ability.

A person's obsession with what happened prior limits their effectiveness. This is one of the big reasons people stay stuck and also experience further attacks energetically. If you keep looking to see "who" sent something or arrived into your space, you trip their tracking "cookie" or wire. A message is sent to them that you are "on the hook". Then more attacks happen.

The fastest way to secure a leak and curtail future breaches is to simply identify if there has been a breach of your sacred space and re-secure it.

By activating Agrimony Relevant Information and Insight you are setting your filters so that only information and insights that are necessary will arrive unto you. This gives you a greater measure of invisibility to those who did come into your space. You can be aware of what you need to, without inadvertently sending them a message that you've noticed their presence.

This is very important. It is your curiosity which an energetic intruders use as "permission" to send you more attacks. Another attack would give you more information about the intruder thus answering your curiosity. I realize this is not the intent you have, by being curious, but energetically speaking, it is an invitation of sorts, for more interaction with the intruder.

Since time and space are irrelevant to energetic intruders, when you seek in the past, to see "who" passed through your boundary, you are fair game for them to see

## ATTUNE TO DIVINITY

that you are looking for them. A person's mind is accustomed to seeking the details of any situation that could have been a threat, or may leave you open to future threats. This is why you must master your mind.

It is necessary to have control of your mind in such the way that your free will of resisting mental seeking is stronger than your natural curiosity.

This will allow you to move through time and space without leaving a trail of your whereabouts for the previous intruders to follow.

Q.) What type of intrusions might you be able to reveal and receive insights about?

A.) An entrance by someone in a physical body who may have stepped into your space physically at a previous time. A person in a physical body may project their consciousness into your living space or energy fields. A person in a physical body may command non-corporeal beings to enter your space to carry out their wishes, such as a ghost or spirit that you don't want.

There are many, many examples of what constitutes a breach of your sacred space. Any space you consider your own, or under your watch can qualify.

### Here are some examples:

Your aura,  
The spaces between your organs and cells in your physical body,  
Your inner sacred spaces in the inner planes and realms in  
all the dimensions you exist inside of yourself,  
Those pathways mentally and within your inner sacred space in which you  
traverse to gain access to other dimensions and places consciously,  
Your physical home,  
Your workspace,  
Your land,  
Your car,  
Wherever you go during your night dreams,  
Wherever you go when you astral travel,  
Wherever you go when you are deep in meditation and then step out spiritually to  
travel, walk or “journey” in various realms of existence.

You deserve to be safe.

## AGRIMONY SHAKTI

You deserve to know if someone has stepped through an area that is yours.

You deserve to have the ability to remove the imprint of their energy  
from a space that is yours.

Imprints of energy from purposeful or accidental breaches of your space can be  
disorienting and even cause leaks of your energy.

An imprint can contain an emotional signature that is contrary to your own energy  
or the energy you want your home to vibrate with.

An imprint can also be used by others to find their way back into your space  
even after you've refilled yourself or your home with positive energy.

You can use other people's imprints to track them if you need to do so in order to  
gain intelligence information to keep you or your loved ones safe.

Tracking other people's imprints is advanced magical work. There are not many  
good reasons to do so. However, I am told by the Agrimony Shakti that there are  
indeed positive reasons that could arise.

The first, and foremost reason to activate the Agrimony Tracking Essence is if a  
child or pet is lost. Have a pen and paper or a tape recorder right nearby. You can  
go into meditation, calling upon all of your helping healing guardians and guides  
in the light of eternal sacred source, and then lift up your own knowing of the child  
or pet. Focus upon their energy, appreciating the child or pet. Then say, audibly or  
in your mind:

***“Agrimony Tracking Essence, Activate and show me where (name) is!”***

***You may see in your mind's eye the movements of the person or pet.  
You may see unfamiliar surroundings.***

***You might not immediately understand what you are perceiving.***

***You might be transported consciously to feel what they are feeling.***

ATTUNE TO DIVINITY

*You might get scared, if they are scared.*

*You might be hungry or cold if they are.*

*It is important to remind your body that you are safe.*

*You may have the urge to walk or drive somewhere,  
as you track the child or pet.*

*Please always have a “buddy” with you.*

*Someone who can do the driving, for you are in an altered state of  
consciousness and not currently fit to drive a mechanical vehicle.*

*You can give them directions from the other seat.*

*If you are walking, it is also important that you have a “buddy” with you  
because otherwise you could get lost too if you don’t know the surroundings.*

*If you are not actually “going” to find the missing one  
you may feel the urge to make a mental “connection” with them.*

*Seek first to make a connection with their helping healing ones in the light of  
eternal sacred source.*

*This means that it is wiser to connect with their guardian angels than directly  
to the child or pet, mentally, at least until you are granted permission by their  
guardians.*

If you are granted permission to connect mentally with the child or pet, in order to ascertain their state of health or accident pain, you will know it when it happens. You’ll simply be “dumped” into their awareness.

You might be perceived by them as a fantasy or pretend friend. This is alright.

Children and pets are accustomed to interacting with consciousnesses that are not in bodies. It is adult humans that are less open to such experiences being real.



## AGRIMONY SHAKTI

You may immediately feel like someone is saying, “What are you doing there?” In that way, you’ll know that they are aware of you.

That is your chance to ask questions to determine how they are, what their needs are and to persuade them to either stay put, or help them find their way home. If you are using Agrimony Tracking Essence to find a missing person who is an adult, be aware that they are less likely to be mentally responsive of your queries.

You may indeed be allowed to perceive their mental state of mind but you are less likely to have any questions answer telepathically by them, unless they are in such a state of shock or illness that they are hallucinating already.

In that case their natural resistance to talking with apparitions is already reduced and you may have quite a lucid conversation with them mentally, even at great distances.

There are times when you will notice the importance of clearing the missing person or pet’s footprints, in the unlikely case that other metaphysical “dark” workers of magic are chasing the missing child or pet.

There are times when you do want to clear away those energetic footprints to protect the innocent missing one from being found by ones who would wish to do them harm.

Say audibly or in your mind:

**“Agrimony Imprint Clearance, Activate and Clear, Now!”**

**Hold a clear intent in your mind as to whose imprints you are clearing.**  
**You will be allowed to do this only if those prints won’t be needed further to find the missing child, pet or adult person.**

Now it is wise to clear the imprints of anyone or anything that has crossed into your sacred space uninvited. Do so by activating Agrimony Imprint Clearance with strong intention to erase the imprint.

*Agrimony Imprint Clearance* will respond to your thoughts.

When activated with strong intention, you then rest your thoughts upon the idea of

## ATTUNE TO DIVINITY

the imprints you want cleared. If it is your sacred space, then you have the authority to do this. You must be of one mind in order to do this properly.

If you are still curious about “who” came through your wall, or “why”, you will be divided in mind and likely not be able to work the clearance.

Be wise, and set your intent upon health and this now moment, rather than digging into the past. Ask for faith to know that you have already been aware of any information you need on the topic of this particular imprint, in order to stay safe in the future. Then activate the Agrimony Imprint Clearance with a gladness to be free of any adverse influence the imprint had made.

### Using Agrimony Shakti energies and energy functions for other people:

Please note that you must accept Agrimony Shakti level 2 and activate each of the energy functions it contains, prior to attempting to use this energy system for other people.

When you do want to activate it for others, you **MUST** have their express permission, consciously! This is a strong energy system whose functions must be accepted by someone of their own free will prior to you activating them!

When you have the written or verbal permission, you may then activate and “run” Agrimony Shakti as you would any other spiritual energy.

I suggest that you activate her energies, and ask her to apply her energies for (name of person). You can channel the energies if you want to, but it is not the wisest manner of application. This is because the Agrimony Shakti is a sentient being! She is self-aware and fully capable of doing the healing work independent of you, for your friend, loved one or client.

To insist upon “channeling” her energies is to say that you think your presence and facilitation are needed in the middle of this healing.

Yes! You are needed, as a point here in physicality, from which the request to activate her energies must arise. You, being in a physical body, here on planet Earth, are qualified to “call down” and “activate” the energies of spiritual beings! It is a great honor and responsibility!

## AGRIMONY SHAKTI

Once you have done that, kindly step out of the energy flow and give the Agrimony Shakti the respect to do this work without your wise influence.

Despite many a clients' request for you to "view" the healing and give constant progress reports, spiritual beings don't like you watching every detail of their ministrations.

If you must "do" something after activating her energies, please hold the sacred space strong and uplift the person in your mind. "See" them healthy and whole, being fully receptive to the work of the Agrimony Shakti. That is truly useful and beneficial assistance from you for this healing session.

Now, for the other energy functions, the ones in level 2 of Agrimony Shakti, your conscious intention and full participation are required.

Follow the abovementioned instructions and be at your best prior to activating the energy functions. By this I mean to say that you will need to have invited the Agrimony Shakti to work with you and assist your transformation and healing, before you attempt to do work for others.

Please have already spent time in spirit that day, and communed with the ones in the Light of Eternal Sacred Source that you trust. Or you could have said many mantras to deities you venerate and also spent time in the midst of energy streams such as reiki, seichim or other cosmic rays.

If you are providing these Agrimony Shakti energy functions as a service to others, be strong in your own spiritual walk. In this way the Agrimony Shakti will be able to pour her spiritual authority through these energy functions when you activate them, and your work will be pure and strong.

Wear the Agrimony Shakti's power and authority as a gown or cloak about your very being as you traverse the spiritual realms in your journeys.

### **Gratitude Wave**

The Gratitude Wave is a range of strong, full energies that lift and open you while providing an infilling support of past emotional wounds.

People often stay within themselves, closed off from the world around them for years after disappointment, misfortune, or trauma. Their emotional body feels safer by, closing themselves off to opportunity to connect with others and situations.

Their belief in a world of lack is reinforced because they are not in the sustenance flow of Source. They have closed down so much that their world becomes smaller every day. People who train themselves to look at the positive and expect great things in life may still experience a gap between what is and what they want in their lives. Many times making a list of all the things someone is grateful for is a good first step, but even the list can feel flat, not alive and believable. This is because sometimes we can't even feel the things we are grateful for.

We may have set ourselves outside of the natural flow of life, so desperate to hold on to and 'protect' what we do have.

The Gratitude Wave can increase the ease of manifesting here in this reality by putting you in the positioning of Gratitude. The Gratitude Wave works to bring you into a place where you can be IN Gratitude no matter what has happened to you already in life, nor what you are facing now.

The Gratitude Wave may have some work to do within your emotional body to lift away the 'lock down' positioning to life and opportunity before you 'feel' much of any actual Gratitude! This is ok, be gentle with yourself always. Gratitude's positioning is one of expectation while in the midst of wonderful blessing. Gratitude IS being in the middle of the Sustenance Flow of Eternal Source. Eternal Source as Provider of Sustenance – you within this flow equals your needs and wants being met sufficiently.

## HAND CARE

Accept your *Gratitude Wave* attunement by saying audibly or in your mind:

**“I now call forth to receive my Gratitude Wave attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source.”**

The Gratitude Wave will arrive to your body in the area that is best for you to receive. I felt it first in the Hara and Lower dantian area then my feet, then crown of head, then my heart, and finally in my hands. Other people felt it arrive first in their heart, then to the rest of the body with tingling and then out to the hands. Another person felt it arrive first to the third eye area. You may bring to mind what you already have to be grateful for if you think that will help you feel receptive to the Gratitude Wave. Once you have received your attunement, and the flow is established, it is wise to send the energies outward. Send the energies outward to your favorite Angels, Ascended Masters, Guardians and Guides in the Light, gods and goddesses. You can run the Gratitude Wave energies for other people if you want to.

## Hand Care

Hand Care energy system provides energy functions for clearing and recharging your hand chakras. Additional skills may be awakened by the used of this energy system. Our hands are in constant contact with the outside world, yet they are a direct link to Divinity Within. Please spend a few minutes to invite your Hand Care attunement to you.

Simply say out loud or in your mind: **“I ask to fully receive my Hand Care as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Hand Care energy flows to your body and energy fields, providing you with a meet and greet to your Hand Care energy functions. Now that you have paused to receive your attunement, you have the right to call upon and activate your Hand Care energy functions.

***Hand Chakra Cleansing*** is an energy function that you activate with intent. Hand Care energies will swirl through your major and minor hand chakras.

## ATTUNE TO DIVINITY

Say audibly or in your mind: **“Hand Chakra Cleansing, Activate!”**

Then you may activate the ***Hand Chakra Charge*** function immediately thereafter, say: **“Hand Chakras, Charge!”**

This recharges your hand chakras with the energy they need to function optimally for you!

***Hand Chakra Skills Activation*** ~ Activate with intention and allow the energies to flow for a few minutes. This will continue to work over the next days and week following this activation. Re-activate whenever you feel guided or to about once a week for the first month, then every three weeks.

Say audibly or in your mind: **“Hand Chakra Skills Activation!”**

***What are Hand Chakra Skills? Many people can feel subtle changes in other people’s energies when they hold their hands over various areas of their body. Some people can scan a person’s body to detect changes in energy flow that may indicate dis-ease or trouble spots in their body.***

Everyone has some healing ability already. It is natural to reach for our knee if we bump it. That is instinct telling us to flow life force into that knee to help it heal. Hand Chakra Skills Activation activates your chakras and any area of your hands so you can do energy healing work easier and better.

Some people experience a light tingling sensation in their hands. Some people’s hands and fingers even feel somewhat numb for a few days or even weeks after activating the Hand Chakra Skills Activation energy function.

My own hand chakra activated in 1998 while I was catching lumber at a lumber mill after it was cut into big and small pieces. I was doing very physical work and carrying heavy loads of wood. That was not the time I would have chosen to have the feeling in my hands change. It was the right time spiritually, however and I could channel spiritual energies much better after just a few weeks.

Only your higher self, body and soul know what spiritual healing skills in your hands will open up and come “on line”. This Hand Chakra Skills Activation is a preparation and invitation for additional skills to be activated.

## HAND CARE

It does not actually do the activation. Your higher self, soul and helping healing guides in the light of eternal sacred source actually determine the right time and activate your hand chakras.

There are many levels of activations and different skills that will be activated as you grow spiritually. Re-activating this energy function as time goes along is beneficial for everyone. Only the skills you are ready to receive will open up for you each time you activate this energy function.

***Hand Chakra Spin Ratio Balancing*** ~ Activate with intention.

Chakras are multi and intra-dimensional and it is important that the proper spin ratio occur between the various places, spaces, times and directions therein.

Say audibly or in your mind: ***“Hand Chakra Spin Ratio Balancing!”***

Or: ***“Hand Chakra Spin Ratio Balancing, Activate!”***

It is your intent more than the words which causes the energies to start flowing for you. I like to activate this energy function immediately after I activate the Hand Chakra Cleanse and Charge!

***Ethereal Gloves*** ~ Ethereal Gloves buffer psychometry abilities for up to 3 hours after activation. When there were strong emotions that occurred near an object, some people can sense them and it can be quite disconcerting.

People who have the “gift” of psychometry also find it to be very distracting.

You can “wear” these gloves and still be functional for other healing work.

Say out loud or in your mind: ***“Ethereal Gloves, Activate!”***

***Integration Ray*** ~ This Ray will assist to integrate all of the new skills and hands that you’ve awoken and help balance the flow of energy through your body and energy fields.

Say audibly or in your mind: ***“Integration Ray, Activate!”***

*Your Integration Ray is an energy ray that is useful to integrate any energy work or new skills and abilities that may be opening up and activating for you. You can also activate this Integration Ray for your loved ones, friends or clients.*

## Foot Care

Our Feet deserve proper care and have many chakras and energy centers that need to be cleansed daily. There are also spin points in the feet that require balancing for our optimal health and wellbeing. Our feet are a direct connection to Earth and Her Divinity Within.

Foot Care attunement provides you with the ability to use four functions: Foot Chakra Cleanse, Foot Chakra Charge, Foot Chakra Spin Ratio Balance, Waste Deposit Dissolver, Heel Pad Healer and Earth Pulse Synchronization.

The energy centers in your feet are connected to all organs and many other areas of your body. Care to your feet positively affects your health and well being throughout your body.

There are many other acupressure, acupuncture and reflexology points in the feet also. As we walk, these points often become compressed, restricting their energy flow.

You may with your intent direct the Foot Cleanse function to cleanse those points also. Your Higher Self and Source will determine how effective such uses of that function are.

You can activate and ‘run’ these energies for yourself or other people. You will find that over time, they may be less effective on other people, because Source prefers that you teach instead of ‘doing’ for others.

Earth energy is available to all peoples. We, living in a modern society often feel removed from Her energies. We may crave being out in nature yet rarely find the time to go and commune with Her purity and strength.

Foot Care can help you re-establish your natural connection with Earth’s Divinity Within. This will assist your body’s natural rhythms as well.



## FOOT CARE

Please spend a few minutes to invite your *Foot Care* attunement to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Foot Care as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Foot Care energy flows to your body and energy fields, providing you with a meet and greet to your CARE Team.

Now that you have paused to receive your attunement, you have the right to call upon and activate your Foot Care energy functions.

Begin by activating the *Foot Chakras Cleanse* energy function. Say out loud or in your mind: **“Foot Chakras Cleanse, Activate!”**

*The term ‘chakra’ is meant loosely here to represent any energy center in your feet.*

The energies will flow for a few minutes to cleanse these energy centers thoroughly. Then you can activate the *Foot Chakra Charge* energy function.

The *Foot Chakras Charge* energy function restores the proper amount of energy flow and reserve to your foot chakras. Say audibly or in your mind with strong feeling: **“Foot Chakras, Charge!”**

*Foot Chakra Spin Ratio Balance* is the next energy function you may activate to balance the rate of spin in the spiritual geometries of your foot chakras. Say: **“Foot Chakra Spin Ratio Balance!”** If you are sensitive to subtle energies you may feel movement in your feet. Or you may feel nothing at all. Either way this is working perfectly for you today.

*Waste Deposit Dissolver* is an energy function that helps to dissolve the physical calcium and urate deposits that develop in our feet. If blood and energy flow to the feet stagnates, waste matter collects in at the base of our 7,000 nerve endings.

This waste matter forms crystalline deposits formed by urate crystals and calcium deposits at key nerve endings located in the feet. If you’ve given or received a foot massage, you may have felt crystal like or grainy deposits. They can clog proper energy flow and be physically uncomfortable.

## ATTUNE TO DIVINITY

Q)What do the presence of urate crystals and calcium deposits indicate?

A)Lack of the smooth flow of energy and blood due to poor lifestyle habits, trauma, or genetics can result in urate crystals and calcium deposits accumulating at the neurological endings found in the foot.

Waste Deposit Dissolver can be activated directly after any of the other energy functions in this Foot Care energy system. To activate this energy function, say audibly or out loud: “***Waste Deposit Dissolver, Activate!***”

***Heel Pad Healer*** is an energy function that repairs the plantar fascia. That is the broad band of fibrous tissue that runs along the bottom surface of the foot, from the heel through the mid-foot and into the forefoot.

If your heel pain is not due to a bone spur (out growth or fragment of bone that digs into foot tissue) then this energy function can be of assistance to you. Otherwise, it is advisable to seek the assistance of your podiatrist (foot doctor) in regards to your bone spur.

Heel pain can be due to excessive weight gain, which puts more pressure upon this fibrous tissue that provides a pad between the Earth and your heel bone.

Heel pain can also be because of standing a lot or if your foot is not aligned properly. Sometimes poor shoes can also be to blame for heel pain. Your plantar fascia could also be somewhat inflamed and irritated. The pain is usually worse first thing in the morning or after a prolonged period of resting. Putting your feet up at night is helpful as is gentle massage. If you can obtain a splint to wear when you are seated with your feet up or sleeping, it will make an incredible positive difference. The splint for one or both feet will keep your toes pointed straight up, rather than pointed forward. This stretches that length of muscle which runs between your heel and your toes.

Cold packs can shrink the blood vessels that have been inflamed.

Heel Pad Healer is an energy session. It would be most beneficial to activate this energy session as you retire for your night or day sleep. This Heel Pad Healer session may be activate for only a few minutes or for hours after you activate it depending on how much assistance is required for you this day.

## FOOT CARE

Say with feeling: **“Heel Pad Healer, Please Activate for me!”**

***Earth Pulse Synchronization*** is a strong energy function that helps you access and synchronize with Earth’s life pulse. It makes it easy to connect with Earth energy and for your body to be healthier because of this connection. This energy function is a very powerful experience for me whenever I activate it.

It felt like suddenly I had a whole new power line direct to Earth energy and it was well received by my body. I am thrilled you’ll get to feel this too!

Say audibly or in your mind: **“Earth Pulse Synchronization, Activate!”**

***You can be reclining or standing when you activate this energy function. Allow a few moments to pass while the energy pulse of Earth and your body’s innate energy pulses synchronize. It doesn’t matter if you feel anything or not. Intention, the want for it to be so, is sufficient for you to receive benefit from this energy function. Activate this energy function often because there are many Earth changes and changes in your own body in these interesting times we live in.***

Foot Care energy, the broad energy flow of this energy system, is comprised of all of the energy functions I just described to you.

You can activate the energy of Foot Care by saying:  
**“Foot Care, Activate for me!”**

This broad spectrum Foot Care energy can be activated anytime. It is less specific than activating each energy function individually. When you activate the energy functions individually with strong feeling to say the names of each one, you get the full power of that particular energy function. The singular purposes of each energy function are very useful for your feet. There are times when a person does not have the luxury of enough time to activate each energy function contained in this Foot Care energy system. That is when it is beneficial, as part of your regular spiritual hygiene to activate the basic, broad energies of Foot Care.

You can activate Foot Care energies for other people long distance and in person. Simply do so with full intention for them to activate for the person.

## ATTUNE TO DIVINITY

If you hold the thought that you want the energies to continue to flow, for about 5-15 minutes, the person will receive the most benefit. When someone activates energies for themselves, the energy will continue to flow even when their mind wanders to another topic.

When you are activating the broad energy of Foot Care or each individual energy function, you must continue to hold the intent of wanting the energies to continue to flow, for them to remain active.

## Wing Care

Wing Care is born of the desire to live in a richer awareness of all the gifts we have, even those we are just noticing. Wing Care consists of these functions: *Wing Cleanse, Wing Lights, Unfurl* and *Breathe*.

All of us have spiritual energy wings. We can awaken them and use them to channel energies. We can channel energies of a different vibration than what we are currently channeling through our hands while working on clients or loved ones.

Please spend a few minutes to invite your *Wing Care* attunement to release fully unto you. Simply say out loud or in your mind: **“I ask to fully receive my Wing Care attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!”**

If you are a pet person, and allow the animal to lay beside you as you retire for your night sleep, with your wings, you can send your pet energies. You can then use your own physical hands to send yourself energy from energy systems that your pet is not so fond of! Your energy wings may also be used to bring in additional energy frequencies for your own body.

There are times to have your wings unfurled and brilliantly glowing with Love and Light. There are times to fold them carefully to your back. Sometimes blending into your surroundings is safe and wise. Please be aware that young children can often see your energy wings, and if already verbal they will tell their parents about you.

Using Wing Care functions:

## PELVIC BASKET SHAKTI SET

***Wing Cleanse:*** Say audibly or in your mind: **“Wing Cleanse Activate Now!”**  
Your wings’ cleansing is done by the Elohim of Emanation.

If you are doing this function for another person, say:  
**“Wing Cleanse Activate Now for (name)”**

***Wing Lights:*** Say audibly or in your mind: **“Wing Lights Activate Now!”**

Your wings will alight with three energies:

***Your body’s own life force***  
***Your Soul energy***  
***Unconditional Love of the Creator Spark***

Now it is time to say specific commands with authority. Speak to your wings!

***“UNFURL!”***  
***“BREATHE!”***

You can now intend and direct your wings to be as antennas to receive Divine Energies or you can run energies through them from your own body or energy systems you are already attuned to. These are your wings and are as useful as your arms and hands or legs and feet.

## Pelvic Basket Shakti Set

Receive support and energize your hip and pelvic area! Seven Shakti comprise the ***Pelvic Basket Shakti Set*** and their actions are the key to this energy system. Shakti of several of your Sefhira energy centers and Shakti of various lesser known chakras have come forth to be of assistance to you.

For example, ***Indu Shakti***, ***Talu Shakti*** and ***Door of Life Shakti*** cleanse, activate, balance and guard chakras in your head and back. ***Yesod***, ***Hod***, ***Netzach*** and ***Tifareth Shakti*** activate, balance and guard your pelvic region.

## ATTUNE TO DIVINITY

Pelvic Basket Shakti Set also includes two functions: ***Functional Channel Pulse*** and ***Governor Channel Pulse*** harmonize the energy channels that run up and down the front and back of your body.

***Pelvic Basket Shakti*** Set brings your *Delicate Divine Intelligences* who once accepted, will reside with you at those points in your body. Thereafter, when you ‘activate’ these *Shakti* with your intention and hold your attention lightly upon them, their energies will flow to assist your pelvic region.

The *handle* is the connection from your perineum area at the base of your body going up the front of your body and coming back down your back.

In the front of your body this is comprised of your *Yod Shakti* in your perineum area and it connects with your *Indu Shakti* at the Indu Point Chakra just behind your third eye area in your head. The function of ***“Functional Channel Pulse”*** and your attention toggling between both of these points while saying their names will adjust and balance the pulses moving in both directions up and down the front of your body.

In the back of your body there is a Door of Life chakra and its corresponding *Door of life Shakti*. Energy flows in both directions up and down the Governor Channel. Your *Talu Shakti* resides at your Talu Chakra, also called Nectar Chakra, Zeal point, Bliss chakra, mouth of God/Goddess, or alta major chakra and is located at the base of your skull.

The function of ***“Governor Channel Pulse”*** and your attention toggling between both of these points while saying their names will adjust and balance the pulses moving in both directions up and down your back.

Your ***Pelvic Basket Shakti Set*** attunement will arrive to you in a Sphere of Light, being held protected by Angels of Eternal Light.

Its contents are the *Yesod Shakti*, the *Hod Shakti*, the *Netzach Shakti*, *Tiphareth Shakti*, *Indu Shakti*, *Talu Shakti* and *Door of Life Shakti*.

Accept your Pelvic Shakti Set attunement with intent by saying:  
***“I now call in to fully receive my Pelvic Basket Shakti Set as founded by Mariah Windsong and made perfect by Eternal Sacred Source.”***

## PELVIC BASKET SHAKTI SET

They shall arrive to the correct places in your body.  
Now they are ready to be activated.

The *Yesod Shakti* corresponds with the Yesod Sephira of the Sephirot Tree of Life Energy Spheres in your body. It means foundation. You can also call this Shakti the *Perineum Shakti*, it will respond to either name. The Perineum is located in the smooth muscles between the genitals and anus on the underside of the body, between a person's legs. It is the Hui Yin point that is often used during the Micro-cosmic orbit exercises or when using the Fire Breath during passing attunements.

Further beneath there is also the home of your Kundalini Energy, your Sacred Sexuality. You will not be specifically activating your Kundalini energy when you activate your *Yesod Shakti*. If your Kundalini energy is already awoken, you may feel some activity in that region, but that is not the energy doing the work of this ***Pelvic Basket Shakti Set***.

Let's take a moment to activate your ***Pelvic Basket Shakti*** with full intention.

Say out loud or think with strong feeling:

**"*Yesod Shakti or (Perineum Shakti), please activate!*"**

Place your attention at the spot between your genitals and anus,  
in those smooth muscles between your legs.

Now rest your attention upon your right hip where Hod lives and intend to activate ***Hod Shakti***. Hod represents Glory and Majesty. Next go over to your left hip and activate ***Netzach Shakti***. Netzach represents Victory.

Now go to the center of your belly, between your navel, (belly button area) and your second and third chakras. This is the home of Tiphareth, whose meaning is Redeemer or Beauty. With feeling and appreciation, intend for ***Tiphareth Shakti*** to activate! Your Pelvic Basket now has a bottom, the *Yesod Shakti*, a right and left side, *Hod* and *Netzach Shakti* and a top, *Tiphareth Shakti*.

Your Pelvic Basket will also have a back, the *Door of Life Shakti* by the GO-4 acupuncture point located in the back of the body.

Your Door of Life chakra is located between the second and third lumbar vertebrae, just beneath the two kidneys, and opposite the navel.

## ATTUNE TO DIVINITY

This is thought to be the area through which a soul enters the womb to join with the cells there that will become the body of the child.

With full intention, feeling and appreciation acknowledge and activate your Door of Life Shakti. **“Door of Life Shakti, please activate! Thank You!”**

***Please always speak to your Pelvic Basket Shakti Set, yes individually or as a group! They are Divine Intelligences and very delicate and pure.***

This attunement gives all people who are dedicated to Eternal Sacred Source of Life, Love and Light the ability to activate and run these Shakti personally for you or other people.

You can indeed run the Pelvic Basket Shakti Set for your loved ones, friends, or clients if that person has already attended to spiritual hygiene. When you do this you are calling in a ‘roaming team’ to assist them.

***Understand, please that Shakti are pure, and quickly hide if you are in the presence of a person who would be willing to use forces not of Light to further their goals or intents. Shakti are delicate, subtle, yet strong Feminine Divine Intelligences.***

They will quickly learn the needs of your own body and update their capabilities to suit your own individual requirements for health.

Pelvic Basket Shakti Set will run to completion without you keeping your attention upon them during their work. However, it is definitely a more effective session when you have your intention resting upon them and holding space for their activity. We are accustomed to working with the Anjan Ksetram chakra, otherwise known as third eye here in the United States. Less well known are some of the other chakra points in your brain

There is a function that relates to the Indu Chakra located behind the third eye area. ***Indu chakra***, in the front part of the brain, is the seat of your intellect and higher mind. There is a direct line between the Yesod Shakti in your Perineum and this Chakra it is called the Functional Channel.

***The Functional Channel Pulse will reset the timing of the flows between these***



## PELVIC BASKET SHAKTI SET

***two points and often releases a nectar of liquid light through your functional channel up and down the front of your body.***

***Now hold you attention simultaneously to your Yesod and Indu Chakra point.  
Think or say: “Functional Channel Pulse Activate!”***

It is then that you may toggle your attention back and forth between those two points. Your intent must be for the Yesod and Indu Shakti to adjust and reset the timing of the flow of energy between those two points.

People that are sensitive to energy and can feel a Shakti’s actions, usually feel warmth begin in their head. This warmth is the nectar of the Functional Channel and then will flow the length of your body in the front. Now we can work with the Governor Channel that runs the length of your back.

Your Talu Shakti resides at the Talu Chakra (Nectar Chakra) is also called Zeal point or Bliss chakra, or mouth of God/Goddess and is located at the base of the skull. This area is also called the alta major chakra. There is a direct line between the Door of Life Shakti in your back and the Talu Shakti at the base of your skull.

***The Governor Channel Pulse will reset the timing of the flows between these two points and often releases a nectar of liquid light through your Governor Channel in the back of your body.***

Hold you attention simultaneously to your Door of Life Chakra and Talu Chakra point. Activate your Door of Life Shakti and your Talu Shakti. It is then that you may toggle your attention back and forth between them. Your intent must be for the Talu and Door of Life Shakti to adjust and reset the timing of the flow of energy between those two points.

**Working with your Pelvic Basket Shakti Set on a regular basis:**

This is quick and wonderfully supporting to do as a part of your regular spiritual hygiene. A quick way to work with this system is, to activate the Pelvic Basket Shakti Set with fully intention saying out loud or in your mind:

**“Pelvic Basket Shakti Set Activate!”**

Then put your consciousness, your attention at the base of your body, and activate

## ATTUNE TO DIVINITY

with intention your *Yesod Shakti* (you can say *Perineum Shakti* if you prefer) staying there for a moment.

Then move up to your right hip and activate *Hod Shakti*, staying there for a moment with appreciation. Then move your attention over to your left hip to your *Netzach Shakti* with intent for her to activate.

Next move your attention up to the upper middle part of your torso, just below your solar plexus and activate with intention, *Tiphareth Shakti*. Now it is time to activate you Functional Channel Pulse by putting your attention briefly once again down to your perineum area and being with your Yesod Shakti then immediately bringing your consciousness and attention up to your Indu Shakti, just behind your third eye area.

Toggle your attention between these two points briefly while you say out loud or in your mind: **“Functional Channel Pulse Activate!”**

It will continue to work for you while you then move your attention to your Talu Chakra, your Nectar or Bliss Chakra at the point where your head connects to your neck. There is a bridge between your Indu point and Talu Point, however for the purposes of this system, simply know that there is an energy flow through your head that connects them.

It is now for you to intend for your *Talu Shakti* to activate and hold your attention briefly there. Now move your conscious attention down your back to just opposite your navel (belly button) and ask your *Door of Life Shakti* to activate.

Toggle your attention back and forth between the two of them and say out loud or in your mind: **“Governor Channel Pulse Activate!”**

That completes all that you consciously need to do and you can simply recline and enjoy the energy flow, or go ahead and move about your day.

## Angelic Ishim

Angelic Ishim energy system gives you Guardian Angel Management skills and an initiation into your Soul Mastery. This will help you adjust your life's patterns. Angelic Ishim are angels of a choir very close to the Creator's Throne and often arrive unto humanity in the form of Guardian Angels.

The Green Bee Eater Empowerment helps you connect better with the Ishim. These birds are able to see things from others' perspective and give you that gift if you are open to it. The Angelic Ishim really enjoy these birds' company.

Anyone sincere seeker may accept attunements for all levels of Angelic Ishim.

1<sup>st</sup> level is the attunement to the Angelic Ishim's energies.

2<sup>nd</sup> level is the Green Bee Eaters Empowerment. These are the birds who the Ishim enjoy the company of and will strengthen your link to the Ishim.

3<sup>rd</sup> level attunement gives you the ability to activate the Soul Mastery function as well as the Guardian Angel Management Session.

The Ishim are an order of Angels from whom it is said the guardians angels arrive unto humanity. They help people transcend limitations set forth within their physical bodies and the lifetime parameters set at the time of their incarnation.

When you were put into your body, there was an expected track your life was likely to take. In this way certain lessons would present themselves and various challenges would be met up with. You, at the soul level agreed to a range of experiences that would give your soul the chance to surpass previous limitation.

The exact situations were not shown to you, and because Earth is a free will zone, it is entirely possible that much could happen that you would not like, nor want.

You were willing to accept this risk of discomfort and pain in order to give your soul the learning it desires. The soul knows it is Eternal, you, here on Earth are not always quite so sure as it is more difficult to live in the knowing of eternal sustenance and delight when within a world of separation and density.

The exact combination of personality aspects that arrives into the body from your

## ATTUNE TO DIVINITY

soul to form “you” here in physicality will have to grow and “reach” in order to get the full sense of itself at the soul level. Until that time you may feel quite separate and experience a longing for completion.

Many people reach to one another to fill that gap. Others try one religion after another until there is an explanation and bridge to divinity that feels right. Then, upon a path that either makes sense or resonates, a person begins to fill the gap of separation with the presence of the energy that made them. This energy of Eternal Sacred Source will help a person gain the conscious ability to more fully connect with their soul.

There are people who have a strong connection with Divinity/Eternal Sacred Source yet still they have not made a good link with their own soul. These people are often still lonely, needy and feel like they must continue searching for fulfillment. They may also be obsessive and approach the Divine in a servitude manner, believing this Higher Power to be one that will strike them down if they do something wrong. The misconceptions of the character of Divinity are due in large part to the person’s continued separation from their soul.

The Angelic Ishim and all of the functions in this energy system are here to help you reach and live in co-creation with Divinity. In this way you won’t feel so very “tossed around” by life events. In truth, gaining the ability to change the “matrix” (the underpinnings of your life path energetically) or lifetime parameters you are gaining the freedom to drop away patterns that you’ve grown out of.

Please spend a few minutes to invite your level 1 attunement of *Angelic Ishim* to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Angelic Ishim level 1 attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

The Angelic Ishim’s symbol is an image of the Green Bee Eater bird amidst three circles that are green for Earth, three that are Blue for the Earth’s atmosphere, and three that are Plum/Violet/Blue for the Angelic Realms.

This symbol is easy to remember and will instantly link you to The Angelic Ishim’s energy if thought of or drawn with intent.

Say out loud or in your mind: **“Angelic Ishim, Activate!”**

## ANGELIC ISHIM

These angels will likely be familiar to you, for it is out of their ranks that many of the Guardian Angels arrive to humanity. You may or may not have already felt the presence of your guardian angels. The Angelic Ishim will help you link more fully with the presence of and increase two-way communication with all of your helping healing eternal guides and guardians. They can strengthen your conscious connection with all of the beings who dedicate their existence to helping you.

Please spend a few minutes to invite the 2<sup>nd</sup> attunement of *Angelic Ishim*, to release fully unto you. Simply say out loud or in your mind: **“I ask to fully receive my 2<sup>nd</sup> level Angelic Ishim, the Green Bee Eater Empowerment, NOW!”**

Think of a ball of light and energy above your head that opens up and streams down into the top of your head. This is the connection to the soul energy of this species of birds. You can also use this empowerment to connect with all the various kinds of Bee Eater birds, such as the Little Bee Eater and the European variety if you want to. The Angelic Ishim enjoy the company of these birds very much and their energy will increase your link with the Ishim.

Say out loud or in your mind: **“Green Bee Eater Empowerment, Activate!”**

*Merops orientalis*; the Green Bee Eater is usually found in India and Sri Lanka with its head and neck tinged reddish brown. The chest and wings are greenish.

Like all other bee-eaters, the usually eat insects, especially bees, wasps and ants, which are caught while flying. Before swallowing the insects, a bee-eater removes any stingers and breaks their exoskeleton open. These birds are slow to get moving in the mornings and often huddle next to each other well after sunrise. They sand-bathe more frequently than other bee-eater species and will sometimes bathe in water by dipping into water in flight. Their habit of living in large groups make their spiritual energy wonderful for gaining the ability to enjoy being around a lot of people in a living environment.

A study suggested that Little Green Bee-eaters may be capable of interpreting the behavior of human observers. They showed an ability to predict whether a human at a particular location would be capable of spotting the nest entrance and then behaved appropriately to avoid giving away the nest location.

***The ability to look at a situation from another’s point of view was previously believed to be possessed only by primates.***

## ATTUNE TO DIVINITY

A field experiment was designed on breeding birds which can be used as a simple test for theory of mind in birds. These small birds tend to build well-camouflaged nests. These insectivorous birds nest in mud cliffs, river banks and gently sloping bare grounds. The sexes are alike and both the parents feed the chicks. The nest is in the form of a tunnel that can be up to 5 feet long. The peak breeding season is in the months of May and June<sup>12</sup>. They located 8 Little Bee Eater nests in two consecutive breeding seasons, (May 1997 and 1998) for the observations.

Using behavior exhibited by the small Green Bee Eater (*Merops orientalis*), they showed that the bird can appreciate the perspective of the observer and behaves as if it can understand what the observer 'knows'. The birds appeared to "know" whether a person noticed the opening of their tunnel or not. The Green Bee Eater Empowerment is beneficial to you in many ways.

Their spiritual energy can impart the gift to you of seeing from other perspectives.

It can benefit you to be able to shift your perspective to see situations from other people's perspective. The skill of shifting your perspective to a point of view other than your own is useful in problem solving and staying physically safe.

This can be an intuitive sense or simply the ability to remember to just think of other perspectives. Whether you are in a competitive situation or one that has protection implications, being able to notice point of view, other than your own is very valuable. In business, knowing what your competitor is planning can be helpful and if by shifting your perspective, this knowing arrives, you gain.

These little birds are often energetically nearby any Angelic Ishim. Therefore when you activate the energy of the Green Bee Eater Empowerment frequently, you increase your connection with the Angelic Ishim. You might be able to feel their presence more and gain a two way communication skill as well!

All of the Bee Eater birds can energetically assist you by flying in and lifting away any astral entities that may seek to suck your energy or interfere with your connection with your angels or Eternal Sacred Source. The Bee Eater birds can help keep your energy bodies free and clear of the astral entities and disembodied emotional imprints whose presence can weigh a person down. These energy clouds which contain the energy signatures or imprints of people when they were emotionally distraught can be difficult to discover and remove.

The Bee Eater birds energetically can fly in and pick off the connections these clouds have made. Many people don't even know when they have walked through an emotionally charged area from the past. They only know that they feel disoriented and sad, frustrated or angry in the next hours or even days. It is a fact that astral entities that have slipped through the veil between realities into this reality and look like bugs and live off of the emotional energy of humans hang around these "clouds". If you walk through such an area, the astral entities stick to you and feed off your energy.

The Green Bee Eater Empowerment is best for seeing from other perspectives.

You can use that empowerment or simply say:

**"Green Bee Eater Empowerment, Activate and clean me of any bugs!"**

They will swoop in and lift away any of the astral entities or "bugs" that may be near you. Usually a clean aura does not attract such astral entities. They will hang out with an energy cloud that contains the imprint of a traumatic or angry event from the past because when you walk through this sticky energy cloud it feels like walking through spider web. The energy acts as a stickiness that allows these "bugs" to stay near you when usually they would slide right off your shiny aura.

Many power birds such as Eagle also enjoy being of service by picking off of you anything that doesn't belong. You can call on any bird that you are attracted to. I speak of the Bee Eater Birds because the Angelic Ishim specifically showed me how much they enjoy the company of these birds, and what they will do for people.

Angelic Ishim level 3 attunement give you access to the Soul Mastery function and is designed to provide you access to whatever level of soul mastery that you have attained in this lifetime. One of the main reasons people feel like, that despite all of their spiritual progress, that the same kind of situations keep happening, is often because the lifetime parameters for their life have not been changed at the soul level. These things don't just happen automatically, it is necessary for you to request this change and to work with Eternal Beings who are qualified to make those changes.

The Angelic Ishim are especially suited to come down into this 3<sup>rd</sup> dimensional reality and, in response to your conscious requests, drop away the "stops" that have kept you "spinning your wheels". These "stops" were set forth initially when you incarnated to be sure you'd have plenty of opportunities to learn whatever lessons

## ATTUNE TO DIVINITY

your soul wanted learned. I've noticed, in my work with people over the years that frequently they have a higher level of attainment in regards to lessons learned and spiritual growth, than is "properly" recorded elsewhere in their soul. Then the "stops" drop away and a person is free to explore this world without set parameters. They may also choose to set new lifetime parameters if they are a person that needs to have a strong feeling of purpose.

Please spend a few minutes to invite the 3<sup>rd</sup> attunement of *Angelic Ishim*, to release fully unto you. Simply say out loud or in your mind:

**I ask to fully receive my 3<sup>rd</sup> level Angelic Ishim, the Soul Mastery and Guardian Angel Management Empowerments, Now!**

When you are ready to work with your Soul Mastery Empowerment, please allow at least 20 minutes for the energy to work. This is a time to "petition" the Angelic Ishim to work for you in conjunction with your soul.

You would say: **"Soul Mastery Empowerment, Activate!"**  
and then very specifically think about the types of situations, lessons and patterns that you believe you have surpassed.

Think about how you feel that you have indeed "graduated" from those types of situations reappearing in your life. Ask that your Angelic Ishim please mark those lessons and challenges complete. Ask them mentally as a prayer, to please mark complete any lessons, challenges or patterns that they see as being complete.

They will be doing the "marking complete" at your soul level. Whether you feel anything happening or not, give the Angelic Ishim a few moments to do this.

Now you can ask the Angelic Ishim to please give you Soul Mastery! This is as a graduation and gives you a co-creation authority together with the Angelic Ishim. You will now have the ability to co-create new lifetime parameters. This means that you will be able to rise above old patterns. You will have less limitation.

Less limitation means that you will have to claim sovereign responsibility for what happens in your life. You won't be able to point to the life path that was set before you were born or put into this body. You will have to claim your conscious responsibility for your part in the situations you find yourself in and life you live. Now, you will be guiding your life and your thoughts will hold more power! It is important to understand that by working with the Angelic Ishim at this level



that your thoughts will affect physical reality much quicker than they did before.

Yes, other people also have free will choice and can choose to get in the way of your plans. People can still be difficult and choose not to give you the agreements you want to achieve your goals. However, the type of people you attract into your life will be much more determined by your thoughts than ever before. You must understand what Soul Mastery means. It means that you will be guiding your own life experiences from here, within physicality.

Maybe before now the challenges that came across your path were predetermined by the life parameters set forth before you were put into your body. Not anymore. At least I can tell you with certainty that ANY life lessons, challenges or patterns that you have indeed learned, will be dropped away. I am NOT saying that there won't be any predetermined life lessons still showing up. If there are some that you have not yet learned, they will continue to circle around and pop up again.

There are many people who have learned lessons, and wonder why they continue to arrive over and over again. It is for those types of lessons, challenges and patterns that Soul Mastery together with the help of the Angelic Ishim will bring a stop to.

That is why it is important to use the ***Soul Mastery Session*** (activating the soul mastery energy and asking the Angelic Ishim to help you) on a regular basis.

Once a week or at least once a month as a good maintenance, depending on how quickly you are growing and letting go of what is no longer in your joyful good.

Congrats on your Soul Mastery! May you use it well and enjoy taking responsibility for allowing the wonderful and difficult experiences in your life.

You may want to think more about what you want in your life and remove your focus from that which you do not want. Otherwise, more of what you don't want will be showing back up in your life. Your thoughts guide what experience you get.

You may also now activate the ***Guardian Angel Management*** function

It is a very useful and exciting concept that I've used for several years now.

The Angelic Ishim are the class of Angels from which most of the solar or guardian angels arrive unto humanity from. They are part of the Thrones and Dominions class of Angels. They are considered the angels who give messages to prophets.

## ATTUNE TO DIVINITY

Q. Why might someone need to manage their guardian angels?

A. Think, for a moment, if you will, of several angels around you. Let us say, for example that they were assigned to you at birth. Your early years held certain challenges and as you've grown, you've had different needs in regards to the guidance your angels have provided. Of course, your angels give you just the help you need as your life circumstances change and your growth increases.

Your angels are very protective and loyal to you. They will not leave their post even if you are at a stage in your life where another angel might be better prepared to assist you. Yes, more angels can always arrive, but unless specifically directed from the Creator, an angel will not leave its post. You are priority and an angel will stay with you. You, now that you've grown and become more sovereign in your own life, need to be actively involved in your guardian angel management. Maybe there are some angels who have been with you during some difficult times in your life. Maybe these angels deserve some rest and relaxation, no matter how that situation turned out.

When you activate a Guardian Angel Management session, you are consciously taking part in a meeting with your "team", your team of angels. In this meeting you will be able to consciously thank your Ishim Guardian Angels and invite new angels to arrive unto you. New angels who are especially suited for where you are in your life right now will arrive.

Only after more angels have arrive to fill in any job descriptions will the other angels who want to accept your invitation to go rest and relax, only then will they leave. They may return at a later time, but they are so very loyal that only after others have arrived will they go spend some 'well deserved' time for themselves.

Activate a ***"Guardian Angel Management Session"*** by saying out loud or in your mind: ***"Angelic Ishim, please activate and facilitate a Guardian Angel Management Session NOW!"***

If you are sensitive to subtle energies you may feel some swirling and the presence of your angels more palpably than usual. It might feel like people are standing all around you, when in reality, they are angels, guides and maybe even ancestors.

If you don't feel anything, no worries, this is still working just fine. Whether you feel the presence of your Angelic Ishim or not, it is time for you to consciously give

## ANGELIC ISHIM

your thanks and appreciation for their efforts all these years.

I want you to thank them, and invite in any Angels of Eternal Life, Love and Light who are most appropriate for you highest joyful healing good to arrive unto you at this time. Wait a few moments and then proceed by inviting any Angelic Ishim and other guardian angels who would like some rest and relaxation to step aside when these replacements arrive. It is important to hold in your mind the thought of a vacation or sabbatical for these angels.

These Angelic Ishim have been here for you before you even knew about or believed in angels, thus they are very attached to you. It is said that the Ishim's weakness is being too attached to their humans. They care so very much about you and weep when you are sad. Thus I hope you can see how they want to know that you are not casting them aside. You are simply giving them permission to go take good care of themselves, and to arrive back unto you when the time is right.

Give them permission to work out the details of the shifts or the "schedule" with the Angelic Ishim and other Angels of Eternal Life, Light and Love in the way that is agreeable to them all.

If you are sensitive to subtle energies, the shift in energy will be noticeable. New energy has arrived and will be supporting you in new ways.

Never worry that you will be too far away from the Angelic Ishim that know you so very well. Part of the "meet and greet" of the Guardian Angel Management is a complete update of everything that the angels who are stepping away feel that the new ones need to know in order to take proper care of you. If there was a reason for the new members of your Angelic and Guardian Team to communicate with the ones who are at the rest and relaxation area, they will indeed communicate for you.

Some people have guides and guardian spirits of Eternal Life, Love and Light that are not of the Angelic Lineage. The Guardian Angel Management function will serve to facilitate the same shuffling of who is in your energy Team even if the being is not of the Angelic lineage. Intention matters the most. Since everyone that I'm aware of does have angels around them, I was guided to work with the Angelic Ishim to bring through this energy function of managing our helper in the light.

Some people will choose to call activate this function with the terminology of "**Team Management**" and that will work energetically also. I prefer the term Guardian

Angel Management because it is the key words that I channeled when the energy function was anchored and the Angelic Ishim responded to it.

Please use the Guardian Angel Management or Team Management functions every few weeks. You may choose to activate them more often if you take on a new project or experience a difficult time in your life. Sometimes a shuffling of who is nearby energetically to assist can be beneficial when life changes.

## **Kundalini Awakening**

***Kundalini Awakening*** energy system consists of 3 levels. Each shall be received by an attunement that provides you with a dose of these energies.

Anyone may accept the attunements to this energy system. ***Kundalini Awakening*** awakens your Kundalini to its next highest expression. Wonderful for people at all levels of their spiritual awakening.

Kundalini (kuṇḍalinî, literally means ‘coiled’). This is because it is an energy that remains coiled potential until it awakens and begins to move and rise through your body. It is part of your subtle body, which consists of nadis (energy channels), chakras (energy centers), prana (subtle energy), and bindu (drops of essence).

Your Kundalini energy can help you learn about yourself and actually understand spiritual knowledge, thus gaining spiritual wisdom. It reveals itself in helping people have a more direct or “real” experience with the spiritual realms and that which is spiritual in themselves.

***Kundalini Awakening*** enlivens and beckons your Kundalini energies to arise and move through your body. The actual “awakening” of your Kundalini happens when you and your body are ready.

Kundalini Awakening gently dissolves away blocks or “corks” which currently limit your kindling’s rise up your spine.

Sometimes there are blocks or “corks” in other energy pathways in your body as

## KUNDALINI AWAKENING

well. These could be the initial blocks of being in a physical body, who knows itself to be separate from all that is, until in your spiritual growth you reclaim your Divine Birthright to connect fully with your higher self, soul and Eternal Sacred Source. At other times, blocks or limitations to your Kundalini's rise could be due to traumas.

Any energetic limitations that you are ready to release will indeed drop away. This facilitates a smooth emergence and rise for your Kundalini.

Many people experience the hot and cold feeling of kindling's presence in various areas of their body. Your Kundalini is not limited to the main energy pathways generally associated with its rise. There are millions of smaller energy pathways that it may also traverse. It may also be fortified from Eternal Sacred Source entering by way of your microcosm from the innermost region of your nuclei and DNA.

In this way, the traditional recognition of Kundalini rising only from the root of your sexual genital region and traveling up the spine to join with your head and crown is only one of its many paths.

After your attunements of Kundalini Awakening, you may experience the Kundalini's customary heat move up your spine. You may feel a hot and cold feeling on your back or the backs of your arms. It might feel like someone put a hot pack up to your back, only to replace it with a cold pack and switch back to hot. Your Kundalini energy increases healing. Your blood circulatory system may be better, moving smoother through your veins and arteries.

You might not feel anything at all. Your Kundalini will move through your body when it is ready. It is not wise to rush it. Simply invite. That is all you need to do. You may feel your Kundalini move when you least expect it.

If your Kundalini is already awake, you can look forward to more balance and for your Kundalini to express itself in a new way after this attunement.

### **Some things you may look forward to after your attunement:**

***Sexual Magnetism***

***Self Confidence***

***Spiritual Confidence***

***Your personal energy demands respect,  
and you shall be treated respectfully***

***Clearing of old unwanted sexual imprints from previous interaction***

ATTUNE TO DIVINITY

*Your body will feel safer when you next choose to be sexual with someone*  
*Increased physical strength in fight or flight situations*  
*Increased psychic protection*  
*Increased ability to natural burn away toxins*  
*Increased creativity*  
*Ease of understanding spiritual concepts*  
*Stronger, more real direct experiences with Divinity*  
*Less loneliness as you connect more deeply with yourself and*  
*Eternal Sacred Source*  
*Replenishing arrives and fills you naturally whenever you need it.*

Please spend a few minutes to invite the first level attunement of Kundalini Awakening, to release fully unto you.

Simply say out loud or in your mind: **“I ask to fully receive my Kundalini Awakening Level 1 attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Your attunement will easily arrive to you because Eternal Source is not limited by space or time. Kundalini Awakening arrives to your body and energy fields, dropping away limitation and beckoning your Kundalini into its next highest expression of your Personal Power and Creative Divinity!

You may go ahead and accept your next attunement after you’ve consciously activated your Kundalini Awakening level one attunement 3 times.

Say with strong feeling, audibly or in your mind:  
**“Kundalini Awakening, Activate! Kundalini Awakening, Activate! Kundalini Awakening, Activate!”**

A Kundalini’s first assistance within you is usually that of clearing away old imprints of sexual interaction or abuse. Maybe you did not engage sexually, but accepted lies that other people told you about your body, Kundalini will move through you as gentle and strong waves to cleanse.

Kundalini Awakening may be felt or you may not feel anything. Its expression and awakening is different for each person. It can provide cleansing and healing actions without you even being aware of it. Its emergence into awakening can be slow or fast.

## KUNDALINI AWAKENING

Please note that for some people, especially those who have been promiscuous in the past, the cleansing of your sexual history displays itself with physical toxin release in the form of a bad odor.

If you've not a long sexual history, but experienced sexual trauma or abuse, your Kundalini will assist to clear away those imprints to make you new.

You may experience body odor that is not normal for you.

Please do not be alarmed. This usually lasts no more than 3-4 days.

It is the physical evidence of energetic clearing away of all the touches and looks and words that people said unkind to you, about your sexuality.

These sexual imprints are going away and as they do, the physical cells in your body that held the imprints release the biological chemical components they held. This is very real and you may smell a nasty odor. Simply shower more often and drink more water during the days immediately following your Kundalini Awakening.

If your Kundalini is slow to awaken, you may notice this occurrence weeks or months after you accepted these attunements. Let that be a sign for you, that your Kundalini is cleaning you and do not worry. All will be fresh and new very soon.

This strong cleansing action of your Kundalini for your body and energy fields is complete. You will not experience that odor again, unless you encounter an experience that requires another cleansing.

***Now imagine turning an oven dial up and with your mind, move energy from your genital region over to the base of your spine and upward.***

***With your thought intent, go up your spine to the top of your head and then back down over your forehead down to your genitals in the front.***

***Complete the circuit in your mind by rejoining your thought and the energy where you began. You are giving a path to your Kundalini with your thoughts and practicing moving energy around your body.***

***Eventually, when your Kundalini does rise (if you've never had that happen***

## ATTUNE TO DIVINITY

*before), you can learn how to guide it to move with your thoughts.*

*There are many enjoyable pathways to move your Kundalini around your body. Some people like to send it through figure 8 pathways. Chakras and heart are some popular areas to move your Kundalini energy through.*

*Think of it as a part of yourself that remained dormant until you have grown enough spiritually to responsibly receive this stronger level of personal power. One's sacred sexuality is a strong fuel that has the ability to transform its power easily from one expression to another.*

Please spend a few minutes to invite second level Kundalini Awakening attunement to release fully unto you. Simply say out loud or in your mind:

***“I ask to fully receive my Kundalini Awakening Level 2 attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”***

Now it is time to activate the energy function your 2nd level attunement of Kundalini Awakening entitles you to activate. Say audibly or in your mind with strong feeling: ***“Kundalini Karma Completion, Activate!”***

***Kundalini Karma Completion is designed to zero out inappropriate or unbalanced karmic connections or contracts bringing completion within.***

The region of your body in which your Kundalini resides, coiled up and ready to spring into action for you, is between your root and sacral chakras.

This means that it can be entangled with the agreements and connections you have with your home, tribe, family, sexual encounters, sexual interests and attractions as well as creative expression of all kinds.

Completing karma that we may have with any person, place or situation does not have to be an end to a relationship with any of these.

It may, if that is what is in your highest joyful good. But the relationship is not what is getting zeroed out. The adverse way in which you may be connected with someone is what is zeroed out.



## KUNDALINI AWAKENING

An agreement that is not working for both persons must be recorded as “completed” before a new agreement can issue forth.

Simply to attempt to “clear” or “dissolve” an agreement can be unsuccessful if at the higher levels, the only criteria for clearing or dissolving the agreement is “completion”.

Completion means that all of the criteria have been met, rather than simply to sweep away. Completion is a fulfillment of what is necessary for all to be well. Many times I have used the terminology of “clearing” or “zeroing out” karma, only to find that myself in a similar situation or agreement at another time.

I’ve looked with spiritual teachers who I respect, at soul contract at the higher levels to discern what exact terminology best describes what we are trying to do to fulfill the requirements so that adverse or challenging karma releases its hold. The word in English that we continually see is “completion”.

This helped us to understand that when you just clear out karma, you clear out the current situation. If you clear out karma in all directions of space and time, that is a lot better. However, there are records beyond and between space and time that remain valid.

It is from these records that new situations turn up in your life with similar patterns and karmic requirements. Once again you feel like you are back into an agreement or connection that you don’t want, and desperately want out of.

When you set forth to complete karma you are asking for Special Divine Dispensation for any karma relating to this situation and person to be fulfilled. Fulfilled, complete, is the only way I’ve noticed to avoid an inevitable ping pong effect of having a similar situation show up again.

The information I’ve provided here may assist you in other areas of your life that have nothing to do with your Kundalini.

Today, for this energy function it is issues relating to your connections and agreement that your Kundalini is involved in, that we are invoking completion.

Some people feel resistance when they ask for completion of anything that involves

## ATTUNE TO DIVINITY

a relationship with someone they love or a creative project.

Please be assured that we are only completing the agreements or connections that are not good for you. This is important to understand.

Some of the most unhealthy relationships only improve after completion of Kundalini karma. Karma is simply result of cause and effect. Dharma has more to do with purpose. There is desired and undesired karma.

In the West we tend to use the word karma just for the “bad” undesirable karma. In other parts of the world the words relating to karma are more specific. If you just said “karma”, it would be too broad a term for proper understanding.

If you purposely want a relationship to end, and to be free of all interactions, Kundalini Karma Completion will assist to complete undesirable karma and connections quickly.

It will be up to you to take responsibility to step out of that person’s life if that is what you want to do.

***Kundalini Karma Completion*** will assist you to start fresh because the old “tug” toward the person that was related to karmic agreements and connections will be gone. Please re-activate this energy function often. We create karmic connections and agreements without realizing it.

Say audibly or in your mind:

**“Kundalini Karma Completion, please activate and complete any Karma I have anytime, anywhere, with anyone, any situation or any place.**

**Thank You!”**

Kundalini Karma Completion assists also to complete agreements made between you and your parents before you arrived into physicality.

Kundalini Karma Completion assists to complete agreements you made at anytime from anywhere with your soul or genetic ancestors.

The very reason that Kundalini Karma Completion works so very well is because your Kundalini is a sacred expression of a higher concentration of your personal

## KUNDALINI AWAKENING

energy. Residing where it does in the region of your sacral and root chakras it has authority to unwind and complete agreements made with tribe, home, lineage or sexual interactions. A person's procreation and creative expression is also linked to this area. You may be completing agreements made prior to this lifetime.

Sometimes we make agreements with others before we incarnate. We think that life here on planet Earth will be easier than it is.

Once here, sometimes we realize that the personality aspects of that person which arrived into physicality preclude our completion of the agreement. In other words, sometimes the soul and personality aspects that a person has to work with, as character resources here in this reality are not broad enough to engage with you in the manner that you had agreed to prior to incarnation.

If there is not enough of the person here to cause that person to want to be cooperative or loving with you, then your attraction to the person only causes you distraction or pain in your life. There are times when agreements made prior to life in physicality do need to be completed so as to free both people.

Please spend a few minutes to invite the third level *Kundalini Awakening* attunement to release fully unto you. Simply say out loud or in your mind:  
**"I ask to fully receive my Kundalini Awakening Level 3 attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!"**

If you provide healing work to others using this energy, your own Kundalini energy may extend out from you, in addition to energy from Eternal Sacred Source. Your own Kundalini energy may play an active role in dissolving out the blocks in another person's energy pathways.

Those blocks and "corks" that limit another person's Kundalini rising drop away when they are in the presence of your own Kundalini energy. Never underestimate the power of your own Kundalini energy. This is a power to use wisely. If you do not, it may choose to go back to sleep for a long time.

Please understand that in addition to playing an activate role in dissolving out another person's blocks in their Kundalini's path, your Kundalini may call out to their Kundalini, causing it to awaken.

## ATTUNE TO DIVINITY

Your third level attunement of Kundalini Awakening has the energy function of ***Kundalini Balance***. This is so important.

When I was first considering what energy systems to educate in with the purpose of hopefully awakening my own Kundalini (several years ago), there were people who told me not to. I was cautioned against any attempts to “hurry” the process of my Kundalini’s rise, because some people felt very unbalanced when their Kundalini moved.

If your Kundalini has not been felt moving and rising yet in your life, then you do need to know that it is a powerful feeling when it happens. Your Kundalini is your sacred sexuality. It can have many expressions. From sexual, to creative to pure enlightenment, joining with your higher self, soul and Source to provide a level of bliss you never knew possible.

When the energy of our own sacred sexuality rises to join with our higher chakra energies and ultimately be in unity with divinity itself, our consciousness is expanded. We experience life in new ways!

Along that path, there can be fits and starts. A person rarely experiences the first awakening of their Kundalini to rise all the way to the top of their head.

Your Kundalini responds to your fight or flight response of the hormones your adrenal gland produces. This is important to know.

You need to be aware that your Kundalini will pump energetic power into your bloodstream if you are scared or angry.

You may feel “super powered” whereas before under the same circumstances you may have only felt slightly annoyed or peeved. Now there is a “quick inflame” of the fire power of your Kundalini.

This means that you will have to exhibit more self-control in regards to your words and actions. You have a power that will fuel your words and actions.

Your Kundalini can add the needed incentive and power of energy when you need courage to step out in faith and be confident!

## KUNDALINI AWAKENING

Your Kundalini will be a constant reminder of your Divinity Within and the connection you have to your higher power of light, love and eternal life!

What a wonderful reminder to have such a lively presence aflame within you!

You can transform your Kundalini's sexual energy into creativity with just a thought! Put your attention on the topic you want your Kundalini to attend to and consciously send it into the idea! Your Kundalini will know what to do!

Kundalini Balance energy function can be activated by saying audibly  
or in your mind: **"Kundalini Balance, Activate!"**

I suggest that the first activation be while you are reclined and have about 20 minutes to relax and allow Kundalini Balance to balance your Kundalini energies with you and all of your body. Thereafter you may activate Kundalini Balance with thought intent anywhere you are and no matter what activity you are doing.

Now that your Kundalini can be active, whether you feel it heat up, and move or not, you must be VERY particular with whom you choose to be sexually active with. This advice is most important to heed in regards to physical sexual intercourse.

However, it is also important to keep in mind if you flirt with sexual statements of intent to have intercourse with someone, even if you have never done so in person.

This means that seemingly "harmless" internet or verbal phone sex can be very real to your Kundalini. It will not discern the difference between physical intercourse and the verbal or written reference to it. Kundalini is energy and it will notice the person whom the suggestion to be sexual with is referring to. Several things could happen.

If your Kundalini likes the other person, you may feel a stronger desire to connect with the person in real life. You may even feel yourself "drift" energetically over to the person and start to merge energies with the person.

You may need to "ride herd" on your Kundalini and tell it that we are NOT merging with (name of person). Your words hold power: The power of instruction to your Kundalini of your intentions. Play is not play anymore.

If your Kundalini does NOT like the other person, it will hide.

## ATTUNE TO DIVINITY

It may even go back to sleep. If you proceed and actually have physical sexual intercourse with someone who your Kundalini does not like it may feel like a very flat experience. Much of your sexual energy may be unavailable to you.

It is possible that you may restrict your spiritual growth if you have sexual intercourse with someone that your Kundalini does not like.

This is because once your Kundalini has awakened, whether it is very active, or only a little active, from your own “feeling” perception, it is very entwined in your spiritual development.

You may have been going along fine, growing spiritually and feeling much awareness of the spiritual energies and realms. Then your Kundalini awakens.

Your body integrates its creative spiritual energies into all of who you are. If it goes back to sleep, you will be on “low” spiritual power.

If it chooses to stay asleep, you can still gain spiritual growth and awareness, but your body and being will have to “rewire” itself to go without your Kundalini’s influence and power. Let us speak about another sexual topic: Physical sexual intercourse with someone who you like, and your Kundalini likes. What might happen then? Let us say it is a person who you like, but do not love.

What if it is a person who you don’t have a committed exclusive sexual relationship with and no definite future with?

If your Kundalini is awoken and engages fully while you have sexual intercourse with this person, you bond **VERY STRONGLY** with this person.

There is no way around it for much more of who you are is engaging in the sexual encounter. You bond at so many levels that you two have mingled. You are both different and will continue to be more attracted to one another.

In a committed exclusive sexual relationship where both people love one another, this is a wonderful thing! If you planned a “casual” sexual fling and your Kundalini engaged while you had sex, you will have a much more difficult time staying away from the other person.

## KUNDALINI AWAKENING

If the other person's Kundalini is not awake, this encounter may not have the same life altering effect on that person. Therefore, what is an Earth moving event for you may have simply been a "good time" for the other person.

One can imagine the pain of separation that can ensue in such a situation for you. Why might a Kundalini "like" or "dislike" a person?

Your Kundalini is a much more aware part of your own spiritual sexuality.

It can discern if a person is sexually compatible with you. It discerns, however, from the person's higher self, not in regards to how the person conducts his everyday life here in this reality.

That means that a person could be a superbly excellent candidate for a long term healthy romantic relationship, at the higher-self level, but here, they are not. If here, in this reality the person's actions and attitude are not in alignment with their higher self, you can be in for a terrible surprise.

A person cannot use their attraction to another person, based on whether their Kundalini is attracted to them, as a guide to picking sexual partners and relationships.

The Kundalini, looking from the higher perspective, unfortunately ONLY looks AT the higher self and soul level. It looks not at whether the person is responsible and respectful to others here in this reality and their everyday life.

Be careful, for even indulging in fantasy of being sexual with a person can be taken as intention by your Kundalini. It may engage or hide based on your fantasy. Fantasy is an incredible form of intention and people don't realize that kind of active imagination gives messages to their body and the universe in regards to what you do and don't want in your life.

***Kundalini connection in a loving relationship is very rewarding!***

Even if your sensual partner's Kundalini has not awoken, you will be able to connect in a deeper way with that person when you are sensual and sexual with them. If there is love present, usually your Kundalini will like the person.

Please be prepared to explain what the heat in the other person's groin, when it rises

## ATTUNE TO DIVINITY

up their spine, truly is! This can be surprising to a sexual partner when their own sensations of sexual energy starts rising in a new direction.

Many people are accustomed to how an orgasm feels for them. When one or both partners have their sexuality awakened with Kundalini's influence, life changes! The sexual union is much more intense. The orgasms can be much more intense. It is possible that whole body orgasms may occur.

If your partner speaks of a heat going up their spine, please consciously intend to send them this Kundalini Awakening attunement. YES, even during sexual intercourse. I speak of this because, the presence of your Kundalini energy could have awakened them, but there may still be stops, blocks, corks in their spine and chakras. These corks, stops, blocks limit their Kundalini's rise.

By the simple conscious act of calling upon your helping healing guardians in the Light of Eternal Sacred Source, and intending to send them an attunement to Kundalini Awakening, these blocks can dissolve away.

If you don't do this, the person's Kundalini may not be able to rise properly. Pressure may build up and they may get a head ache or migraine.

Assist the process by actively imagining the energy of Kundalini Awakening and your own Kundalini moving through those blocks dissolving them away.

### **Consciously turning your Kundalini flow up or down:**

Think of a gas oven dial. When you turn up the dial the flame increases. When you turn it down, it decreases. Even when you turn it off, the pilot light is on. Some people, once they finally feel their Kundalini's heat, worry that if they attempt to turn it down, they might turn it off.

No worries, now that it has awoken only it can put itself back to sleep. And this only happens if it is thoroughly offended by your energetic or sexual interaction with person(s) who are not of eternal light or who want to control you. I'm sure that there are probably some other criteria, but these are the main two.

**DO NOT USE THIS ENERGY SYSTEM ON OR FOR A PERSON WHO IS  
UNAWARE OF YOUR ACTIVATION ON THEIR BEHALF.**



## KUNDALINI AWAKENING

I've explained here some of the pitfalls of a person's misuse of their body or energy after their Kundalini has awoken. Please never assist someone's Kundalini to awaken if they did not consciously invite this awakening!!!

The person will have no idea why their temper may flare or their sexual appetites may be sharply increased. Or they may have full body orgasms.

When a person's Kundalini awakens and they are actively involved in spiritual pursuits the sexual energy automatically transforms into enlightenment. Usually it moves through creativity then onward to enlightenment.

Your sexual appetites may indeed increase.

If you are not in a relationship, please have no worries. Kundalini is your personal and sacred sexuality which fuels creativity and spiritual enlightenment.

You can learn to revel in your sexual power as you shift gears transforming its power to creative and enlightening expressions. Intention is key.

If you are accustomed to meditation and prayer, use your sacred sexual Kundalini to strengthen and fuel your meditation and prayer.

Sometimes your Kundalini will rise up your back and sometimes it will seem to just be in your head or upon your crown. All is well! It strives to connect with Divinity, to more of who you are. It will connect with the Divinity Within you as easily as it connects with the Divinity in another person.

It automatically recognized the Divine Within. This is why, if you are sexually active with another person, it will seek to connect to the Divine within them.

Your Kundalini can be used in Tantra practice to connect strongly with another person with or without overt physical sexual connection. This type of connection is stronger than physical sex. This must be understood.

If both persons are spiritually mature and utilize their Kundalini energies to fuel one another's paths in enlightenment such a union can strengthen both.

If both people know how to connect to Source, independent of one another, such a

## ATTUNE TO DIVINITY

joining of Kundalini energies can be healthy.

If one person does not know how to connect with Source on their own, a great dependence on the other person can develop. An abuse has occurred in that situation.

A person must be taught how to connect to Source independent of the other person otherwise a co-dependent relationship develops in such a way that this intense spirit connection is only known through another person. Eternal Sacred Source will respond and be an energy source for each person who sincerely seeks.

### **Punishment Flush**

The idea of being punished for one's wrongs is deeply seated in all cultures. If you have ever been punished there could be imprints of it in your mind and your body. These imprints of punitive action upon you can stand in the way of your self-worth being realized. Punishment Flush easily flushes away the punishment imprints that limit your ability to attract good to you.

Many people think that they “deserve” to be punished even for unkind thoughts. Others have subconscious memories of punishments that happened in other times and places. Bodies hold memories of ancestral punishments.

Punishment means a penalty inflicted for an offense or fault. It can mean severe handling or treatment. Punitive action means inflicting punishment.

*This concept of punishment is well known to persons on planet Earth.*

*Who delivers the punishment varies, depending on what the “crime” is and who is in authority over the person.*

*There are perceived spiritual crimes, sins and transgressions. Doing or thinking something that is against the doctrine or law of a religion is one example of a transgression.*

*The governing persons of your country, town, city or tribe may hand out punishment when laws of the state or the local township are broken.*

*There are also “crimes” that people never commit, yet they feel guilty over the very fact that they want to commit them. People will often feel the need to punish themselves for crimes they might have wanted to commit, but didn't.*

Punishment Flush is brought to help free you from known and unknown limitation

## ATTUNE TO DIVINITY

within yourself. When a punishment is threatened or received by anyone, a message of unworthiness can be received.

This message of unworthiness can be received by your body, mind, or spirit.

In this way, now there is a register, a record of blemish, a reason some part of yourself can point to, saying that you don't "deserve" this or that good thing.

There are benefits of punishment for some people.

It is a way of "making things right".

Without punishment received, many people cannot move past a crime or even a mistake.

They feel that there is a need to "pay a penalty" before they are free to enjoy good things in life.

***If you are a person who has ever made a mistake that you feel deserves a punishment, you could be holding yourself back from receiving all manner of good things in your life.***

***There are many people who, because there has been no one to provide the proper punishment, constantly seek to punish themselves.***

***Often the punishment never feels severe enough, because they are resistant to the punishment, while at the same time, drawn to it.***

***Punishment Flush can release you from feeling the need to be punished for past mistakes, "sins" or "crimes".***

***This will free you to fully engage in life, attracting and allowing good people, relationships and things to arrive into your life and stay with you.***

For some of you, you may be thinking that you would never seek to punish yourself. I challenge you to examine your thoughts.

Have you never given yourself a strong "tongue lashing" through "self-talk"? "Self-talk" is when we talk to ourselves in our mind or audibly.

It is one of the main ways we "beat ourselves up" for not doing something we

## PUNISHMENT FLUSH

planned to, or for not resisting temptation. This is a form of punishment.

Some people call this “negative self-talk”. I think it goes beyond that to a place where we actually inflict harm upon ourselves. I believe that this sort of “self-talk” where we verbally punish ourselves is one of the invisible limitations to success.

True, some people need “negative motivators” where they are more likely to take positive action only when the consequences of not doing so are very uncomfortable. This sort of “punitive self-talk” is one of the ways many people motivate themselves to do things that are difficult to do, yet they know will give positive results.

A little known side effect of this sort of “punitive self-talk” is the reduction of self-worth. While “punitive self-talk” may indeed motivate you to do positive actions while keeping you from acting on temptation or committing a crime, it also reduces your chances of thriving!

This sort of self-talk can be a habit, and so activating the Punishment Flush directly after you notice yourself engaging in “punishing self-talk” is wise. It will flush away the adverse effects of such “self-talk” until you can completely re-train yourself not to speak to yourself in that manner.

**Likely benefits of Punishment Flush may include but are not limited to:**

***Increased Self Worth***

***Reduced or eliminated self-abuse***

***Flushing away of genetic lineage punishment imprints***

***Flushing away of soul lineage punishment imprints***

***Flushing away of imprints which provoke new punishments to be received***

***Acceptance of your Divinity***

***Acceptance of your right to be whole***

ATTUNE TO DIVINITY

*Acceptance of your right to be free*

*Acceptance of the right of others to bestow good upon you*

*Claiming your right to demand respect of others toward you*

*Claiming your right to thrive!*

*Flushing “victim positioning” of undeserved punishment*

*Stepping into your personal power and authority in your life*

In order to activate this Punishment Flush to receive the benefits it shall provide for you, you'll need to consciously accept an attunement to its energies. An attunement or empowerment is a dose of energy frequencies that 'match' the energy of this energy system

Please spend a few minutes to invite your *Punishment Flush* to release fully into you. Simply say out loud or in your mind:

**“I ask to fully receive my Punishment Flush as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Your Punishment Flush arrives in your body and energy fields, providing a “meet and greet” with you. This helps your body acknowledge and “get to know” the energies. Once your body is comfortable with the energy flow, you can activate this flush for yourself. This attunement does not in and of itself give you the ability to send this flush over distance. However, if you've already received training in such skills you may send this Punishment Flush long distance for people AFTER they have given you permission to do so on their behalf.

The Punishment Flush is specifically designed to seek out and flush away undesirable effects of punishment which has already occurred.

This could be punishment that has actually happened to you here in physicality or is perceived to have happened to you.

## PUNISHMENT FLUSH

Perceived punishment experienced in your night dreams, remote viewing experiences or in your soul or genetic lineage. Perceived punishment is that punishment which is perceived to have been experienced by some part of who you are even if it did not occur to you in the form you are currently in.

Say out loud or in your mind: **“Punishment Flush, Activate!”**

It is best to recline and relax for a while when you activate this flush for the first time. The Punishment Flush is an energy that has been designed by Eternal Sacred Source and all of the helping healing guides and guardians in alignment with Eternal Sacred Source.

Every time you activate this energy there are many helping healing energies in the light of eternal sacred source who arrive and work with all levels of who you are. They work with your body and its consciousness too. Each time you activate this Punishment Flush, it can do more for you. Flushes are energy techniques that are to be activated more than once.

This is because only what is appropriate for you to release is flushed away each time. Change, even good change is change. Bodies are not so fond of change. We are here in physicality and it does take time here in this reality for a body to adjust and integrate healing changes.

Trust your body’s wisdom as it works with the flush to release all that is not in your highest joyful good today. Tomorrow there may – and likely will be – more to release. It is a process because we are on Earth.

The areas of you which are not in your body, such as your subconscious, and other parts and aspects of you also receive this flush. Your higher self and soul work with the helping healing ones of Eternal life, light and love to flush away records of punishment that have blocked your path.

For subsequent activations, you can choose whether to be reclined or to activate this Punishment Flush while you are up and going about your day.

There are many times when you will only notice records or memories of punishment while your conscious mind is busy with a task. If this happens, simply activate the Punishment Flush and continue about your day.

## ATTUNE TO DIVINITY

The flush will likely run from 3 to 10 minutes if you are busy. There is a unique relation of readiness to the noticing of a punishment memory, record or feeling. This means that after you've activated this flush, in the days and weeks that follow, you may think of punishments you'd not thought of in years. This is normal. Please do not be alarmed.

Thank your mind and body for showing you this record and simply activate the Punishment Flush. Say ***“Punishment Flush, Activate!”*** Then continue on about your day. The very fact that you do not give much attention to the feeling or memory is fine. You only showed this to yourself so that you could activate the flush and move along.

Talk therapy can take a long time. It is very valuable. Energy work and flushes are a targeted way to assist your body and mind to release records that have been blocking your receipt of complete health and a joyful life.

Talk therapy does work. Combine it with various energy flushes and other energy systems designed to seek out and provide healing in the areas where you've been having difficulty and your life can get better, faster. Please understand that sometimes things seem to get worse before they get better. I speak to you of this because we are all unique beings. When the body and mind both realize that we are being attentive, they may start to show us areas of our life that is not working for us. Whereas prior to this journey of healing you may have been satisfied with a dysfunctional relationship and uncomfortable job, as you move forward and more areas within you heal, you will want full health.

This may display itself as you becoming disgusted with situations and people who you have “put up with” previously. As you get healthier, you may feel that you deserve to be treated better than (name of person) treats you.

You may become uncomfortable enough with your current situation that suddenly you will see the path to make the changes in your life that you did not even realize you needed to make.

Anytime you want as deep and intensive Punishment Flush Session as possible, please recline, relax and activate the Punishment Flush. You will need to then allow time for this to happen. Have some relaxing music playing and / or activate some other energies that are conducive to relaxation and replenishing. That will give you something to do with your mind.



## PUNISHMENT FLUSH

If you'd like to help the process along you can lightly pass over memories or feelings of times you've been punished. **ONLY DO THIS IF YOU CAN DO SO WITHOUT FEELING THE PUNISHMENT ALL OVER AGAIN.**

It is not essential that you review the times of punishment. If you do, it will help the flush to target that specific event. I do not want you to do that if it is particularly upsetting to you to think about the event. That would be counter-productive. Please know that you have plenty of assistance already to flush the imprint of any memory or feeling relating to punishment that you are ready to release today without consciously thinking about it again.

Some people use the memory of being punished to keep them away from doing "bad" things in the future. Please understand that if you feel like you need that sort of motivation, your mind will know that and only the adverse effects of the memory will be flushed. If you really want such a memory as motivation to "be good" and avoid temptation, it will not be flushed.

There is also a '*Punitive Flush*' that you can activate after you've received your *Punishment Flush* attunement.

***The difference is that a Punitive Flush flushes away the blocks to receiving clearance or forgiveness for a wrong for which you've not yet been punished.***

Punitive means the act of punishing or delivering a penalty. I've listened to stories from people over the years and am constantly noticing the places within people who are convinced that they need to be punished for a wrong.

This wrong, "sin", or transgression could be perceived, imaginary or real. It doesn't matter what type of wrong it is, or if it happened in physicality or in the mind of the person only. What does matter is that somewhere it got recorded in the person's mind and body as a wrong that must be punished before the person can redeem themselves.

Ah! Many a person would now say that that is what forgiveness is for – to swoop in and forgive the person, wiping the slate clean so that they can move forward freely in their life.

This is the reason that forgiveness is not accepted by many people.

## ATTUNE TO DIVINITY

There is a recorded imprint that will not release forgiveness because the person is not open to forgiveness. Now, here is an area we need to be compassionate with ourselves and others.

Forgiveness could be desired at the conscious level. However, if some part of our being is resistant to forgiveness, because we have not yet been punished for our wrongs, it will not be accepted.

***Forgiveness can be given by whoever we perceive God or Goddess to be.  
Forgiveness can be given to us by those we love or by those in authority.  
Forgiveness, even highly desired forgiveness will bounce off of us in the areas that need it most, if those parts do not feel worthy of forgiveness.***

In this Earth reality that has been in a karma game, the idea of the necessity of punishment before redemption can be granted is prevalent. This means that many people believe in redemption, leading to forgiveness, only after punitive action has been received. This idea is so prevalent that Jesus Christ of Nazareth allowed himself to be crucified so that people would have someone to point to and say, “He took our punishment for us! Now we can be redeemed and accept forgiveness and eternal life!”

Christians often still do not accept forgiveness for what they believe they have done wrong. It seems too easy, to allow another who lived before they were even born, to have already suffered for their wrongs, “sins”.

Others feel that simply by being alive they’ve done something terribly wrong. They may not even be able to point to what they’ve done wrong, it is just a feeling. Sometimes this feeling comes from the body which has received messages from the human genetic lineage about being “sinful” just because it was born. Some religions actually teach that concept.

Just because people have believed in “original sin” in sufficient quantities, it has become a real thought-form that can affect the body’s belief about itself.

The incarnated soul (the person) in the body doesn’t even have to believe it!

This is one of the reasons I believe that the more extreme religious sects that employ self-flagellation as a rite of cleansing away sins, are popular.

## PUNISHMENT FLUSH

Many people believe that until they have suffered for their wrongs or inadequacies, that they are not worthy to be happy. Even being of the perceived wrong sex is enough to make some people want to be punished.

So for all of you out there, who have not received the punishment they feel they deserve, please activate the Punitive Flush!

No, it will not punish you. Chances are that you either have already sought out self-punishment and notice that it takes more and more extreme punishment to feel absolved of your guilt or redeemed of your inadequacies.

This means that punishment hasn't been entirely successful for you or you really don't want it anyway. Either way, the Punitive Flush seeks to flush away the need to be punished. Can you imagine how free you are going to be when there is not a need to be punished?!

For any of you who are quickly scanning this section, and are ready to dismiss the need to activate the Punitive Flush, I ask you "Have you ever talked unkindly toward yourself?" "Have you ever used punitive self-talk?"

If so, I propose that you try activating this flush as a preventative measure.

Say audibly or in your mind 3 times: **"Punitive Flush, Activate!!"**

There is no reason to review the ways in which you would seek to punish yourself. Please consider the Punitive Flush as the action you can take instead of punishing yourself or getting someone else to punish you.

So many people will self-sabotage good things in their life if they don't feel like they deserve it. You may wish to examine yourself honestly to notice where you may have sabotaged a healthy relationship or job.

You may not consciously be trying to self-sabotage good things in your life. Notice that your inner patterns may have caused you to say or do things that offend people or get you into trouble at your job.

Maybe you are too passive and the sabotaging patterns are those of doing everything for others. These patterns may cause you to feel as though you cannot do anything

for yourself.

*I believe that the Punitive Flush is a great key to breaking patterns of self-sabotage. Many of us are not aware of the ways in which we may self-sabotage good things from happening in life or staying once they do arrive.*

## **Resentment Flush**

With Emotional Healing Balm and Confidence Builder

Resentment Flush will free you from the resentments that have already built up within you. You will be able to think clearly, make proper decisions with ease and speak your mind with centeredness and strength. When Resentment Flush is activated regularly, it will flush away any resentment that you feel so that it will not accumulate in your body and emotions.

Resentment is one of the main emotions that can hold people back from intimacy and cause emotional alienation from your mate, family or friends. Don't let resentment keep you away from being close to the people you love. Resentment is toxic to our body and our connections with other people. It builds up in places within our body that we may not even notice until its residue is so thick that situations which would not normally distress us are met with an emotional explosion.

Other people 'shut down' emotionally when too much resentment builds up inside about what "has to be" done which should not have been their responsibility. Yet still we do those things because they 'need' to get done. Oftentimes the anxiety may be for a child or pet that we are caring for, when others 'should' have been helping you but are off doing whatever they want to do instead!

Maybe someone said that they would do something, and did not do so. This is also a very common reason for resentment to be felt by you.

The reasons for resentments are as numerous as the people on this planet who feel this emotion. However, sometimes it isn't easy to recognize the signs of resentment build up until it has gotten so thick and crusty that we are in a prickly mood for 'seemingly' no reason at all.

## RESENTMENT FLUSH

Please accept your *Resentment Flush* attunement by saying audibly or in your mind: **“I now call in to fully receive my Resentment Flush as founded by Mariah Windsong and made perfect by Eternal Sacred Source.”**

Fully activate your Resentment Flush by saying out loud or in your mind: **“Resentment Flush, Activate!”**

Allow a few minutes to pass while you remain willing to allow the resentment to spin away from you, being flushed completely away.

The purpose of Resentment Flush is to flush away the resentment. Many people wouldn't even want to let go of their resentment, for it motivates them to say things that need to be said to people who have offended them. The problem with using resentment as motivation is that it clouds our ability to be heard clearly. We might be upset about small things and not even get to the topic that has brought about the resentment in the first place.

Once we start talking about the topic, to a person towards whom who we feel resentment, it is easy to become emotional. The other person might simply feel defensive due to our 'tone' and not hear the all-important words we are imparting.

After you have accepted your Resentment Flush, the next function in this energy system is Emotional Healing Balm. Chances are that you have also felt pain mixed with resentment. Pain, when strongly in emotions can also make it difficult to clearly convey what we need to say to another person. The pain shows through and the other person sees the resentment more strongly than they hear what you are saying. Yes, there are times for a person to know that you experienced pain due to their actions or inactions. However, it is usual that such knowledge, conveyed in an emotional tone, is brighter than the information about what you want a person to do or not do in the future.

You want to gain agreement here, not simply have someone say “sorry,” and yet not have a clue about what their future actions should or should not consist of. By activating the Emotional Healing Balm you can gain your composure and be a more commanding presence so that the person will be compelled to hear the meaning behind your words, not just see your emotions.

Say out loud or in your mind: **“Emotional Healing Balm, Activate!”**

## ATTUNE TO DIVINITY

For those of who shut down their emotions in the face of resentment and the pain it has brought – people may also shut you out if they feel detachment when you speak. Emotional Healing Balm will tend to your emotional pain so that you can be centered and approach this person in the manner that is consistent with the core of your relationship with them.

Confidence Builder! Now you can receive a boost of confidence so that you don't need to use resentment as a motivator to speak to the person towards whom you are feeling resentment.

Say out loud or in your mind: **“Confidence Builder, Activate!”**

It is usual that a good way help be sure that the situation won't repeat itself, causing additional resentment; is to speak to the person whose actions or inactions caused you the initial resentment. Sometimes this is not possible, either because there is not a line of communication open with this person, or they aren't still on planet in a body.

In those instances, I highly recommend that you speak to their Soul. Simply ask your helping healing guides and Angels to be present with you and take your statement to the person's soul. You speak to them as if they are right there, and know that your words will be taken to them. This way you can say what is on your mind and know that it is received by them, at some level.

There are other times when the person is physically present with you, and it is still a good idea to speak to their soul, before you speak with them in this reality. Sometimes that can drain additional painful emotions away so that your words will be heard clearly and without the hurt caused by the resentment.

Once you are right there, ready to speak with the person whose actions or inactions caused your resentment, focus on the topic and state your expectations of future behavior. Be clear and remember that the results you seek from this conversation are about agreements for future behavior.

It is important to speak in a manner that is educational only. You are not trying to make them feel bad or to chastise them. Intend that their own conscience will do any chastising that is required. You DO want to make the person aware of what opportunity was missed or additional work you had to do, or any other consequence of their actions or inactions.

## BLOOD CARE

If the resentment had been from a person ‘not’ doing something, and an opportunity was missed for you or the family, speak about that. Or if the person’s inactions caused someone else to miss an opportunity or for the family to have to pay more for something, tell them.

After you have gained the agreements you want, now it is time to speak about the resentment that had built up.

Tell the person how their actions or inactions adversely affected you.

Speak about all the extra work you had to do because they “didn’t” and “little Johnny still had to eat supper” or “the cats needed to be fed” or “the clothes had to be washed and taken to your mother.” Speak about what activities or responsibilities of your own you sacrificed doing, just because that person left their own responsibilities undone.

Thank the person for their agreement to do or not do \_\_\_\_\_ in the future and assure them that you won’t let the topic go this long without speaking up in the future. Then ask them if there is anything that you have done or not done that has caused them discomfort. Be open to listening to their responses. In this manner you will keep two-way communication open.

If you did not gain an agreement from the person, still congratulate yourself on the courage to speak to them. You have learned much from this interaction about both yourself and the other person. Life is a journey and even if you didn’t receive agreement and satisfaction today, there is tomorrow.

Please activate all three energies that this energy system contains regularly for best results. You now have access to activate these anytime!

***Resentment Flush, Emotional Healing Balm and Confidence Builder!***

## Blood Care

***Blood Care*** cleanses your blood and removes genetic maladies in your blood’s DNA. Other functions include ***Paternal and Maternal Genetic Weakness Flushes***. That is to attend to concerns arising from your mother and father’s sides of the family genetic line going back seven generations.

## ATTUNE TO DIVINITY

Any previous forms your spirit has been in can bring genetic incompatibilities that can also be flushed away. You can also be infused with the genetic strengths you may have had in other incarnations that are beneficial to you now in this lifetime, while in this physical body.

***Blood of Life Infusion*** has arrived from the Creator Goddess manifestation just as She individuates from Eternal Sacred Source.

***My Blood*** is an energy function for anyone who has received a blood transfusion and which assists to transform the foreign blood into yours.

Spend a few minutes to invite the 1<sup>st</sup> level attunement of ***Blood Care*** to release fully unto you. Simply say out loud or in your mind:

***“I ask to fully receive my level 1 Blood Care attunement as founded by MariahWindsong and made perfect by Eternal Sacred Source, NOW!”***

Your Blood Care energy system flows into your body and blood stream, meeting and greeting your blood cells and your body’s consciousness. Now that you have paused to receive your attunement, you have the right to call upon and activate your Blood Care energy functions.

Firstly, it is wise to activate your ***Blood Care Session***. This is an energy session that is provided by the CARE Team. CARE means: Calling all Responsive Eternals. The clarification here is that it is all beings who are dedicated and in alignment ONLY with Eternal Love, Light and Love energies that are allowed to arrive and facilitate your Blood Care Session.

Find a quiet place where you won’t be disturbed by phone or someone walking in and wanting your attention for about 15-20 minutes. Then recline and relax.

You can listen to relaxing music if it helps you relax more.

Then say out loud or in your mind: ***“I call all responsive light, love and life beings of Eternal Sacred Source to give me a Blood Care Session!”***

Think about your blood being cleansed of all impurities and any toxins. These sessions have been reported to feel slightly lifting as well as refreshing. I find the sessions to be like a mental “clear button” as well as giving me more energy for the remainder of the day.



## BLOOD CARE

Your next energy function that you may activate immediately after your initial Blood Care Session is designed to remove any diseases or maladies that you may have a genetic predisposition to. This attends to genetic concerns arising from this lifetime. There are a lot of environmental or industrial exposures – coupled with other factors – that can cause a person’s genetic instructions to be distorted. Adverse karmic effects are also attended to when you use the ***Genetic Malady Removal*** energy function.

Say out loud or in your mind: **“Genetic Malady Removal, Activate!”**

***Relax and allow Blood Care’s Genetic Malady Removal energies to drop away any distorted instructions within your blood’s DNA structure. This usually only takes a few minutes each time you activate the function.***

Reactivate this function about once a month, or more often if you are unwell. Now, in these next two functions of Blood Care genetic weaknesses, arising from your paternal and maternal sides of the family, are attended to.

Please understand that all actions of Blood Care, Blood Care Session and any of its functions are under the authority of your higher self, soul and Eternal Sacred Source. This means that not I, not your teacher and even you won’t know what genetic weaknesses or maladies can be dropped away.

There is no way to know what illness or diseases will be prevented or healed or if there are any adverse experiences that you, at any level have agreed to, for learning purposes. I believe that Blood Care and any Eternal Love, Light and Love energy system can help a person feel better and gain wholeness.

I believe that many – if not most – diseases and illnesses will heal faster with the use of energy systems such as this one. I also know that sometimes things are decided prior to birth and from places that we can’t access from here.

That is to say that there are some things that are not going to be prevented nor completely healed, no matter what energy system is used. Now, the key here – and this is vitally important for you to hear – is that most situations can and will change for the better with the use of various eternal energy systems.

Each moment you are making new decisions, more lessons are learned. That means

## ATTUNE TO DIVINITY

that in each new “now” moment, that which was previously not allowed, or only possible can now become a healthy reality!!!

This is another reason why frequent use of energy systems is so very important. That which appeared impossible mere moments before can shift and miracles can happen!

Human bodies are comprised of the genetic history of both parents’ lineages. Mystical studies and spiritual scrolls often speak of 7 generations back in a lineage in regards to “sins of the father”.

As a result, combinations of genetic material accumulate and are responsible for the current genetic condition.

Therefore we are not speaking here of the “sins” as in disobeying a law; we are speaking of the actions of the parents resulting in various genetic combinations in their offspring and descendants.

This energy system does not attend specifically to the emotional or karmic consequences of anyone in your genetic lineage. We are simply looking at the combination of genetic material and how it contributed to the genetics you have in your body today.

Please do not attempt to flush 7 generations of genetic weakness at once. I suggest that you activate each of these flushes 8 times, on different days please! It is possible that if you were to attempt to flush 7 generations of genetic weaknesses away in one day, that the clearing effects may be too strong to be experienced in a gentle way for your body.

Please activate these functions one generation at a time, followed then by an additional activation directed at any additional generations that need to be flushed.

Blood carries much coding from parents and is one of the first areas of our body to become "stressed", especially when parental patterns are not the patterns we have grown to choose for ourselves.

The *Paternal Genetic Weakness Flush* and the *Maternal Genetic Weakness Flush* are very strong and effective flushes.

## BLOOD CARE

Say: **“Paternal Genetic Weakness Flush, Activate!”**

Allow a few minutes to pass. Sometimes all is complete in just a few minutes. If you don't feel anything, allow 3-5 minutes before continuing.

Say: **“Maternal Genetic Weakness Flush, Activate!”**

Allow a few minutes to pass. Now you may continue on with the next energy functions. Return on another day to repeat the above functions.

Now turn your attention to thinking about your existence! Ah, the very fact that you are here in a body, on planet Earth does not preclude the possibility that you have been in another form, at some other time.

Unless your soul was created for especially for expression here on planet Earth, then it is likely that you have existed prior to this incarnation.

That means that you were somewhere and may have had some form. You may have had a physical form of some kind. That form probably had genetic weaknesses and genetic strengths.

If indeed you've been in a physical form prior to this life then both the strengths and weaknesses of your previous physical form are likely to impact the body you are currently in.

Being the incarnated soul in your body, DNA imprints arrive with you. Your body responds to any active DNA data, be it beneficial or detrimental.

This DNA data is usually about various experiences you've had in other places and times, skills and attributes that you've honed before this lifetime and yes, genetic strengths and weaknesses.

A genetic quality that was highly beneficial when you were in a previous form may not now go so well, together with the genetic combination of the body you have now.

That is why these functions are so very important to flushing away the data that doesn't belong and retrieving data that could be really useful!

## ATTUNE TO DIVINITY

Data, DNA information, when we are speaking of genetics, is received as instructions by your body. If those instructions are in any way incompatible with your current human body form, health problems arise.

The ***Previous Form Genetic Incompatibility Flush*** is designed to flush away the “active” DNA data that is incompatible with your current physical form. If you’ve ever been in physicality before the body you are in now, in any incarnation, place, time or space, imprints of that DNA form arrived when your spirit arrived into this body.

Any active DNA imprint will be received as instructions by this human body that you currently reside in.

The function of this flush has appeared to me as being more of a “shutting off” of any previously “lit up” or active DNA instructions that are incompatible with a person’s current body, rather than a flushing away.

It is that people are accustomed to the energy function of a flush and since we are indeed “flushing away” the incompatible active instructions the “flush” name of this function is applicable. When you are ready to receive the benefits of this function, say out loud or in your mind:

**“*Previous Form Genetic Incompatibility Flush, Activate!*”**

If you feel that somehow a physical form you may have in the future or that you inhabit in your night dreams or spiritual journey time, is adversely affecting your human physical health, use another function also.

Say: **“*Other Form Genetic Incompatibility Flush, Activate!*”**

There are people who routinely leave their body during their night dreams or experience shamanic style spiritual journeys and consciously enter another type of body. Sometimes this is not a human body.

Sometimes it is not a type of body that would be recognizable as originating upon planet Earth. Sometimes it is a genetic form whose active DNA instructions just aren’t compatible with human DNA.

## BLOOD CARE

Activate your ***Other Form Genetic Incompatibility Flush!***

If, when you awaken in the morning, your body feels bombarded with physical DNA instructions that would yield adverse results, simply activate your ***Other Form Genetic Incompatibility Flush!*** Within moments you will likely feel better. Your body will certainly be calmer and more centered.

The next function I am thrilled to present to you here is one that is designed to bring you an infusion of any DNA instructions that will be beneficial to your current physical form.

It is possible that various skills and attributes that are of physical dexterity will arrive and open up for you also.

Say: ***“Previous Incarnation Genetic Strength Infusion, Activate!”***

The energy of this function feels fantastic! If you aren't sensitive to subtle energies, the benefits of activating this energy function (whenever you think of it) will likely arrive in the next days, weeks and months. Simply the addition of supporting and strengthening DNA instructions lighting up will be well received by your body.

***Blood Care level 2*** provides you with an increase of Blood Care energy flow in strength and access to the functions of ***My Blood*** and ***Blood of Life Infusion***.

Call in your 2<sup>nd</sup> level Blood Care attunement by saying out loud or in your mind: ***“I call in to release perfectly to me, my Blood Care Level 2 attunement, Now!”***

Spend a few minutes relaxing and intending for the energy to flow to you and be well received as a “meet and greet” for your body. Now that you've spent a few minutes receiving your 2<sup>nd</sup> Blood Care attunement you have access to call upon the functions of ***My Blood*** and ***Blood of Life Infusion***.

***My Blood*** is a wonderful energy function that will assist your body especially if you've had a blood transfusion to transform the foreign blood into your blood. Each person has their own energy signature and genetic DNA data in their blood. When blood from another person enters your body, its energy vibration may be uncomfortable or strange for you at first.

## ATTUNE TO DIVINITY

People have reported that after a blood transfusion they feel ungrounded. If a person is sensitive to subtle energies they may react to situations as the person whose blood they now have flowing through their veins would have reacted. This is likely very different than the way the person would have responded to a situation if their blood was all their own. This is because a person's energy signature carries with it an imprint of emotions and reaction patterns. Over time all persons who have blood transfusions will eventually reconstruct the donated blood they've received so that it vibrates to their own energy frequencies!

This, however, takes time. The My Blood function will reduce the time it takes for your body to transform the "new" blood into your own energy frequency. Therefore "My Blood" literally means your blood!

I worded it and infused this energy function in such a manner that you can say it from the first person. If you are doing energy work on another person you would still intend that "My Blood" function activates perfectly for them. You may want to say "Activate John's Blood perfectly for him!" In such a way you are indicating that you want all of John's blood to vibrate to his own vibration, perfectly.

Say out loud or in your mind: **"My Blood, Activate!"** anytime you have received blood that did not originate inside your own bones and body. The My Blood function is also a great way to help your body to update whenever you've been doing a lot of emotional clearing.

That is an instruction for your blood's energy signature and emotional reaction patterns to update to that of yours. You, the incarnated soul's current emotional response patterns rather than what it was prior to now!

You would say: **"My Blood, Activate and update my emotional responses!"**

To attend to any adverse or confusing responses your body may be having to foreign blood DNA after a blood transfusion, you would want to activate the ***Other Form Genetic Incompatibility Flush***.

This attends to the incompatible DNA instructions that are found in the donated blood you have now received. If, let us say for example, the blood you received is indeed compatible with you, all the way down to the DNA level, it is still foreign. There is a need for it to be integrated and transformed into your own blood.

## BLOOD CARE

It is still strange and new for your body – and bodies are very protective. Activating this energy function will speed up the integration of the new blood. Say: **“Other Form Genetic Incompatibility Flush, Activate!”**

Usually this flush works quite quickly and you can resume your daily activities or move on to activating another energy function within minutes.

***Blood of Life Infusion!*** While in deep meditation, there arrived unto me Creator Goddess energy that lifted her wrist and from it poured blood into a goblet which she presented unto me to drink. I’ve never been fond of any blood drinking –in thought nor actuality. Thus I paused in my mind, even though I knew blood was only symbolic of the energy She was offering me.

She beckoned further and I accepted this eternal life energy that had the form of blood. The moment the liquid touched my tongue, I wanted more and drank greedily. The sensations of revitalization that moved through my entire body and being is beyond words. Uplifting, fortifying and supporting.

Activate your ***Blood of Life Infusion*** energy function by saying out loud or in your mind: **“Blood of Life Infusion, Activate!”**

Imagine liquid blood of life being poured into a glass for you and drink it into your body, feeling its life pulse within you, uplifting, fortifying and supporting you from the inside, through and through your body and being. If the idea of blood drinking isn’t appealing, think of its energy symbolism.

After energetically ‘drinking’ Blood of Life Infusion I felt invigorated and totally replenished. Subsequently I’ve been seeking to know “who” exactly presented this gift to me in a form that I can pass on energetically to other people as the energy system of Blood of Life.

She is seemingly determined to stay out of reach of definition by names humans can point to! I feel that Feminine Divinity of Creator Goddess energy that is prior to being separated out into the energy streams humans know of by various names.

If I could describe her presence I would say that She is the Creator Goddess just before individuating out of Shekhina (Holy Spirit), into Juno, Saraswati, Kali, and Innana.

## ATTUNE TO DIVINITY

There are many Goddesses who embody the feminine Creator Goddess energies of Eternal Sacred Source. I limit not the form from which Blood of Life has arrived unto us. The Goddess manifestation you are most familiar and comfortable with can be thought of and thanked for Blood of Life.

There is a theory which purports that while male gods usually incarnated for one single function, there are female goddesses who make up a synthesis of the three functions.

***Purity***: she is the means of purifications and helps  
the conceiving and realization of ***pious thoughts***.

***The Immaculate***, state of being without blemish or stain, pure: Anāhitā

***The flow of wetness***; liquid movement smooth and plentiful.

***The Wet***: Aradvī

***The Strong warrior protector*** by the ***destroying of oppositions***.

***The Strong***: Sūrā

Appreciate and accept these qualities from the Goddess for you this day and every day that you activate your Blood of Life Infusion! Blood of Life Infusion is an energy infusion of the Life Force of Perfect Divine Blood.

Blood Oxygen Increase will help your blood cells carry and deliver more oxygen.

Say out loud or in your mind: **“Blood Oxygen Increase, Activate!”**

Healthy Red Blood Cells are the hallmark of health in many other areas of your body and Blood Oxygen Increase helps your Red Blood Cells hold more oxygen. It also helps them absorb more oxygen even when there is a reduced quantity of air present to receive the oxygen from.

## Connective Tissue Service

Consists Of:

***Inflammation Reduction Ray***

***Muscle Mender Ray***

***Tikkun Shakti***

***Dissolver Shakti***



## CONNECTIVE TISSUE SERVICE

*Ethereal Fascia Massage*  
*Trigger Point Treatment*  
*Healthy Tissue Enhancement*

To receive the attunement; say **“I now intend to receive the  
Connective Tissue Service attunements founded by Mariah Windsong,  
made perfect and released unto me by Eternal Sacred Source.”**

Your one attunement does attune you to all of the service assistance listed above. When you are ready to work with these energies, you can activate them in any order by their names.

***Please be comfortable and open to your body being worked on and helped by beings and forces of the Divine that you might not be able to see.***

Your Higher Self and inner wisdom knows if this energy system will be right for you now. There are safety guards built in that will stop this system from working if you are not ready yet upon your life path to receive it. This is simply because sometimes a person's body would be scared to receive help from beyond this time space reality.

Only complete benefit to all parts of you is allowed, therefore I do not know if this will work for you or not. I can only know to say that when it does become active for a person, it is so wonderfully helpful. Sometimes all of the above service assistance is active, sometimes only one or a few. All is ok. If this is not for you today, you may keep it and bring it out to try another time. You were drawn to this document, and so it is either for you some day, or to pass along to another person.

***The Inflammation Reduction Ray and Muscle Mender Ray*** requires your attention for them to continue to run. Use it for as long as you feel it necessary or until the energy stream stops, usually in 5-10 minutes.

***The Tikkun Shakti*** will continue to work until this one session is complete, without you consciously keeping your mind attentive upon it. Tikkun means repair in Hebrew and this is for repair within your body.

***The Dissolver Shakti*** follows instruction, in alignment with Divinity. Think about what you want dissolved before you ask the Dissolver Shakti to activate.

***Ethereal Fascia Massage*** is done by people who have passed on who used to be in human physicality, who were trained in and who used to do Fascia Massage. Each one who arrives to you will be approved by your own personal Angels and Guardians in the Light of Eternal Sacred Source of Love, Life and Light. Fascia forms a vast network throughout the body, and surrounds every cell. It also includes the tendons that join the muscle to the bone, as well as the joint capsules and ligaments. Fascia contains numerous nerve fibers and sensory receptors.

You recline and tell, as you would talk with a friend, these ***Ethereal Massage Specialists*** how much time you are giving to this session. Then relax and allow them to work with your body. You may feel the sensation of hands touching you and massaging you. You might not actually feel anything.

You might become quite sleepy and relaxed. Always tell your ***Ethereal Massage Specialists*** if you need to be focused and alert soon after your session is complete. Otherwise you may go into a long healing sleep!

Then activate the ***Healthy Tissue Enhancement*** as you would an empowerment. It is excellent to activate this as often as you want to, because it reinforces the positive healthy state of being for your body consciousness and your connective tissue.

### ***Trigger Point Treatment***

Trigger Points are areas on or around muscles that are tender and constricted. Pain is either located at the trigger point or radiates out from there to other body areas. It is not necessary to know where the trigger points are for the physical pain you may be experiencing.

Chiropractors and some massage therapists will use ***Trigger Point Treatment*** in their practices. The treatment consists of slight to medium pressure applied for a few to 60 seconds on the trigger point. This provides an energy ‘release’ for the trigger point that was holding tension or the memory of trauma. The release of a trigger point eases pain wherever it was radiating to in the body. Now the trigger point is not tender to physical touch, it has been released. When you are ready to receive your Ethereal Trigger Point Treatment it is important to notice any area(s) of pain, ache or tenderness that you want to be eased.

Designate mentally or verbally the length of treatment you are requesting, in 10 minute increments. Intend for your ***Trigger Point Treatment*** to begin. As many areas as your team deems reasonable, will be worked on during your ***Ethereal***

### ***Trigger Point Treatment.***

You may intend to activate a ***Trigger Point Treatment*** for another person. However it is necessary to remain in a meditative state, holding intent for the person's relief during the entire session. If you stop holding intent, the treatment will end. This is mainly for self-healing; therefore using it for others requires attention to their wellness.

***Connective Tissue Service*** is a self-enrichment system and is not intended to treat any disease or illness. If you are unwell, please go immediately to a properly licensed professional.

Some of the ***Connective Tissue Service*** functions will run when you activate it for other people. You do not channel these energies. You can activate them for people and lightly keep your attention to the fact that you are holding a sacred space for these energies to work.

Many of the assistance services here are provided by Shakti (Divine Intelligences) or other Light Beings or people who have passed on and used to be in human form here on Earth. For those services, they will work to completion without your attention upon them.

It is the Rays and energy fields that you need to hold your focus, albeit lightly, upholding health and wellbeing for the person you want these energies to work with. This system is much more effective when used for 'self care' by people who are truly ready to work directly with the Forces of Divinity that bring these gifts to us.

## **Bone Care**

Our bones give us the ability to have an upright structure and support our muscles while providing a safe place to house our organs. Bone Marrow is the birthing place for blood cells which carry oxygen to every cell for life. This Bone Care energy assists your bone marrow to be healthier and cleanses any karma related to your bones. An energy function helps your bone density to increase.

## ATTUNE TO DIVINITY

Please spend a few minutes to invite your of **Bone Care** to release fully unto you.

Simply say out loud or in your mind:

**“I ask to fully receive my Bone Care attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

When you activate Bone Care energies, you will be activating the general energies of this energy system. They are helpful and beneficial to use on a daily basis. When you want to work deeper, or with just a specific area relating to your bones, please activate Bone Care energies, then move on to activate the individual energy functions as they are listed in these pages.

Say audibly or with strong feeling in your mind: **“Bone Care, Activate!”**

These energies can be activated when you are relaxed and reclined, or when you are up and about in the middle of your daily life activities. You will always receive a more intensive session when you are reclined and relaxed. This is because when we are moving about, our muscles and structural system must hold us up. Whereas, when we are not requiring our body to be upright, it can relax and receive the full influx of energies and restoration.

Bone Care energies will usually remain activate for as long as you keep your thoughts upon the idea of wanting to receive, unless you have already received all that is proper for your body on that day.

***Bone Karma Cleanse*** is an energy function that brings Eternal Divine energies to cleanse you of any karma that has adversely affected your bones.

The Sanskrit word karma literally means “action”. In Buddhism, however, karma mainly refers to one’s intention or motivation while doing an action. In the West, the word karma is often used for the results of karma; the Sanskrit words for the effects or results of karma are ‘vipaka’ or ‘phala’.

Undesirable bone karma is often a result of things that happened with our physical genetic ancestors rather than our soul lineage. When people think of their own soul lineage and aim their karma clearing at their soul level or past lives, the effects of our genetic lineage’s karma are not taken into consideration. This is why Bone Karma Cleanse is useful for most people.

## BONE CARE

Say audibly or in your mind: **“Bone Karma Cleanse, Activate!”**

Allow a few minutes to pass while the energies flow for you. It is working for you whether you feel the energies or not. Simply be open to releasing any karma in your lifetime, any karma in your family’s genetic lineage and any karma in any other lifetime you may have had. After a few minutes, you can go on to activate the next energy function that your attunement to this Bone Care energy system has given you the authority to activate!

***Structural Alignment*** is designed to align the energies of your physical structure to your Highest Divine Blueprint. This is really a wonderful energy function that enhances your physical structure in such a way that you can make the most of the physicality you are living within. If you have any problems with your bone structure this alignment can ease aches and pain.

Maybe you already have a strong physical structure. This alignment can enhance it further, in alignment with the Divine Plan that is best for you.

Activate with intention while you are fully reclined and have already spent a few minutes relaxing.

Say audibly or in your mind:  
**“Structural Alignment, Activate!”**

There are many people who have felt this structural alignment work in a manner similar to receiving a chiropractic adjustment. I don’t know what specifically it will do for you. I do know that it is working whether you feel any energy flow or not. There are many levels of your being and alignment at the higher levels will result in alignment here in this reality. Sometimes it is necessary to activate this alignment daily for a week or more in order to notice results here in this reality. Thereafter activate as your inner guidance directs or about once every other week if you have no inner instructions.

***Optimal Bone Density Field and Ideal Calcium Concentration are two energy functions that have been in use by many people since I channeled them in 2008.***

I would focus intent upon my hips after activating the Optimal Bone Density Field and Ideal Calcium Concentration. Optimal Bone Density Field was made for hips

## ATTUNE TO DIVINITY

initially. Then I saw that I could move the entire energy field to expand down my body. It is my favorite part of this energy system!!!

These are two different kinds of energy. I recommend that you activate the Optimal Bone Density Field first then add in the function of Ideal Calcium Concentration. Start in one area of the body and then imagine moving a wand or an energy field emitting tool over your body. You may choose to put yourself into a sarcophagus, or other sacred chamber that shall emit the Optimal Bone Density Field throughout your entire body. Some people like to think of being in a tanning pod or bed. Think of the place you consider to be healing and sacred, a place that supports you completely and has your Eternal wellbeing as its foremost priority.

People who are sensitive to energy may notice that this energy field has a 'lifting' quality to it. It feels buoyant as it works for you! Don't worry, if you don't feel anything, simply activate it and move it to cover your entire body or focus on a particular joint or bone. Then let it run for a few minutes. That is all there is to it!

Some people have reported ease of hip pain and better results from bone density tests a month later.

Say audibly or in your mind: **“Optimal Bone Density Field, Activate!”**

People who have received this attunement have reported colors and waves of energy that are very enjoyable. This energy seems to have a pulsating feel to it. Others who are clairvoyant noticed the wands that moved over their body emitting this fortifying energy. As it has been noticed that a brush type of tool would ‘touch up’ areas of the body that needed more care, you may want to actively invite and visualize, in your mind’s eye, this technique. Our requests are granted easily when we are in a sacred healing moment and give our Helping Healing Ones of the Eternal Light of Sacred Source the opportunity to work with us.

Say: **“Ideal Calcium Concentration, Activate!”**

Another reason this one is so important is that calcium is to be absorbed in certain areas of the body. A person does not want calcium deposits in the wrong areas such as certain areas of the joints or in the kidneys as “stones”. Magnesium and Vitamin C are required for calcium to be absorbed properly. This energy system enhances proper absorption so that the levels of calcium concentration are ideal for you, in exactly the correct areas of your body.

## ALEPH EMPOWERMENT

I highly suggest that you add Optimal Bone Density Field and Ideal Calcium Concentration to your spiritual hygiene routine at least 3 times per week.

***Bone Marrow Vitality*** is to increase the effectiveness of these areas of your body. It helps the bone marrow make healthy blood cells at the proper rate for you. Activate this gift whenever you think of it or add it to your weekly hygiene schedule, unless you feel the need to activate it more often.

Bone Marrow Vitality is especially useful for people who have recently been ill, had surgery, or had any blood replaced as well those working long hours.

Say audibly or in your mind: ***“Bone Marrow Vitality, Activate!”***

***Anyone who has a feeling sense when they activate subtle energies will probably really enjoy actually getting the opportunity to feel a warm sensation inside their bones!***

Don't worry, if you don't feel anything, Bone Marrow Vitality will still be beneficial for you! Activate these energy functions whenever you think of it or add it to your weekly hygiene schedule unless you feel the need to activate it more often. You may activate these energies for other people.

## Aleph Empowerment

***Aleph*** is the first letter of the Hebrew Aleph-Beth and is representative of ***balance, strength, endurance*** and ***integrity***. Aleph Empowerment provides you with a connection with Aleph's spiritual qualities.

Aleph is a very responsive being who was the first sound uttered during creation. Aleph gives you access to and a deeper understanding of qualities that can benefit your life. Aleph has also been symbolized by an ox. Yes, Aleph is responsible for holding the energies of its letter in Hebrew writing. Its numerical value is 1 and its path on the tree of life is 11.

Aleph, say Alef, is an amazing eternal being with creative and expedition energy.

## ATTUNE TO DIVINITY

Aleph, being first of the letters to be uttered or fully conceived by Eternal Sacred Source, was sent out into the void to carry out creation.

I don't know if it was simply the first letter of the Hebrew Aleph-Beth or its energy in other variations and form was indeed the first being to sojourn through the void to bring forth the Creator's will.

Here, in this day and age, the qualities of Aleph that are most prominent are those of Balance, Strength, Endurance and Integrity. Ah, what important qualities to have in abundance to help you fulfill your purpose and to simply live here on planet Earth! I am very excited about this empowerment because Aleph has helped me so very much in my own life. If you are sensitive to subtle energies, you may feel Aleph's presence much as you would an angel. However Aleph is more archetypal and primal in its feel.

Archetype energies are ones that represent symbol that is universal to the whole of humanity. You may not have been formally introduced to Aleph prior to now, however, I'm sure you've encountered its energy previously.

I encourage you to accept your empowerment to Aleph, and then we'll explore more fully the four qualities that this empowerment brings you.

Please spend a few minutes to invite your Aleph Empowerment. Say, out loud or in your mind: **"I now ask to fully receive my Aleph Empowerment as founded by Mariah Windsong and made perfect by Eternal Sacred Source, now!"**

Now that you have paused to receive your attunement, you have the right to call upon and activate Aleph's energy. Please do so when you have a few minutes to marinate in the energy stream that will open for you. Activating Aleph with your intention, a strong feeling of wanting the energies is all that is required to begin the energy flowing to you. Simply say out loud or in your mind:

**"Aleph Empowerment, Activate!"**

Usually it is necessary to keep your mind lightly resting upon the fact that you want this energy to continue flowing, for it to remain active. By moving your thought to another topic, the energy receives that as a message to cease its flow.

Aleph as the *master of balance* brings you the ability to stand firmly in a manner



## ALEPH EMPOWERMENT

that accepts all while denying none of your feelings. You are able to know you center amidst surroundings that could be in chaos. You can be well despite the turmoil of challenges or other people's drama in your life.

Call on Aleph when you have dwelled in some energies that are intense and your focus is completely in one area for a while and you need to rebalance.

Aleph can bring you ***strength***. This is the strength of will, and physical strength. Think about the many times you simply needed to feel a little stronger and you could get through the day in a more effective manner.

Think about how you will now have the benefit of calling upon Aleph when you need strength in the form of courage and steadfast solid staying power!

***Endurance*** denotes the ability to withstand an uncomfortable situation. There might be reason to have the ability to endure mental, emotional and even physical discomfort for a lengthy period of time. While we all want to be completely comfortable and to really enjoy all areas of our life, there are times when the quality of endurance is beneficial.

When you call upon Aleph to bring you endurance, you are asking for that quality to be fortified if ever you need to endure discomfort to protect others or to complete a goal. There could be other reasons, but these are primary.

***Integrity*** is having honest intentions and living your life in a manner that is consistent in word and action. When a person is of integrity their life reflects a core set of values which are do not change based on the situation. They are steadfast in their sense of honor even when it is not convenient to be honest.

Call upon Aleph when you need your moral compass tuned to what is right.

Integrity and doing what is right in each situation that presents itself can be a challenge for some people. Knowing what is right and doing what is right can be two different things. You can have integrity, yet want to ignore it some days.

***Call upon Aleph to strengthen your integrity so that there is not a question of what to do, you will know what is right, and have the strength, endurance and integrity to follow through on your good word.***

## ATTUNE TO DIVINITY

***Aleph can be called upon in those times when you see a ‘yes’ to many paths at the same time. Aleph will help you balance within and look at your next steps in a manner that is consistent with your integrity.***

You will have the strength and endurance to follow through in a manner that is proper. What is proper? Proper is to be in alignment with your truth.

***Live in a manner that does no harm to others and gives you the ability to act in accordance with your inner truth, being proud of yourself.***

***When you live life in accordance to your integrity, using that as your guidance, then Aleph and all manner of assistance from Eternal Sacred Source arrives to balance your emotions and energy, giving you the strength and endurance to move forward to complete your tasks and goals.***

You can activate Aleph’s energy for other people if they ask you to or you are doing a healing session on their behalf. Aleph is personable despite being of archetypal energy. This means that Aleph works best one on one with a person to deliver the most personalized benefit. Aleph can reveal mysteries!

Call upon Aleph in your meditation time and ask Aleph to reveal to you information about yourself that you may not have already noticed!

Aleph will also help you to notice areas within yourself that need to be honed and worked on. ***Aleph will point out to you skills and abilities that have laid fallow and need to be worked.*** If you have skills, gifts and abilities from your creator that you have not been explored, Aleph will point them out!

***Aleph does not like to see potential be wasted in a person!*** Aleph will remind you lovingly yet sternly about any nudges you have received to seek out and explore your creative or mundane abilities. Aleph is strong and solid as an ox and can also be quite stubborn when it notices an area of your life that needs to become in alignment with your soul’s truth.

### ***Disappointment Flush with Hope Empowerment***

Disappointment Flush energetically flushes away the emotional impact of disappointment and helps you be ready to think of your next steps.

Please spend a few minutes to invite your ***Disappointment Flush*** attunement to release unto you. Simply say out loud or in your mind:

***“I ask to fully receive my Disappointment Flush as founded by  
Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”***

The Disappointment Flush flows into your body and energy fields, through all the areas of your being that were adversely affected by any recent disappointments. The next activation of this flush can be directed flush away the adverse impacts of historical disappointments. Disappointments can adversely affect all of us. There can be easy disappointments such as your pizza shop being out of mushrooms, or terrible disappointments such as your company downsizing and your job being cut.

Any disappointment can have a wearing you down feeling that can sometimes grow worse, not better over time unless the impact of it is flushed away. The Disappointment Flush is Eternal Sacred Source energy that is designed to flush (drop away) from your energy body and physical body’s cells the effects of disappointment.

This is a flush that will attend to recent events first, in regards to the adverse effect on your emotional, physical, mental and spiritual energy fields.

You will find most benefit by activating the Disappointment Flush more frequently in the first weeks and months after you’ve been attuned to it, then you can use it simply on an “as needed” basis.

Think of a recent disappointment whose impact you’d like to reduce and say out loud or in your mind: ***“Disappointment Flush, Activate!”***

## ATTUNE TO DIVINITY

You can do this anywhere and while your body is in any physical position. Although it does tend to work better when your head is above your torso (Rather than while in an upside position such as some yoga positions require).

Allow a few moments to about 10 minutes pass.

This will work whether you feel subtle energies or not.

If you do feel subtle energies and you can feel a swirl of energies, and then a stillness feeling, that would be indication that all that is to be done for that one topic is complete, and you can move on to the

Hope Empowerment. Say: **“Hope Empowerment, Activate!”**

Hope can be illusive, especially after a disappointment. Hope Empowerment brings you easy access, energetically to the opening of hope! This way you can be in the proper energetic positioning to even think of your next steps in life and “try again” to live your dreams. After a disappointment, it can feel wise to curl up inside yourself instead of reaching out to people and starting again. Whether the disappointment was related to a person or your own striving to reach a goal, being in the presence of hope will help you.

Hope simply opens a window and lets some light come in so that you can see another way. You will be able to feel like it is ok and WORTH IT to make forward steps in many areas of your life. Sometimes these forward steps involve new people and situations. Other times it is simply trying again in the same areas, in a new way. Still other times it is learning to say “No” to the same people and changing the way your respond to requests in order to take good care of yourself.

There is a difference between forward moving next steps, and simply redoing the exact same thing that let someone treat you badly. Every situation is different and there is certainly not space in this manual to specify every useful situation en which this flush and the energy of hope is beneficial.

Disappointment Flush will remove some of the emotional impact of the disappointment so that you can think clearly. In this manner you will easily know what is right for you and you won’t miss opportunities just because you are feeling hurt or disappointed.

The next time you want to work on either a deeper layer of a current, recent or long past disappointment, simply say out loud or in your mind:

**“Disappointment Flush, Activate!”**

Then in a few moments, activate the Hope Empowerment. Some people find it beneficial to activate with full thought intention, the Disappointment Flush 3 times. Simply say its name with strong emotion 3 times. Then you can activate your Hope Empowerment by saying:

**“Hope Empowerment, Activate!”**

Some people feel the Hope Empowerment as a separate energy stream than the disappointment flush, other people feel it as a continuation and expansion of the same energy. Each function has its own job to do for you. The disappointment flush and Hope Empowerment are both great tools. I suggest that you always remember to activate the Hope Empowerment after the disappointment flush so that it can provide its upliftment to you.

**RESTRICTIONS ON USING THESE ENERGIES FOR OTHER PEOPLE:**

You are never to activate the disappointment flush UNLESS a person gives your written or verbal permission to do so. Everyone is entitled to their own feelings and some people prefer to slog through the process of getting over things on their own without having the emotions softened along the way.

We are to respect that even if we don't like it. Sometimes we think it would make life easier if we could just make the other person feel better. None of us have permission to use this energy “on” another person without written or verbal permission.

You may, however, use the disappointment flush and Hope Empowerment in an environment, such as a house, building, work space, living space, outdoor patio or garden. When you install and activate these energies into a “*space matrix*” such as might be used for various spaces to help all who enter.

Such matrices already have the safety in place of:

**“These energies are available to anyone who wants them. If they are not wanted they will not affect the person”.**

If you want to send these energies into a space, and activate them for an area, please adhere to the aforementioned rules. Send the energies into a space with the intention that they will only be active for a person if the person wants them. The

person will not have to consciously accept the energies. The energies will respond to a person's energy field and personality's choice, automatically.

## **Written Intention Reversal**

Written Intention Reversal energy system helps you to achieve your goals personally and professionally by erasing old intentions. Anytime you write something with strong feeling, you are setting forth an instruction to the universe. When your intention and goals change, it is important to reverse or erase your previous intention. Words are very powerful. The written word holds strong instructions for the universe to follow on your behalf.

A person that has shifted their focus and has new intentions for a relationship or job, may send forth their intentions, asking for assistance. Any old intentions that you set forth previously are still seeking support from the universe (Eternal Sacred Source and your helping healing angels).

This is part of what the verse: "A house divided against itself will not stand" was referring to. When you send conflicting requests to Source, your results may not be as you would prefer. Your energy is spread over several requests. It is more beneficial to erase a previous intention so you are potently focused.

Written Intention Reversal energy system utilizes energy from Eternal Sacred Source which is similar to reiki. It has been channeled into this reality to assist people to reclaim pockets of their energy which have been left in the past.

When a person sets forth an intention in writing, a part of themselves stays with that intention to hold it strong. This sends a continual message to the universe about what you want brought into and upheld in your life.

Simply changing your mind, and praying for, or intending something different than the previous written intention does not release your energy to arrive unto you. You must consciously call back your energy, reversing the previous written intention in order to release the previous intention that is different or contrary to your current one.

People often do not realize just how powerful they really are! If you could see yourself, from the perspective of your angels, you would see lines of light from

## WRITTEN INTENTION REVERSAL

your past to you, here in the present moment. You would notice immediately how much of your life force is existing in the past, still tending to requests and intentions for your (now) that you set forth a long time ago.

**Some benefits of this energy system are, but are not limited to:**

***Increased energy level and emotional health.***

***Quicker achieving of goals and plans.***

***Time gap between intentions and receiving the person or item into your life greatly reduces.***

***You gain a greater control over your reality.***

***Letting go of the past is easier.***

Written Intention Reversal is a spiritual manifesting technique that is in the category of spiritual hygiene. This is because it tidies up and reverses any previously written intentions that are contrary to your current intentions.

Some commonly found definitions of intentions are: An aim that guides action, an act or instance of determining mentally upon some action or result.

If your intentions were only mental action, a mere change of mind may be sufficient to release your prior “plans” or course of action you plan to follow.

However, when a person combines their physical movements with the mental intention, by writing their intentions by hand or typing them, there is a longevity that occurs. A message is sent forth to the universe of declaration. By such declaration of your intent to do something or want to attract something into your life, there is a natural response from the universe.

You may not have noticed the response if you did not “achieve” or “receive” that which you intended. You may not have noticed, as you angels assuredly did, that part of your life force stayed with that writing. It keeps your intention alive and strong, continuing to send the beacon out to the universe in regards to what you wrote.

## ATTUNE TO DIVINITY

Maybe in the days, months and years since your initial writing, your goal or intention has changed. People invariably forget to call back unto themselves, those parts of themselves that dutifully are staying with the previous writing.

In Written Intention Reversal you are likely to experience a strengthening of your vital life force as more of you returns unto you!!!

The more concentration of you that is here in the present moment, rather than tending to intentions which no longer apply to your current life goals, the more likely you are to actually get what you want!

You will have a MUCH EASIER time manifesting your goals and desires because more of you is here requesting it from the universe!

You will power your intentions stronger when there are not competing intentions from previous times in existence! Be good to yourself and clean up your intentions!

When you are ready to receive your attunement, simply say out loud or in your mind: **“I ask to fully receive my Written Intention Reversal as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Think of a ball of light and energy above your head that opens up and streams down into the top of your head.

Your attunement will easily arrive to you because Eternal Source is not limited by space or time. Written Intention Reversal arrives to your body and energy fields, providing you the ability to update any intentions you have put in writing, both physically and electronically.

To activate and work with Written Intention Reversal energy system, simply say audibly or in your mind: **“Written Intention Reversal, Activate!”**

***Set your mind to consciously “send” Written Intention Reversal energies to wash through anything you’ve ever written that is contrary to your current intentions, plans, hopes, goals and desires! The energy flows!***

***Written Intention Reversal energies will flow through everything you’ve ever written that is not in alignment with your current intentions.***



## WRITTEN INTENTION REVERSAL

*Please understand that Written Intention Reversal energies are as powerful as you allow them to be! If you are holding onto wanting two relationships, at the very same time, Written Intention Reversal can't effectively clear intentions that you wrote to one of those people, because you still have hopes and intentions of being with both of them.*

*This is where it becomes really important for you to learn how to let go of what no longer serves your highest joyful good.*

*If you want to let your Eternal Sacred Source choose for you, who is best for you to be with, then please set your intent clearly to “let go” of anyone who is not right for you.*

*This might not be easy to do, but it is right for you.*

*Written Intention Reversal can be directed at specific letters and communications where you remember what you said, and don't feel that way anymore. Maybe you said that you wanted someone, and made intentions to be that person's, and only that person's.*

*Things happened and you are not with that person anymore. It is important to call your energy back from the intention to only be his or her mate. This is especially important if you made such declarations in writing.*

*You can activate Written Intention Reversal for specific letters or communications by saying:*

*“Written Intention Reversal, Activate and Reverse: (now think of when you wrote that letter or what you wrote)!”*

*You can move through a series of communications or communications that you wrote to a specific person easily and quickly.*

*All that is required is that you rest your mind lightly upon the topic, person or letter that you want to call your energy back from.*

*Keep saying: “Written Intention Reversal, Activate!” (or substitute the word ‘now’ for ‘activate’) as a mantra the whole time you mentally think about one person,*

## ATTUNE TO DIVINITY

*topic or situation after another, clearing each writing quickly and completely.*

There are many things that you may have written in the “heat of the moment” that, if you were to read now, would obviously be contrary to what you want.

This is a normal process of living and growing spiritually and in all areas of your life. What most people don’t realize is how much of themselves they can leave with those writings, especially when they wrote in strong emotion.

Emotion can fuel manifesting what you want in your life. It is necessary to clean up our intentions and be very clear about what we do want now.

Learning how to set your intentions in such a way so that this or something or someone better can arrive into your life is an acquired skill. It is wonderful to clarify what you do and don’t want in your life.

It is also a sign of spiritual maturity to be willing to do this in such a way that allows the creative loving intelligence of Eternal Sacred Source, bring you something or someone unexpected, that is better than you could have imagined!!! Healthy intention setting, focuses more on how an ideal life for you would feel, than the details of who and what comprise it.

This means that you can indeed set intents that say you have more than plenty of money and supplies that are perfect for you. You can set intents saying that you live in a healthy relationship with your mate.

This clarifies that you only want a healthy relationship to live in. You can leave it up to spirit (Eternal Sacred Source) who the person is and what exactly that relationship will look like.

Intention setting for a healthy life is a skill all on its own and many energy systems are channeled and written to help you set the perfect intents for you.

Written Intention Reversal energy system is designed to help you notice and reverse any intentions that you would not want to actually come true at this point in your life.

With that in mind, once again, activate this energy system and consciously give it

## WRITTEN INTENTION REVERSAL

permission to work for you: **“Written Intention Reversal, Activate!”**

Written Intention Reversal energy system can be used as a general or specific clearing, erasure and reversal energy. The only differences are what you think about directly after activating the energy consciously.

This is an Eternal Sacred Source energy function. This means that it is fueled by intelligent beings of eternal life, love and light. They will send the energy through time and space for you.

***Written Intention Reversal is useful for, but not limited to:***

***Letters to lovers you are no longer with.***

***Diary entries where you talk about a person***

***Diary entries talking about your desires for a person***

***Diary entries of anger toward a person***

***Diary entries of hopes to get a certain job***

***Diary entries of dedicating yourself to a person***

***Written marriage vows if you are now divorced.***

***Previous marriage vows if you are remarrying.***

***Letters to friends speaking of what a spouse did that angered you.***

***Letters to friends speaking of who you want to be with.***

***Letters to friends yelling at them when you were mad at him/her.***

***Letters to family talking about wanting to be with a certain person.***

ATTUNE TO DIVINITY

*Letters to anyone intending to get a certain job or do a certain project.*

*Facebook entries that are no longer applicable.*

*Computer blogs that hold intentions and goals you don't want anymore.*

*Gossip about others that are unkind to people.*

*Intentional letters of character defilement to old boyfriends/girlfriends.*

*Text messages inviting 'booty calls' from people you do not want now.*

Your responsibility, after activating this energy function of Written Intention Reversal is to think about what you want reversed, cleared or erased.

The words, "Written Intention Reversal" can be said as a mantra over and over again while you think of various times in your life, people from your past or things that you've written, that you no longer want to stand behind.

The very fact that you've accepted an attunement to Written Intention Reversal means that you have an affinity with this energy now. It means that you have the right to receive the benefits this energy function has to offer!!!

This is very exciting! Try being of one mind within yourself when you activate Written Intention Reversal. Start back as far as you can remember, looking through you past as a movie reel. All the way from there to here, keep those scenes moving, don't you stop and linger with any of them!

You may only have to activate this energy system once, to attend to your past written intentions - if you are skilled at completely wanting anything you've ever written to drop away from sculpting your life.

Think about it for a moment! If you are truly willing to send this energy through all of your past intentions that are not in alignment with your current intentions and goals, then it is done, complete! If this is not so very easy, that is alright also. It simply means that you may find more benefit from this energy system, by activating it and then thinking about your past life scenes in chapters.

## WRITTEN INTENTION REVERSAL

Just activate Written Intention Reversal and then, affirm that your energy is returning to you, from that letter, that diary, that email and text message.

You can use this energy system for many writings or just one at a time.

Please go at a pace that is comfortable for you. After you have cleared your past written intentions, remember to revisit this energy system anytime your life intentions change. If a relationship ends, or your intentions for a project or job changes, notice whether you wrote anything about your intentions for those topics and situations.

In this modern life, it is likely that you did write something on the computer or text message through your phone about your intentions. Intention simply means that you mentally thought of a plan or course of action that you set your intents upon following through with. When you update your plans, it only makes sense to clear the previous ones so that all of yourself is on board and present for you current plans.

Remember to consider typing also to be writing. Some of your writing is does not convey intent. You may simply be reporting on your day and your feelings. It is when those feelings are converted to the thought of future action that you have set forth an intention. Think of those types of writings when activating Written Intention Reversal.

This Written Intention Reversal energy system will only reverse or erase written intentions that are not congruent with your current intentions. In this way it is very safe to send through everything you've ever written.

### **Using Written Intention Reversal energy system in your practice when working with clients, friends or loved ones:**

Intentions are intensely personal. The intent to do this or that is held in alignment with the person's will. Your job as a facilitator of a Written Intention Reversal Session for a client will be to help them notice previous intentions that they have written at any time.

Begin with asking your client, friend or loved one to write a list of their current intentions. If they are not familiar with "intention setting" as a practice, you may need to explain this in a different way.

## ATTUNE TO DIVINITY

Ask them to write a list of their current goals. Ask them to list categories in their life. If they still look at you blankly, you can assist by speaking of areas such as romantic relationship, friendships, relationships with family members and children, job or career, physical health, exercise, spiritual health. If your client, friend or loved one is so unaware of how the intents they set forth affect the results they get in their life, then you may have some educating to do!

When you've explained how intentions tell the universe what they are wanting to arrive and thrive in their life, you are ready to help them pick one goal or area in their life to tend to this day.

It is suggested that you start with a relationship or job oriented topic first.

Ask the person to think of a diary entry or letter that they wrote in the past. This diary entry or letter spoke of how much they "loved" a particular person or how much they wanted a job.

Let us assume, for example that they picked the romantic relationship topic. When they've picked the person that the diary entry or letter referred to, then it is time for them to get to work!

Ask him/her to briefly remember the previous intention or focus they once wanted with that person. This may be emotional for the person.

Be ready with a box of tissues, and to allow the person to move through their emotions. There may be anger, embarrassment or sadness that arises.

If there was anything written, at any time, by hand or typed, in regards to how the person felt about the other person, or the relationship they once sought from the person, Written Intention Reversal will help!

Be sure and tell the person that it is not just stuff they wrote in a diary or directly to once desired romantic prospect or ex-spouse or lover. They need to briefly remember if they wrote about their intentions toward the person to anyone! Many women have a habit of writing to their friends about how they wish he would call! They will tell their friends how much they want to kiss the person or how much they want to marry (name of person).

## WRITTEN INTENTION REVERSAL

These written expressions of desire for and intent to “be with” the person sent a message to the universe of your intentions toward them. Your client, friend or loved one was asking the universe to support their desire to interact with or make a vow with that person. Their act of writing that intention secured the intent for all time.

If your client, loved one or friend did subsequently have romance with that person, there are likely even more written missives that shall require erasure.

There is also reason to assist your client, friend or loved one to erase or reverse things that were written, even if they are still in a loving long term relationship with the person. This is because you can utilize Written Intention Reversal for anything that was written which no longer applies.

Let us say, for example, that the person you are facilitating this session for went through a rough time with their mate.

They wrote angry text messages or notes to that person. They may have given ultimatums or otherwise called their love nasty names. You can assist this person to erase only the written intentions that are incongruent with their current intentions for their relationship with their loved one.

This is what is so exciting about this energy system! You can direct Written Intention Reversal to drop away the energy that holds any intent that is not in alignment with your current intent with (name of person or situation)!

You will need to assist your client, friend or loved one to do this same procedure for each person or situation they want to clear previous written intentions for. Many people are superb at clearing intentions they may have thought or said. Less attention has been given to the written intentions.

Written Intentions have largely been left unattended. The amount of a person’s personal energy that is freed up when they reverse or erase a written intention that is contrary to their current intention is amazing!

Immediately more of the person’s vitality returns to them. They can then use that vitality to live life! They will have that vitality present for amplifying the intents which currently matter to them in all areas of their life!

## ATTUNE TO DIVINITY

You are assisting this person to reclaim energy and intentions that were left “in place” still working for them dutifully. These intentions, no longer applicable were truly working in opposition to their current intentions.

You may choose to tell the person who you are facilitating this session for that: Just because we no longer feel a certain way about a person or goal, does not mean that the forces of divinity that we called upon previously release their magnetism on our behalf.

They are still focused upon bringing us what we originally asked for, until we reverse the initial intent. Yes, of course God and your guardian angels know that you have changed your mind and heart.

They know what your current goals are, and are working diligently on your behalf to assist you to receive into your life all that you want.

Please understand that they do not have the authority to “release” or reverse intentions that you have written. This is because you have sovereign authority over what you want to bring into your reality here in this dimension on Earth.

Written intentions have been inscribed with a physical implement here in this reality. Typed text on a cell phone or a computer was written by movements of your hands (in most cases).

This is a very powerful act and when it is confirmed by your visual acknowledgement that what you wrote is ready to be "sent", the pushing of the "send" key is affirmation amplified. In this age of modern technology, more and more writing occurs by a keyboard and typing instead of longhand pen and paper.

Pen and paper writing used to hold the strongest energy. Nowadays the electronic text is strong in its own right because of the predominance with which a person turns to it for their communications. The typing, checking and "sending" of a message whether by phone or computer or tablet has caught up with the strength of intention previously only accredited to physical hand-written pages.

People often want quick fixes. You will need to work with your client, friend or loved one to instill within them the understanding of why it is necessary to activate Written Intention Reversal energy system for each person or project they want



intents updated.

This need not be an onerous prospect. Simply direct the person to identify in their mind, who they want written intents updated for. Tell them to think about their current intention in regards to that person.

This could be to have a healthy friendship. This could be for a clean separation. This could be for a new start.

Activate ***Written Intention Reversal*** on behalf of the person and send the energy with your intention through all they've written regarding (name of person you are doing the reversal about) both physical and non-physical that exists in all directions of space and time. Set forth your intent that any intention that was written, mentally, physically or electronically that is not in alignment with the person's current intention to be reversed! Now!

***You can move through 3-10 people or projects in which your client, loved one or friend wants assistance with, in one session. The limits are only in regards to how good the person is at holding to their current intent for the subject of the Written Intention Reversal.***

I've experienced barely getting through one subject in a 45 minute session because they did not know what they wanted their current intention to be. Sometimes patience is required.

## **Triple Warmer Meridian Care**

CARE means: Calling All Responsive Eternals

Triple Warmer Meridian Care cares for the meridian that starts at the tips of the ring fingers, runs up your arms, over the shoulders toward your upper torso. Then one branch of the Triple Warmer meridian traverses down to the middle and lower sections of the body. The main branch goes up to the ear and then circles the face, where it transitions into another meridian.

## ATTUNE TO DIVINITY

The Small Yang channel, San Jiao, starts at the fingernail of the ring finger, travels up the outside center of the hand and arm, encompasses the elbow, continues to the back of the Acromio-clavicular joint (part of the shoulder), meeting with the other Yang channels at the junction of the seventh cervical and first thoracic vertebrae (GV-14 "da zhui"), before traveling up the neck to behind the ear, encompassing the external ear and terminating at outer tip of the eyebrow.

It carries protective and nutritive energies to many organs. It affects the health of your hypothalamus, pituitary, thyroid, and adrenals. It plays a role in food metabolism as well as water regulation throughout your body.

Triple Warmer Meridian Increase and Triple Warmer Meridian Flush to assist this meridian. My Power teaches you how to increase and channel its excess energy for manifesting! The Triple Warmer Meridian helps regulate water energy flow throughout your organs. It is closely related to whether the spleen and kidneys are functioning at peak efficiency. When the Triple Warmer Meridian lacks enough energy, a person is apathetic, possibly depressed, often with a stiff neck. Their metabolism may be sluggish and their endocrine system may be out of balance.

If you are tired all the time or have difficulty relaxing and meditating, your Triple Warmer Meridian flow may be overactive. If you have pressure in your forehead your San Jiao Meridian may be a bit clogged. Your Triple Warmer Meridian helps regulate water throughout your body.

***The first level of this Triple Warmer Meridian Care energy system contains a Triple Warmer Meridian Increase and a Triple Warmer Meridian Flush to help people manage the energy flow in this important meridian.***

Many teachings abound online and in classes about calming or sedating the Triple Warmer Meridian. The CARE Team has shown me that the energy needs to be balanced, not sedated. A body's consciousness can react badly and push back if an energy flow is simply sedated. I've read information that speaks about not only calming or sedating this meridian's flow, but actually "taming the beast." That is totally unnecessary! Your body is trying to protect you.

If it is responding to stimuli that require no fight or flight response, give it something else to do!

***Excess Triple Warmer Meridian energy is useful to assist you to bring forth into***

## TRIPLE WARMER MERIDIAN CARE

*your life all manner of blessings, opportunities, and healthy relationships.*

Training My Power in regards to generating and using the flow of the Triple Warmer's excess energy for manifesting your heaven on earth life.

Say out loud or in your mind:

**“I now call to release perfectly unto me, the Triple Warmer Meridian Increase and Flush attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source.”**

Now that you have paused to receive your attunement, you have the right to call upon and activate Triple Warmer Meridian Increase and Triple Warmer Meridian Flush. Please do so when you have a few minutes to marinate in the energy stream that will open for you. Each function's name is the command code that will put you into alignment with the energy stream it is.

Triple Warmer Meridian Increase will “wake up” a sluggish San Jiao Yang Fire Meridian. You can control the amount of flow simply by thinking about an oven dial and turning the flow up or down.

Say out loud or in your mind: **“Triple Warmer Meridian Increase, Now!”**

Activating it with your intention, a strong feeling of wanting the energies that its name signifies, is all that is required to begin the energy flowing to you. Usually it is necessary to keep your mind lightly resting upon the fact that you want this energy to continue flowing, for it to remain active. If you move your thought to another topic, the Triple Warmer Meridian Increase receives that as a message to stop increasing the flow of energy.

The Triple Warmer, also called Triple heater or Triple Burner, is thought of in Chinese medicine as a survival system that enhances your immune system and gives energy for our fight or flight response. Nowadays hearing about others being in peril on the news or on television shows or movies can evoke our fight or flight response.

Even when we choose not to react in either of those ways, knowing there isn't anything we need to “do” about what we saw or heard, the energy is still “at the ready.” This can be helpful, or, if the energy is backed up, stuck, or running too

## ATTUNE TO DIVINITY

swiftly through your San Jiao (Triple Warmer) Meridian, you will always feel “on call.” It may be difficult for you to relax.

If your triple warmer meridian is stuck in high gear, it can be funneling energy away from your organs. This, as you can imagine, or might be experiencing, can cause a range of discomfort and bodily problems.

There are some energies that are self-completing, that is, they will continue to flow until all that is needed at that time has been brought to you. This Triple Warmer Meridian Flush is self-completing once you activate it.

Now say: **“Triple Warmer Meridian Flush, Activate!”**

***This flush releases energy blocks and sets the proper flow rate for your Triple Warmer (San Jiao) Meridian so all organs have enough energy.***

The Triple Warmer is mostly known for its connection to the stress response. When your Triple Warmer Meridian is overactive, the places that it energetically most often pulls more energy than is its share from are the spleen and kidneys. Your Triple Warmer Meridian Flush energetically does the same thing as does this physical tracing exercise. I learned this exercise from several different teachers over the years. Your hands and fingers have electromagnetic energy that affects the meridians, so whether you trace or flush them, you are creating movement in the meridian in the direction you are tracing your fingertips over your body.

Running a meridian backwards reduces its strength or activity. Since your Triple Warmer Meridian starts at the tips of your fingers, you’d begin tracing where it ends. To calm the Triple Warmer you would use the opposite hand to touch the outside edge of the eyebrow, furthest from your nose.

Then move your hand back away from your face, tracing down over and around your ear, down the back of your neck, across the back of your shoulder and down the outside of your arm and back of your hand. Then touch the fourth finger at the base of its nail. Repeat three times on both sides of your body.

Indicators of an overactive triple warmer meridian may be:

***digestive disorders***

TRIPLE WARMER MERIDIAN CARE

*immune disorders*

*auto-immune disorders*

*food, chemical, and environmental allergies*

*weight problems*

*water retention or kidney problems*

*sensitivities*

*chronic fatigue*

*difficulty sleeping*

*mood swings*

*amplified PMS symptoms*

*male menopause symptoms*

*feeling like you are “in a fog” throughout your day*

You can calm your body’s reactions to foreign stimuli by smoothing your palms backward from your temples, behind your ears, and down your shoulders and arms to the tip of your fourth finger (ring finger).

There are many times when it is important to increase your Triple Warmer Meridian’s flow. If you aren’t sure whether you need to increase or reduce your Triple Warmer Meridian flow, simply activate your Triple Warmer Meridian Care while reclined and relaxed. Say out loud or in your mind:

**“Triple Warmer Meridian Care Session, Activate!”** You are inviting your Triple Warmer Meridian Care Team to arrive and use their expertise and wisdom to adjust the flows of your San Jiao (triple warmer) meridian as is proper now.

## ATTUNE TO DIVINITY

Please think about being healthy. Please want your Triple Warmer Meridian to flow properly. Lift up in your mind's eye any body areas of concern that you'd like remedied. You don't need to know whether your body problems and discomfort are related to the Triple Warmer Meridian or not. The Triple Warmer Meridian Care Team will call in other Responsive Eternal Beings of Love, Light, and Life to assist you if need be.

There are several names for the threefold energy center system that divides the torso of a body into three sections: Triple Burner, Triple Energizer, Triple Warmer, and San Jiao.

The San Jiao is otherwise known as the three dantian energy centers because their action carries nutritive and protective energy flow to various sections of your body and their organs. San Jiao is a term found in traditional Chinese medicine (TCM), as part of modeling the workings of the human body attempted by early Chinese medical writers. References to it can be found in the oldest Chinese medical texts available, including the (The Yellow Emperor's Classic on Internal Medicine).

In this *My Power* energy system, I'm presenting you with another way to attract into your life what you want. This technique is good for all manner of manifesting. For relationships, monetary income, items that you need to arrive to you or you to be in the right place, at the right time to receive work that will give you the money. Maybe you want a better memory, or to be easily patient with children!

It matters not what you want, so long as it is a want that does not harm another person or seek to control someone else's actions or thoughts.

We have already seen how an "overactive" Triple Warmer Meridian can cause a host of problems. Now I present to you some information I was shown in a spiritual journey (mediation) about some of the current misconceptions about this meridian and the production of its energy.

***My Power increases the energy generated by the Triple Warmer, harnessing the excess energy of all three energy centers for use manifesting what you want into your life.***

Squelching or sedating an energy flow in the body is not a long-term healthy action to do to a body that is trying very hard to take good care of you.

## MY POWER

For short-term use, it can make sense to calm the fight or flight response.

Imagine that your DNA has an inner door through which Divine Light arrives and is utilized by your Mitochondria to provide your body with bio-accessible energy. ***“Light Beyond the Light”*** arrives by way of divine codes in your cell’s DNA. Your mitochondria can use this Divine Light which arrives from your “inner cosmos” or microcosm.

## My Power

***My Power*** is part of the “My” energy series that is received in a very extra personalized way by each person who accepts the attunements and activates these energy systems. ***My Power*** activates and brings in Bio-Life energy through your DNA gateways, which use the “burner” qualities of this meridian, including three areas of your body, to send out a Beacon for attracting what you want into your life. It is important to do this exercise daily for a few weeks and at least 3 times per week thereafter. The more often you “refresh” your beacon, the more effective it will be for you. There is a strong importance of being in unison with your power, sanctuary, and horizon energies. Each one is an important component of attracting prosperity.

I’ve been shown that the way in which the already well-functioning Triple Warmer divides up its energy production and distribution within the body can be maximized by routing energy from Eternal Sacred Source so that it enters cells from inner space.

Inner gateways receive biologically useable life energy through your DNA.

***When you aren’t limited by food or light availability and the body is taught how to receive Bio-Life energy by means of the DNA, there is plenty of energy available to project to a personal beacon to attract prosperity.***

Yes, there is also a light beyond the light way of receiving energy also, but in this energy system, I’m bringing through energy functions that teach your body how to access Eternal Sacred Source Energy through your DNA.

Your DNA is the entry point through your inner planes, or inter-dimensional

## ATTUNE TO DIVINITY

gateways. This might be a difficult concept to grasp. It is true that there are only some parts of the DNA sequence through which this energy arrives.

***Think of the center of each of your body's cells as containing DNA ladders or chains that act as antennas that can pull in all the biologically compatible eternal life energy your body needs.***

Here is an example of a DNA strands from each of your Triple Warmer body sections, all pulling biologically compatible Eternal Life Energy in for you!

Call in your My Power attunement by saying: ***“I ask now to fully receive My Power attunement as founded by Mariah Windsong and made perfect for me this day by Eternal Sacred Source!”***

Spend a few minutes relaxing to receive the inflow of energy that is your My Power. Now your body had been introduced formally to the idea of receiving energy through the gateways inside your DNA! This is wonderful!

You may have already naturally been doing this. Now this ability has been exponentially expanded and you will have the ability of consciously activating this energy inflow anytime!

You can activate this energy and use it however you need to within your body. I offer here the purpose of manifesting! Please know that that is only one of the myriad of uses! You can consciously direct this energy to any organ or meridian you want to! You can turn the flow of energy up or down. Your higher self, soul, and Source ultimately have authority over the inflow of this energy. This means that there may be times when you want more inflow but your higher self may be turning down the flow a little bit. This must be respected because your higher self has a vaster view of what is happening in your life behind the scenes than you do.

In my Bio-Life Kundalini energy system I explained how Bio-Life Kundalini energy would awaken and fire up within your DNA.

Here in ***My Power*** the gateways within your DNA are activated to receive Bio-Life energy directly from Eternal Sacred Source through the inner dimensions. This helps the body a lot.



## MY POWER

Many bodies fear accepting energy from without. There are energy systems that bring in energy from “up above” or in through your feet.

***Here in My Power Bio-Life energy is brought in from deep in the center of each of your body’s cells.*** This entry mode can greatly reduce a wary body’s fear and allow a greater Eternal Life Energy flow that can be available for all of your meridians, organs, and other bodily functions.

If you are sensitive to subtle energies, give this activation a try and see what it feels like to pull energy into your body through your DNA! Say out loud or in your mind: **“My Power Bio-Life Energy Activation Flow Now!”**

Or you can say: **“Bio-Life DNA Energy Gates Open and Inflow Now!”**

Using: **“My Power Bio-Life Energy Activation”** gives the inflowing energy the instructions to fuel the Triple Warmer (San Jiao) system and its meridian. Now we can use the inflowing energy to fuel your manifesting intentions!!

Let’s start with the ***Xia Jiao*** (lower warmer), which includes the spaces within the small intestine, large intestine, kidneys, and bladder, and is associated with elimination.

For manifesting purposes this area is called, ***“My Power!”*** You will activate the energy of this Xia Jiao lower warmer of the Triple Warmer by saying out loud or in your mind: **“My Power, Activate!”**

***My Power*** is an energy function that causes the energy in this region, especially in the Hara area, to coalesce and strengthen. If you’ve already activated your ***“My Power Bio-Life Energy Activation”*** then you are now pulling in energy to strengthen your ***“My Power”*** energy center from the gateways in your DNA with Bio-Life Energy.

Stay with the feeling for a moment or two if you are sensitive to subtle energies. If not, simply hold in your mind, the idea that you want this energy to continue to build and strengthen. ***Don’t worry, you will be sending out this energy after you’ve activated all three areas and combining it to go to your Beacon.***

Then the energies will emanate out into our universe and beyond, attracting what

and who you are wanting to arrive into your life!

The Zhong Jiao (middle warmer) includes the stomach and what is normally called the “Spleen,” but should perhaps be called the “nutrient uptake system.”

In other words, it includes the hepatic portal system, various secretory pancreatic cells, the duodenum, portions of the lymphatic system carrying chyle, as well as the catabolic and transaminic functions of liver cells, and is associated with digestion.

“*My Sanctuary*” is the energy center and function name for the Middle Warmer that I recommend using for manifesting purposes.

Say out loud or in your mind: “*My Sanctuary, Activate!*”

Your sanctuary can be thought of as being in the emotional personal heart center of your body. Energetically, the energy of this system is fueled by the same energy flows that move through your Triple Warmer Meridian. Therefore, the increased energy we are activating can be used in conjunction with your sacred personal emotional love area of your body.

All intentions require a strong emotion to project them outward. It requires more than just power and vision to fuel an intention and bring it into this reality. The My Sanctuary energy function gives you access to an area within yourself that already exists but that you may not have given much thought to. Visit your Sanctuary with your mind’s eye.

Your *Sanctuary* can be embellished and furnished by spending some times in active visualization. Imagine going inward through your heart center and arriving in a sacred sanctuary that is yours!

This might look like a room with an altar, a library, a bedroom, or a church. Only you know what would feel like a sanctuary to you. Sanctuary: a safe, special sacred area that you go to when you want to give thanks, set intentions, and be replenished in heart and spirit!

You might have a different definition of what sanctuary is to you. Certainly you can commune or visit with your angels, guides, power animals, and any beings in the spiritual realms that you trust and enjoy the company of. It might not be in a building, for you may have gone through your heart out into a beautiful garden

## MY POWER

sanctuary, forest, glen, field, valley, or seashore!

Your “*My Sanctuary*” needs to be a feeling or a place within your being that also holds space somewhere in the middle to upper area of your torso. It can be around your physical heart or solar plexus. Somewhere in the middle section of your body is all that is required. Simply have a “place” that you can direct your attention to and “go into” with your feeling or mind’s eye.

Energy arriving through your DNA will build and grow in your Sanctuary.

The Upper Warmer, or Shang Jiao, corresponds to the thoracic cavity.

This space includes the lungs and the heart, and is associated with respiration. Since it is also called the Upper Dantian, it is considered the seat of Qi. Some people think of this area as the Third Eye, but the “third-eye” point is not on the Triple Heater meridian, but on one of the Extraordinary Meridians. However, while it is likely that we are speaking of the upper area of your chest, energetically your third eye is focal point.

The third-eye point is between the eyebrows in the indentation where the bridge of the nose meets the forehead. The Upper Warmer is supposed to harmonize your heart and lungs as well as affect your hypothalamus.

I call this area “*My Horizon*” for the purposes of building the third portion of energy to send out for manifesting your heaven on Earth.

Many people feel that they “live” just behind their third-eye area between their regular two physical eyes. Therefore, when thinking of manifesting and turning wants and ideas into physicality, this is location must be optimized.

Simply say out loud or in your mind: “*My Horizon, Activate!*”

Energy will strengthen and build in this area of your body and maybe even your entire head. We are almost ready to send out this energy to *Your Beacon* so that it can attract all that you are wanting in your life. Think now about an area of your life you would like to see improvement in. Now, put your attention in your lower belly and say or think:

## ATTUNE TO DIVINITY

**“My Power!”** I think of My Power as a Holy Grail (cup) that is lit from within and growing in power and strength!

Then put your attention on your sanctuary areas and say or think, **“My Sanctuary”**. Once again think or say: **“My Horizon!”**

*Imagine and intend to send the energies from each of these energy centers outward to combine into one energy stream as it gains strength and energy to fuel your intentions to manifest \_\_\_\_\_ or something better to arrive into your life!*

The energies of *My Power*, *My Sanctuary*, and *My Horizon* converge as they move outward into one energy stream that may split further into various energy streams as Eternal Sacred Source sees fit to help you attract all you are wanting into your life here while living on Earth in a human body.

Repeat the exercise for another intention and then another for several times.

In review, let's look at what those energy flows might look like as they have been sent out of your body into the cosmos. Now see and think about the energy stream of My Beacon! Say or think:

**“My Beacon, Activate!”**

Your Beacon is now active and brilliantly emanating out through the cosmos energies comprised of your intentions and shall attract to you and your life people and opportunities that will fulfill your needs, hopes, and desires. It is a good thing to be comfortable and enjoy life here on Earth.

Now say with strong intention: **“Triple Warmer Meridian Care, Activate!”**

After you complete the manifesting exercise, so that your Triple Warmer Meridian can rebalance and have the proper energy flow routed to and through it.

***In Summary:*** The San Jiao (Triple Warmer) has been referred to as an old-fashioned water-wheel that is turned by incoming water and creates energy for accomplishing a task, such as metabolizing and digesting food. When this important meridian becomes overactive or for some reason is sluggish and underactive, many important bodily functions can be impaired.

## Spinal Care

If you are new to using your intent to ‘activate’ energies in the spiritual realm, Welcome! **Spinal Care** IS the spiritual energy infusions of various gems, plants and other substances found in nature. All that is required is an open mind and desire to receive only positive beneficial assistance from the spiritual energies of:

***Ruby***  
***Shallaki Boswellia Serrata***  
***Pearl***

Spinal Care uses cosmic laws and the belief that the spark and movement of Divinity is in all of nature here on Earth. I believe that Divinity (Eternal Sacred Source) is intelligent and provides action only for our highest joyful good.

Spinal Care is Divinity in action to bring the spiritual energies and gifts of Ruby, Shallaki Boswellia Serrata and Pearl deep within your aura, energy bodies and physical body to assist you in as much as your personality, higher self and soul will allow.

If you wear rubies or pearls, you will have their energies close to you, but it is often difficult to bring those energies deeper into your body. And to direct those energies to help certain body parts, that often proves illusive. ***Shallaki Boswellia Serrata*** resin and gum can be ingested as a food supplement whereas Rubies and Pearls aren’t.

Spinal Care brings Ruby, Pearl and Shallaki spiritual energies to exactly where you need it to help your body.

Accept your **Spinal Care** attunement by saying audibly or in your mind:  
**“I ask now to fully call in my Spinal Care attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source!”**

Be reclined, and if possible, lying flat with a good pillow.

Activate **Spinal Care** with intention for the energies to flow. See the spiritual energies of **Ruby** flow down your spine?! You may feel a warming, as if a heating pad is under you. It is ok if you do not feel anything. Some people don’t feel

## ATTUNE TO DIVINITY

subtle energies like Spinal Care, and simply feel better later in their day after their self-healing session of Spinal Care is complete! It is wise to spend time relaxing horizontally and asking for Spinal Care and its associated energies to assist you for 12-22 minutes at least every other day for three weeks.

***Shallaki Boswellia Serrata*** is a tree whose resin and gum in the bark and roots has been used for healing since ancient times.

After being sure you have no food allergies to Shallaki, and checking with your doctor, try adding Shallaki Boswellia Serrata to your diet. It supports the energy work we are doing here with physical constituents most human bodies really like and appreciate. Many people cannot financially afford to ingest Shallaki in the quantities necessary for complete health benefits and healing.

***Activate with your intention Shallaki Boswellia energy during your Spinal Care self-healing session while you are reclining.***

Shallaki Boswellia energy amplifies the beneficial effects of the ingested supplement so that much less physical resin is necessary for excellent healing results. Even if you can't afford any Shallaki resin the Shallaki energy in this Spinal Care energy system will help you.

***Pearl Cushion*** is the spiritual energy of Pearls. Some people have problems with the cushion discs between their vertebrae being thin or bone touching bone when they move around.

***Pearl Cushion is the liquid infusion of Pearl's spiritual iridescent milky silky infilling spiritual energy for your body's comfort.***

Activate with intention your personal Pearl Cushion anytime you need some additional cushion support for the discs of your spine. The Pearls we are accustomed to seeing are solidified Pearl that has flowed around a physical irritant in the mollusk (clam). Pearl coats and cushions the clam from the sharp or otherwise rough surface of the sand or rock that arrived inside of the clam's shell.

Pearl Cushion energy does not replace a healthy disc. It simply provides some ease while you seek traditional medical assistance.

## SPINAL CARE

Anyone may activate ***Spinal Care*** for a person who is reclined. You would stand near the person if they are lying on their back and speak to Spinal Care energy system, intending its ***Ruby*** energy to flow. Your job is to hold sacred space and intend that Spinal Care energies flow through this person's energy fields and body, perfectly, for them.

Then activate with your intention saying its name verbally out loud or in your mind: ***Shallaki Boswellia Serrata***.

You can say ***Shallaki Energy*** if it's easier to remember!

Then activate ***Pearl Cushion*** in the same manner.

All three energies are synergistic and flow wonderfully together for your client, student, friend, loved one or yourself!

Some people expect to feel energy come out of a practitioner's hands and it may take some re-training for a person to accept that you are only the activator of this Spinal Care session. The energies are mixed especially for each person. Many practitioners will run energies through their own body and then send them out to a client, later wondering why they feel off balance.

Most basic energy systems are designed for hands on transmission of the energies from one person to another. When practitioners are using more advanced energy systems, the energies arrive in the proper proportions for the client. This means that if you run them through your body first, it might not feel so good.

Please do not use your own body as a pipeline. Advanced systems require ONLY your sincere want to activate a healing session for a client, friend, loved one or student. The energies flow directly from Eternal Sacred Source (the Divine) to the person at your request!!! Give yourself a Spinal Care session at a different time than when you are activating a Spinal Care session for someone else.

Write the names of ***Spinal Care Ruby Energy***, ***Shallaki Energy*** and ***Pearl Cushion*** on cards you carry with you for easy reference of each energy stream in this system.

## Azure Shakti

The Azure Shakti is a sentient Eternal Divine Intelligence whose sole purpose for so long as you choose to work with her, is to bring you into full contact with your own soul. After taking you on a spiritual journey up to your soul, the Azure Shakti causes you to become consciously aware of your soul, from here, within your own body. The Azure Shakti may bring a stronger concentration of your soul energy here to you, in your body, if you are ready for this experience.

The Azure Shakti provides a unique experience of your own soul, bridging the gap between embodiment here in physicality and all you are!

The Azure Shakti may, upon occasion, indeed bring your conscious awareness up into the fullness of your soul to help you learn about yourself.

This energy system of the Azure Shakti is unique in that a person can't just say, "Oh, that is the Azure Shakti energy!" without each person experiencing something different. Most energy systems have an energy that is of a similar energetic signature, even if it works uniquely for their own body and being.

When you receive your attunement to your own personal Azure Shakti, you are receiving a highly personalized Shakti who bears the energy signature of your soul. Your Azure Shakti will only be working with you, bridging your connection with your soul, from this reality to "where" your soul is.

Your Azure Shakti literally wears the connection between you, here in a physical body, and your soul, like a mantle or cloak around it that has been fully infused into the Shakti. This means that your Azure Shakti is the ultimate spiritual helper for learning about your soul and bringing more of your soul energy to reside here in your body. Your Azure Shakti is the only mobile being I'm aware of that is so infused with the energies of your soul.

Your Azure Shakti is sentient. This means that it is self-aware. Shakti is a term for the feminine, creative, moving energy of Divinity. Your Azure Shakti has the unique quality of being responsive to your will. As you may learn as you work with your soul, your soul has different priorities than you do. You, here in physicality need to be concerned with earning a living and doing those things that keep your physical body fed and sheltered. Your soul has not concern about that except in as so much as it relates to you, in physicality having experiences the soul wants to have.



## AZURE SHAKTI

Your Azure Shakti will listen to you, you here at the personality level. Your Azure Shakti will bear and bring your soul's presence to you here in physicality. This is a very serious and important doing! When you activate your Azure Shakti, please be seated or reclined and remain in one place. Eventually you will become more familiar with the intensity of being in the presence of your own soul in all of its majesty.

Initially it might be an overwhelming experience for you. Sometimes people find that a pressure builds in your head or body as more of yourself wants to arrive into your body and is of a higher or different vibration than the rest of you here in physicality. This usually dissipates quickly as your body acclimates to the infusion of more of you, arriving and integrating into it.

Your Azure Shakti is not you, it is simply a divine being who has dedicated its current existence to being on call for when you want it to bridge the gap between you here in physicality and your own soul.

Shakti are very dedicated beings and they are to be treated with respect and thanked often for their tireless service to you.

It is wise to allow about an hour, the first time you call forth your Azure Shakti to work with you and help you be more aware of your soul. I really thought this energy system would just help people be aware of their soul.

Then it was immediately apparent that the Azure Shakti were fully functional to bring a person's soul energy to their body and help it integrate.

***Q. What might a person experience when they first connect with their Azure Shakti?***

A. You might be face to face with another person in your mind's eye that is connected with your soul. You might become aware of anything that is out of sync in your life, with your soul's preferences and purpose.

If you do not wish to work with your Azure Shakti in the future, it becomes "decommissioned" and the mantle of energy that is the bridging to your soul is removed. The Azure Shakti would then either be reconfigured with Eternal Sacred Source for a new job description, or simply await another person to "call forth" an Azure Shakti for [name of person].

## ATTUNE TO DIVINITY

Please spend a few minutes to invite your *Azure Shakti*, to release fully unto you.

Simply say out loud or in your mind:

**“I ask to fully receive my Azure Shakti as chosen by Eternal Sacred Source, holding the mantle of connection with my soul, NOW!”**

The Azure Shakti arrives and does a meet and greet with your body so that there is a resonance between you, here in physicality and your soul beyond this time, space reality.

Now that you have paused to receive your attunement, you have the right to call upon and activate your Azure Shakti anytime you have some time to spend learning about yourself. Simply say out loud or in your mind:

**“My Azure Shakti Session! Activate and Assist me, this day, please!”**

Relax and think about your soul. Any perceptions you’ve had about what your soul might look like or feel like. Be kind to yourself and try and think about what you appreciate about yourself as you seek to know your soul.

The process of bringing more of you, from your soul level to your body takes time, literally. Although your energy signature, at the soul level is within the same octave as you, here, in a body, your energy signature here is probably from a lower part of the octave. It is difficult to maintain physicality when a person vibrates at very high energetic rates.

If a person is vibrating only to the higher range of their energy signature octave, their body may be quite uncomfortable. It is important to have balance and integrate the energies slowly and steadily.

Your body and the Azure Shakti will naturally do this for you. If you do not allow enough time, and keep mentally delving in deeper and deeper into your soul, then immediately hop up to drive a car to the store, you might get queasy.

I can assure you that you will have a different experience with the Azure Shakti than I did. It will be different for each person. If you are not accustomed to feeling subtle energies you might just be surprised at how you are able to feel like you are more present and feel strongly inside of yourself.

## AZURE SHAKTI

The Azure Shakti will affect each person differently because when you are face to face with more of yourself, it depends on whether you like yourself or have been running from yourself, how this experience will be.

***Q. What are some experiences you are likely to have when you call forth your Azure Shakti to activate and assist you?***

A. A feeling of movement is common as you consciously travel to your soul or is aware of your soul arriving in a rush of energy.

You might not feel anything. If that is true for you, then use this time while you visit with the Azure Shakti to think about your soul. Lift up any questions you have to your soul. Think of the Azure Shakti as the messenger who will bridge the gap between you here in a body and your soul.

Your Azure Shakti will teach you how to instantly contact your soul and access your deeper wisdom and any historical knowledge that is appropriate. Be curious to know more about yourself and receive any skills or attributes that may be helpful to you in the life you currently have here on Earth.

There are some things that are beneficial to be aware of while you are in a physical embodiment and some that are not. A deep longing to be up in the heavenly realms or in any other embodiment you've had at another time may not necessarily be conducive to a happy, successful life on Earth right now.

So please understand that you will receive what is appropriate for now. It is important that you, yes, your personality and the one wielding their will here in your body, to take control of what you do and do not want to receive.

You are the one who will need to live with these new feelings, skills, knowledge and awareness. Sometimes a physical body can handle energy faster than the emotional or mental body. This is alright and to be respected.

Be kind to yourself! There is no rush with these things, this connection with your soul! Your soul may want to bring more of itself to your body. You may determine that simply visiting with your soul, in all of its majesty and bigness is plenty intense for right now! This is alright! You are the boss!

You are the person who needs to live in this body and navigate living here on planet

## ATTUNE TO DIVINITY

Earth. You are the one responsible for keeping your body and the bodies of your loved ones fed, clothed and sheltered. Your soul will have its own opinions. These opinions are not GOD! Your soul may think of you here in this embodiment as something to be used to experience various experiences or learn various lessons. It records these lessons and knows that it is Eternal and Safe. You are here on Earth in a mortal body and it is perfectly alright to choose what “missions” and “soul purposes” you are willing to pursue and which ones you are not ready to.

Understand that the soul is not limited to your physical body and does not have the common sense necessary for daily life activities here on Earth.

I am simply saying that it exists in a different realm and comprises all of who you are! This means that only parts of you arrived here into your body.

An aspect or several aspects of you arrived and comprise your personality and being during your incarnation here in physicality. It is not all of you, but it is the you that is here, and the life that you have now that matters.

Spirituality, here on Earth in these days is integrated with daily life activities. Spirituality a long time ago was sought to the exclusion of daily life activities as noticed by monks and others who lived outside of society.

Now spirituality is more about integration and it is up to you, here to determine what skills, abilities and information that your soul has to offer, that you feel are beneficial for you right now. Your soul will always be there, available to you. It is beneficial to you, to have a stronger concentration of you here in your body. What parts of you that consists of is up to you! You have to set forth your intentions very stronger and make it clear what you do and don't want.

How can you know what you do and don't want from your soul? Well that is where parameters are of assistance. Tell your Azure Shakti that you want to witness and meet and greet more of you that is most appropriate for now.

Then, you tell your Azure Shakti what you are and are not willing to have happen. Are you alright with feeling more of yourself present and being more connected with your feelings on a regular basis? This is great if you are in a good place in your life, but might be too much if you are mourning the death of a loved one or just experienced a big relationship loss.

Are you alright with spending the next several days away from the general public

## AZURE SHAKTI

and getting to know the new parts of yourself that are arriving? Or do you need to be able to focus and concentration on your job in the next few hours?

Can you see how something could be beneficial if you can allocated days to healing might be counter indicated if you must have clarity of focus on work or child care immediately after your Azure Shakti Session?

I found that initially, when working with the Azure Shakti, she showed me several areas of my soul. I was able to pick one area that held the most interest and resonance for me, and asked more of that part of me to arrive. It took about an hour for that part to integrate with me enough to move about the house and start taking calls from people and doing household chores.

The next few hours I still felt a little spacey and my coordination wasn't as good as usual. I felt like my limbs were unfamiliar to me and as if I could easily merge with any household furniture or pet! About 4 hours after I asked my Azure Shakti to bring more of soul present into my body, I felt a great peace and happiness in me. It was easy to navigate around my house and I felt ready to go outside or be around people.

In other words, it took several hours to be integrated enough to have great accuracy of hand, eye coordination and feel more physical than spirit.

I will say that in further visits with my soul as attended by my Azure Shakti, I could enjoy visiting without having to give hours to the process! I was able to enjoy bringing a stronger concentration of that same part of myself without giving over a major part of my day to it! I am able to go and visit the library of my soul and view much within my soul quickly and efficiently.

It is only when, in other visits, I've asked for additional parts of myself to arrive and integrate, that hours of my day must be allocated to the process.

It is my hope that relaying this experience will be helpful to those of you who want to work deeply and often with the Azure Shakti!

The Azure Shakti is an amazing guide and responsive to your needs and wants. Please talk with her as you would a respected friend and enjoy her!

She will teach you about yourself and provide comfort when you witness and walk through some areas of yourself that might be uncomfortable. She will help you forgive yourself and clean up any inconsistencies in your beliefs.

## **Slate Shakti**

Slate Shakti is a Divine Intelligence who is skilled at bringing your lower self or shadow self into harmonization with you. You will find more benefit from this system if you've already worked with the Azure Shakti who brings you a stronger connection with your soul. The balance of working with both the Slate Shakti for the health of your lower self, and the Azure Shakti for your soul brings about a harmonization with you, the middle self that is incredible and quite rewarding. Slate Shakti may be worked with as a stand-alone system to increase the health of your shadow self.

Slate Shakti provides a link of communication between you and your lower self. There is often a great healing that occurs when the lower self is heard. Acceptance of your lower self fosters inner peace.

Your Slate Shakti seeks to make contact with and bridge communication between you, the middle self and your lower self. This can be done no matter your skill of perceiving in the spiritual realm. A person's lower self often feels to blame for a person's mistakes and thus it considers itself bad.

This, as you can imagine, keeps it feeling unworthy of love and full connection with Eternal Sacred Source. When your lower or shadow self is so separate from the rest of who you are, unity with Divinity is illusive.

Lower self is also called the shadow self and as such contains many of the baser desires and fears that we prefer not to have made manifest in real life.

Acceptance, integration, followed by embracing your lower self is key to reaching the heights of enlightenment that many people seek.

What do you think of when you think of your lower or shadow self? Do you fear its desires may push you to violate your morals? Does your shadow self appear to

## SLATE SHAKTI

you as something to be overcome? Do you think that if you ignore it, it will stay quiet and maybe even be subjugated further into the corners of your consciousness?

Your shadow self has many gifts for you and conquering it would only serve to sever some very worthwhile parts of yourself from your wholeness.

Your lower or shadow self has its own struggles that have indeed become your struggles from time to time. It has its place in the structure of your being and while you are here in human form, it can serve you better when made friends with, rather than to simply scorn it.

Your Slate Shakti arrives to you with the unique ability of being able to communicate with and resolve conflicts within your lower or shadow self.

After your attunement, when you activate your Slate Shakti, I advise you to recline and relax. The lower self and your root chakra are linked and when there is shifting and healing within your lower self, your pelvic region will also heal. You may even feel a shifting or popping in your lower back as the Slate Shakti works with your lower self. This is a fascinating and wonderful process that works very quickly and effectively each time you activate your Slate Shakti! Even 10 minutes of dedicated time in patience waiting and curiosity while your Slate Shakti is active will benefit you greatly!

Slate Shakti brings acceptance to your shadow self so that it can open to the unconditional love from Eternal Sacred Source and heal and help you.

It doesn't matter if you feel your Slate Shakti's presence or not. Shakti are divine intelligences. That is to say that they are sentient beings, similar to angels who will arrive with a specific job to do. Their work is overseen by your soul and Eternal Sacred Source. Their work is in alignment with Divine Will yet tempered by your own free will. That means that they can only do as much shifting and healing as you, here in at the personality level allow.

Your root chakra, the first chakra responds to your feelings about home and tribe. Your lower self also identifies with where it belongs and its self-worth reflects itself in how you feel about your home and family.

Your place in this world and your relationship with other people, together with the

## ATTUNE TO DIVINITY

value you bring to others, is mightily affected by your lower self.

When your lower self receives acceptance and forgiveness, it can emerge, bringing with it the gifts of creativity and freedom. Your shadow self is not contained by the rules and regulations of society. Thus it can think beyond the usual boundaries that you, the middle self are bound by. When your shadow self is free to work actively with your middle self your problem solving and creative thinking is much more effective. Yes, of course your shadow self's desires must be held in check by your middle self's views of morality and what is right and wrong, else you may regret your actions.

You must not do whatever your shadow self suggests without running it first through your filter of morality and in light of what consequences you may incur for yourself or others. Your lower or shadow self will be so glad to simply have its notions and desires considered that it will rarely push for such impulses to actually be acted upon. When the Slate Shakti helps your shadow self feel accepted it frees that part of yourself to contribute to your life in a meaningful and beneficial way. All parts of who you are want to be valued and have something worthwhile to contribute to the whole.

Please spend a few minutes to call in your *Slate Shakti* to release fully unto you. Simply say out loud or in your mind: **"I ask to fully receive my Slate Shakti as educated by Eternal Sacred Source, specifically for me, NOW!"**

The Slate Shakti flows toward your body and energy fields, greeting all of who you are. Please recline and keep your body still for 10-20 minutes after you have accepted your attunement. Say out loud or in your mind: **"Slate Shakti, Activate and heal my shadow self!"**

Your shadow self is a womb of creation within you that has the perfect conditions for allowing ideas and yearning incubate slowly into ripeness!

Your wild shadow self is necessary to truly realize your potential in life! Deep yearnings are the stuff that fuel strong intentions. Intentions backed by strong feelings and desires are much more powerful than ones only fuel by thought alone. Thus your shadow self has much benefit to share with you as it is not bound by the limits your mind has imposed upon your goals.

If you are sensitive to subtle energies, you may indeed feel the workings of your



## SLATE SHAKTI

Slate Shakti. Your Slate Shakti may work very quickly or change may take several activations before you start to feel the shifting. I say shifting because as your Slate Shakti brings acceptance and opens your lower self's thinking to the possibilities that it might have something good to offer you; shifting occurs within the deepest parts of who you are.

You may or may not get images or know what topics your Slate Shakti is working with your shadow self about. You don't need to know the "what" of the conversation that is taking place between your Slate Shakti and shadow self. You will probably feel some movement and lifting in yourself, and this may even be reflected in an immediate shift in your spine or pelvic region.

As your lower self begins to realize that it is not bad, and that it has purpose that is wanted by you, it will open to you. I speak of this because the lower self may have pulled back from you so much, because it sees itself as bad and doesn't want to hurt you. Or has tried for so long to bring its wants and desires to your conscious middle self (personality part of you) and you have regarded it as something unruly that needed to be tamed, or locked away.

Please understand, your shadow self does have desires and wants that would unbalance your life or destroy it were you to follow those desire at the exclusion of your morality or regard for another person's boundaries.

With that being said, it is your lower self that has some jewels of creativity and who will teach you how to love deeper and stronger than you ever knew you could! Your lower self is not bound by the same rules you are. That means that it can give you a perspective and zest that you have never dared to allow yourself to revel in before now! Accept your shadow self for the wild powerful part of you that is, and open to its gifts!

Your Slate Shakti also helps your shadow self to understand that not all of its desires can be acted upon, and to balance its wants with what you, the middle self feels is appropriate to integrate into your life at this time. Slate Shakti bridges communication with your shadow self and life improves.

Every time I have activated my Slate Shakti I felt some movement somewhere deep within me and there was a sense of accepting more of who I am. I did not always know what part of me had not felt acceptance prior to my activation of the Slate Shakti, but I sure felt better after!

## ATTUNE TO DIVINITY

When parts of who you are feel unworthy, those parts are afraid to step into the Light of Eternal Sacred Source because they don't want to be destroyed.

There is that deep feeling of unworthiness=destruction. Slate Shakti helps your lower self be accepted by you and even the parts that feel unlovable will know that they are accepted. Some parts of a person don't immediately accept even unconditional love. Sometimes that is too much to ask. It isn't necessary for all of who we are to open to being loved. What is necessary is that those parts know, through and through that they are accepted, just as they are and forgiven for any wrongdoing. That is what the Slate Shakti brings to the depths of your shadow self, acceptance and forgiveness.

There is not the necessity to try and convince various parts of yourself that nothing was really done wrong. It is better to simply accept that part and extend forgiveness. The Slate Shakti will then point out what areas within the shadow self may indeed be useful to you, the middle self (personality). Then the shadow self may lift itself up to you as a child reaching to offer a gift that it has made. That is when it is your responsibility to accept that offering. I don't care if it is an idea or yearning that you want to pitch so far away from you! I don't care if you think it is a temptation to accept the offering from your shadow self! A temptation to even feel or think about whatever the shadow self has lifting up to you in offering! You accept it and then, if, after consideration, you do not feel that it is of benefit to you, you may then discard the idea, desire, feeling.....whatever you were given.

The key here is to accept the offering and you will gain the gift of wholeness. You will become a whole person who is no longer cut off from various parts of yourself. Not all the ideas or desires your shadow self brings to you will be useful today. Maybe not any day will they be useful. What is useful is that you have communication amongst the various parts of yourself.

One day you may be pleasantly surprised at the gem of creativity or inspired idea that your shadow self lifts up to you! Born from a perspective you would never have allowed yourself to think from, and pure genius!

As your lower shadow self heals and begins to thrive, so too will you expand into your full potential and enlightenment will be known easily!

If you do not feel subtle energies and have no clue what is going on after you activate your Slate Shakti, do not worry. Please activate your Slate Shakti often.

You may begin to see how the undesirable parts of yourself have value. Your consciousness gains more mobility between various realities and areas of your being, as your soul, lower self and middle self-harmonize.

## **Subconscious Healing Shakti**

Subconscious Healing Shakti is an Eternal Divine Intelligence that provides individualized healing for your subconscious. This Shakti can alleviate many mental frustrations and uncomfortable night dreams.

*Your Subconscious Healing Shakti will arrive unto you as you accept your attunement as that is the calling in of Her energies to you.*

*A Shakti is a primordial eternal divine intelligence similar to an angel, but not of the same lineage as angels. Shakti are of the feminine creative and healing energies from Eternal Sacred Source.*

*They are Goddess energies who have embodied various attributes of divinity to do certain “jobs” for humanity, and other life forms on Earth. They wear their job descriptions around themselves as a mantle or cloak.*

*A Shakti could be perceived as an aspect of the Goddess or Shekhina Holy Spirit.*

There are a lot of Shakti, having various attributes and job descriptions. They work individually on your behalf, always respectful of your free will and as such can only do as much healing as you allow. They are responsive to your requests and even if you can't sense their presence, they will respond to you and extend forth their energies in just the right way.

You are in good hands with Shakti and can trust that they are of Eternal Sacred Source and their activities for your body, energy fields, and being are in alignment with your Higher Self and Soul.

*A person's subconscious mind records everything that happens to a person and everything that your senses perceive. This is whether you are consciously aware*

*of the data or not. Some things we hear, but don't realize it, but our subconscious still records.*

Please spend a few minutes to invite your *Subconscious Healing Shakti* to release fully unto you. Simply say out loud or in your mind:

***“I ask to fully receive my Subconscious Healing Shakti as founded by Mariah Windsong and made perfect by Eternal Sacred Source NOW!”***

The Subconscious Healing Shakti flows into your energy fields providing a meet and greet with you and your mind. Once you spend a few minutes in quiet reflective time, sitting or reclining then you can activate your Subconscious Healing Shakti anytime.

Your Subconscious Healing Shakti may feel bubbly as it lifts away and releases stuck patterns and topics that are not in accord with your current way of looking at life and perceiving reality. By lifting away the obsolete positionings to reality that your subconscious mind was always trying to steer you toward, manifesting what you want in your life is easier.

Often, after activating this Shakti, it felt as if I was riding moving islands with my consciousness. I could feel movement but was not aware of the topics being shifted or the patterns being released. It felt good I tell you!

I've activated my Subconscious Healing Shakti in the morning upon waking and before I sleep at night. Morning activation and staying with Her consciously for 10-20 minutes was freeing. In the evening I felt deeper healing happening and movement in areas of my mind that I did not even know existed! I slept a restful sleep and my dreams contained less disturbing topics than usual. I confess that there are some old patterns in my own subconscious that have been difficult to release and I am finding much relief through the healing actions of the Subconscious Healing Shakti.

If you remember your dreams, they can give clues as to what your mind is trying to work through. It is not necessary to “process” the topics that your Subconscious Healing Shakti releases and heals for you. Topics which tugging has pulled you back from positive change and peace of mind, these are the topics that need healing and release. These are the areas of your subconscious mind that will be brought up to date with the healing your spirit, body and conscious mind have already received.

## SUBCONSCIOUS HEALING SHAKTI

You will be able to direct your Subconscious Healing Shakti to activate for you and it is wise to keep your attention upon the fact that you do indeed want her energies to continue healing you, for the duration of your session.

If your mind strays away from the thought of wanting the Subconscious Healing Shakti to heal your subconscious, She will remain active for only a few minutes. Then her actions will cease until you bring your conscious attention back to Her and ask her to continue healing you.

There seems to be a necessity of your mind being in a receptive state and not being required to attend to anything else for this healing to happen. By this I mean that it is beneficial to be reclined and not have to hold your body upright with its own muscles. It is wise to have the freedom to drift into a light sleep after you activate this energy. If it is only for a nap, you can awaken and re-activate Her energies or activate other healing energies.

Your subconscious mind, as a vast storehouse of information can be so ingrained in certain pathways of reactions that it can hinder our growth.

The subconscious mind takes longer than any other part of our being to let go of the past. The subconscious mind references the past and projects into the future, with a purpose of reducing the risk of pain or physical damage is a great processor. It processes all the experience data it contains. It is now easier than ever before to heal all levels of your mind!

You and I both know that when you approach life in a new way, you will get different results. Your subconscious mind often does not want you to risk any situation that appears similar to one that gave failure previously. If there was trauma or pain your subconscious mind will try to steer you away from even a new approach to a similar goal. Your conscious mind has the freedom to play with ideas and thoughts because the subconscious mind is the great storehouse from which the conscious mind dips into for information and references. Healing your subconscious mind is necessary.

Say out loud or in your mind: **“Subconscious Healing Shakti, Activate!”**

***Stay with her for a few moments simply appreciating Her abilities and hold a strong desire to be healthy and whole in all of your mind and body. Appreciate your subconscious mind for being a recorder and library!***

***Your subconscious mind is a powerful source of creation to have up to date with***

ATTUNE TO DIVINITY

*the way you believe NOW and how you want to co-create life!  
Your life will improve as your conscious and subconscious minds align.*

***Affirmations to use with your Subconscious Healing Shakti:***

***“I am healthy and my mind works with me for today and in the future!”***

***“My mind is trustworthy and I can count on it to think clearly!”***

***“My mind keeps pace with the healing of my spirit and soul!”***

***“My subconscious mind is powerful generator of creative thoughts!”***

***“My subconscious mind is whole and full functioning in all ways!”***

***“My subconscious mind is peaceful and positive, a problem solver!”***

***“My subconscious mind can easily access the super conscious libraries!”***

***“My subconscious mind is safe and protected”***

***“My subconscious mind has can access any information it needs anytime”***

***“My subconscious mind works with my higher self and soul constantly”***

See one example of looking into the subconscious mind; the depths that are dark are good places for creation. Womb like or void like in their protected spaces that foster safe undisturbed time for sifting and sorting through information that will yield important ideas and revelations!

***Some benefits of activating your Subconscious Healing Shakti often:***

*Your sleep becomes more restful and mind is quieter.*

*Your night dreams will reveal less reviewing of old patterns.*

## SUBCONSCIOUS HEALING SHAKTI

*Your night dreams will reveal less guilt and shame scenarios.*

*Your memory will improve for the subjects you want to remember.*

*You no longer need to keep bright traumatic memories in order to motivate yourself to take the actions necessary for your future plans.*

*Your actions and responses to people and situations are as you want them to be instead of simply reacting based on past experiences automatically.*

*More creative thoughts and problem solving becomes easier.*

*You may see the solution through the problem instead of blockage.*

*Emotional freedom from past trauma happens as subconscious heals.*

*Your conscious and subconscious minds harmonize to work for you.*

*Fears can subside and your faith in life and people can be restored.*

*You may see through illusion to notice people's true motives.*

*You may notice real danger if there is any and ignore fake threats.*

If you want to activate a few other healing energies for your body while your Subconscious Healing Shakti is active for you, do so. I caution you not to activate any other clearing or toxin release energies while you are in session with your Subconscious Healing Shakti. Some people do experience clearing symptoms after their ***Subconscious Healing Shakti*** sessions. These can be mild such as pimples on the skin or greater such as liquidy stool and nasal congestion. If that happens to you, please drink plenty of water and fresh fruit and get plenty of rest.

Your body recognizes the healing as a departure from what was. Healing is change and bodies respond differently to change even good change such as healing is.

Often times, when healing happens at a very deep level, then the body has to “catch up” with the healing physically. No longer is there need to hold on to toxins that

## ATTUNE TO DIVINITY

were simply hardened physical representations of old mental worries. When old patterns bubble up and away, your body does not have to hold on to any physical imprints of those patterns and so also releases toxins.

This does not happen in all cases. Sometimes it is a very light, and joyful occurrence, healing! At other times the body takes healing as a signal that it can now also heal old wounds and move past etheric imprints of dis-ease.

When there is change, healing in one place in our body or mind, change also happens in other areas of our body and mind. This is well and as it should be although it can be surprising to some people and so I speak of it here.



## Personal Imprint Remover

*Personal Imprint Remover* frees you from the bonds others feel is their right to have with you. If you've felt tugged upon by anyone you've ever been romantically involved with you know the feeling of someone who thinks that you should be theirs. Relatives can also cord and tug upon you if they want to control you or you aren't behaving as they want.

Personal Imprint Remover is to remove prints you left from where you stepped before as well as any personal energy others noticed about you.

Benefits you may receive after targeted activations of  
Personal Imprint Remover may include but are not limited to:

*Freedom from seemingly random tugs from past lovers.*

*More peaceful sleep as night dreams become freed of visits and scenarios of people from your past for their links with you are now dissolved.*

*Freedom from the barrage of peoples' attempts to energetically 'cord' you.*

*Gain spiritual maturity and become adept at cleaning up after yourself.*

*Remove traces of where you've been so there are no personal imprints of you for others to use to "track back" to your body and being.*

*Selectively choose the imprints you want to remove and the ones you want to remain in place as invitations for trusted people.*

*When you are in the public eye, your message will be remembered free of your personal energy.*

## ATTUNE TO DIVINITY

***You gain the trust that your image, message, or work, personally created stands on its own, upheld by Source without need of your personal imprint.***

***You gain the freedom to be energetically sovereign and secure from the any uninvited tugs or leakage of your energy to other people.***

***If you are sensitive to subtle energies, you may feel the spin of this energy as you stand in the middle of the orb and its petals spin away your personal imprints.***

***The more you work with Personal Imprint Remover, the more responsive it becomes to your thought intent.***

***It becomes very easy to with a moment and a thought to remove your personal imprint from anywhere you've been or any images or words.***

We all leave energetic prints behind in places where we have walked. These prints are stronger in places where we've had emotionally charged moments.

Sometimes it does no harm to leave our energy prints where they were left.

The problems can arise when people want to be close to us, and we don't want to be close to them. Maybe there is still love, but life situations dictate that being close physically or energetically is not healthy or good for you.

There are people of notoriety whose image is shown across air waves on television or who are in movies or newspaper. Sometimes others will begin to reach for these people energetically. If you are in the media, and would like additional protection personally, this energy system is for you.

Anytime someone is able to notice something about you, whether a photo, memory of time spent together, or something you wrote or did your personal imprint can be "fixed upon" and used to gain access to your energy body.

Most people's natural aura and psychic protection will keep them safe.

When you are tugged upon, the person doing it doesn't have to be a dark magician or sorcerer. Even well-meaning people who yearn for you, or have a desire to control

## PERSONAL IMPRINT REMOVER

your actions with the best of intentions, may not realize the strength of their desires. The result is a tug upon your energy body and emotions that can wear down your natural energetic defenses.

People can “walk” into your night dreams even while they are unconscious, while you are both asleep, even if miles and continents away. The strength of their desire to make contact with you or influence your actions can propel their spirits to connect with you while you are asleep if they have an imprint of you to “track back” to you. These spirit visits may be unwelcome, and you have to “shake off” the feeling of having just been with that person upon waking in the morning.

Personal Imprint Remover keeps intact your positive intentions and the good things you've said or done, while removing any “track back” imprints.

Personal Imprint Remover will remove the personal “track back” nature of your image, memory, words or other imprint of where you've been or what someone noticed about you.

After you accept your attunement you'll be able to activate these energies in a general or specific manner. Personal Imprint Remover energies will erase the personal imprints which pose the biggest risk first.

These energies will work for 10-15 minutes per activation. Although time is a relative term, in the spiritual realms, there is still only so much that can be accomplished per activation. This means that it is necessary for you to activate these energies several times for optimal benefit.

As with any spiritual work or energy, change happens in the way that is best for you and not all at one time. Even too much good change can be difficult for a person to handle, so your higher self and soul guide this energy.

For example, if you have given lectures and your student looks to you for guidance, they may remember what you said. But, in times of their crisis, they may reach for you energetically, instead of directly to Source for assistance.

You may have intended that your words and message direct them to Source for their sustenance, but they might not remember how to do that. Instead they remember you, your energy and the fact that you do know how to connect to Source. Consciously

## ATTUNE TO DIVINITY

or unconsciously they may reach for you.

You might not even know who is reaching for you, but you start to feel tired or grumpy. You might even allow energy to leak out of you, toward the person in order to fill that need and get the tugging to go away.

Now you have Personal Imprint Remover that you can use if you ever start to feel tired or grumpy for no apparent reason.

You will be able to activate this energy system and mentally “send” it toward whoever or whatever may be pulling on you that have no right to do so.

The link will be broken and your energy reserves can refill securely and your mood can lighten. The person who was pulling on you will be linked directly to Source and their need met.

It is very important to be willing to allow your personal imprint to be removed. Some of you will feel a resistance to this part of the process.

I postulate that your personal imprint is not the part of your image, words, memory or legacy that is important. The positive impact you wish to leave with people or on the world will continue strongly without your personal imprint.

It is your personal imprint that gives a traceable, ‘track back’ map for people to follow directly into your energy fields and emotional body.

Please trust that you can remove your personal imprint and the good you have already done will only increase.

All you have asked be removed is the road map by which a person, intentionally or unintentionally might follow directly into your personal energy. Many of you have wondered why unwanted connections with people from your past persist years after you’ve consciously stepped out of the relationship, job or living situation.

It is our personal imprints, traces of our energy that can be used as roadmaps or ropes to follow back to you, here in this reality, day and time.

Let us claim our personal sovereignty and freedom by removing those links.

## PERSONAL IMPRINT REMOVER

Please spend a few minutes to invite the Personal Imprint Removal attunement to release fully unto you. Simply say out loud or in your mind:

***“I ask to fully receive my Personal Imprint Remover as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”***

Personal Imprint Removal energies arrive to your body and energy fields, assisting you to clean up the traces you left behind.

Say audibly or in your mind:

***“Personal Imprint Remover, Activate!”***

Think of stepping onto a landing pad, and stepping onto Personal Imprint Remover; spinning under you, erasing your personal imprints everywhere and every when you wanted them erased.

Personal Imprint Remover is very responsive to your requests, as it follows your mental thought instructions in alignment with your higher self and Soul's guidance.

Here are some example directions that you can give your Personal Imprint Remover energy immediately after you activate it.

Tailor these affirmations to be applicable for your specific needs and wants.

***“Personal Imprint Remover, activate and remove my personal imprints from all times and places when I was with (name of person)”***

***“Personal Imprint Remover, activate and remove my personal energy from this photo (picture of you, think of or look at the picture).”***

Many people who are viewable by the public or hold positions of authority in their company or community will find this energy system very helpful. When you oversee or are responsible for an organization, company or municipality there inevitably will be persons who want to influence you.

They may want you to like them. More often they want you to make decisions that are favorable to their interests. These people may tug on you. They may not realize that their strong want for you to take certain actions or make certain decisions is felt by you as a pulling or energy drain.

## ATTUNE TO DIVINITY

Most persons are unaware of the power of their intentions. If they've not been trained in energy work, they might be innocent, but that doesn't mean that their intentions aren't causing harm. You do not have to be drained or corded by anyone. Personal Imprint Remover dissolves the energy signature or imprint by which a person would consciously or unconsciously reach you.

***“Personal Imprint Remover, activate and remove my personal imprint from my lecture, and all written communications I've made with (name of lecture or time frame of the written communications and to whom).”***

***“Personal Imprint Remover, activate and remove my personal imprint from all conversations I've had with (name of person).”***

You can be very creative with this energy system. It has been channeled and is designed to assist you in your spiritual hygiene and personal energy safety.

It is only as good as your willingness to allow it to work, and how specific you are in identifying where and when it is to be sent. Yes, this energy system will time travel in its work for you. When you activate this energy as a general energy hygiene system, without giving it any particular direction, it is likely to attend to any immediate threats to your energy wellbeing.

Thereafter, it can start going back in time, to clear other personal energy imprints that could be used by others to pull at your energy and being.

This Personal Imprint Remover is most effective when used often. Please notice when you seem to be tired or moody for no apparent reason. Activate this energy. It will identify and remove any personal traces, imprints that a person or group of people may be using to tug upon you or influence you.

The single most necessary thing you need to do in order for this energy system to work optimally is to trust that your personal energy need not remain with the words you've said, or things you've set into motion, in order for your intended result to arrive unto you. Eternal Sacred Source will uphold your intention and keep the effectiveness of your intention.

Your personal energy is only a traceable connection that both skilled and unskilled people can access your personal energy fields uninvited.

## PERSONAL IMPRINT REMOVER

After an interaction is complete, it is correct to remove your personal imprint. If you want love to grow with a person that is independent of your personal energy, for it is how the person appreciates and feels about you. It is not dependent on you leaving a part of yourself there with them.

This is radical thinking to some people. However, love is as bubbles or spheres. It can arrive and be accepted by you or the other person, no cords included. There is a misnomer that has caused much damage to both persons in love. It says that two people who love one another are connected by energy cords, ropes or streams of energy that get more solid as time goes by. This is not the most enlightened or exalted way to share love.

For 2012 and onward, the most exalted love interactions are those which are as two orbs, spheres of love. Think of it as large droplets of love and life energy that move as a delightful dance between the two people.

These orbs of love arrive out of one person's personal heart space and then merge into the other person's. They don't leave cords or lines of light behind them.

The other person also sends energy out to the one they love, but they don't anchor in with a cord. Each person, even very spiritual ones will be growing at different rates. If people are corded one into another, they will feel and be adversely affected by the other person's ascension symptoms.

This is counter indicated and is not what Eternal Sacred Source wishes for each person to endure, simply to be "in love" or relationship with others.

You can have all of the closeness without having to process or endure the other person's clearing and ascension symptoms. Some people get nervous if they can't feel what is happening with their mate at all times.

I am here to tell you that you can merge in and out of your love's energy without dwelling there constantly. This provides a greater range of creative movement for both people. Leaps in spiritual growth can happen for one person even if the other one is not ready right now.

You will be able to help you love grow better if you are not corded with him or her. People who are corded energetically may have that additional sense of constant

feeling with the other person.

However, both people endure more challenges in their relationship and their everyday lives when their bodies must process the other person's "stuff".

Many people are convinced that they can be corded with their love and not "process" that person's emotional "stuff". In only very rare occurrences is this possible.

Eternal Sacred Source and my helping healing team of eternal love, light and life in the spiritual realms tell me clearly that in 2012 and onward, all persons will be called to step up their service to Source, Earth and her inhabitants. This spiritual service will require 100% of each person's focus, and concentration of life energy in synergy with Source.

If you are corded with your love, and each of you are called to do different work in that moment, neither of you will be at your best. Yes, there are times when the two of you will be energetically working on the same spiritual project and desire to link together. That is easily done and proper for that particular purpose, not for every day optimal connection.

It is optimal to connect with your love in an energetic dance. Think of you both as spheres of love, light and life which send energy to one another in self-contained spheres of energy. There are times when the two of you consciously merge together, and there are times when you operate independently, both holding the flame of love for the other strongly.

I was guided to include this information about romantic relationships because it is slightly different than how most people try to connect.

## **Clairsentient Awakening**

*Clairsentient Awakening* opens you to the ability to feel and know the answers to questions and to perceive information at a distance. Learn how to put your consciousness in various places while you perceive feelings and information from other people, places, animals and times.



## CLAIRSENTIENT AWAKENING

Clairsentient Awakening arrived as a result of energies that I channeled to increase my natural clairsentient abilities. Of all the psychic type of abilities that are generally listed in books and on the internet; the one that describes how I work for learning the details of an energy system and when responding to client questions is clairsentience. This ability has been greatly enhanced by the many hours I spend consciously asking for and then marinating in various energy streams from Eternal Sacred Source.

Anybody can awaken their clairsentient abilities. How fast this awakening will occur and how consciously you'll be able to access the information that arrives to you is determined by your higher self and your soul.

Clairsentient comes from the French word and means "clear sensing". It was used popularly in the eighteenth century. It involves the psychic perception of smell, taste, touch, emotions and physical sensations that contribute to an overall psychic and intuitive impression of something.

Clairsentience is also known as paranormal feeling. It is a feeling sense that is highly sensitized and one that can accentuate any of your regular senses to bring you information. This information can be in response to questions that you are asking your helping healing guardians in the Light of Eternal Sacred Source or 'picked up' from your environment or objects.

These perceptions may be experienced internally or externally depending on the technique chosen. Usually in the beginning of your Clairsentient Awakening, feelings may be sensed, though you may not have the full meaning of those feelings revealed to you in a 'knowing sense'.

As you work with your Clairsentient Awakening energy you will begin to sense more than ever before. ***You will suddenly just 'know' things that you are sure you didn't 'think up'***. Information will be available to you in response to questions you ask Eternal Sacred Source. If you start asking questions on behalf of other people, the way you receive your information will vary greatly. ***You may feel how parts of their body are feeling. This can be disconcerting if you don't know that it is their body, not yours.***

Clairsentience as a paranormal feeling is also called: *Being a Feeler, Clair Feeling, Clair Sensing or Psychic Feeling.*

Clairsentience is used both for paranormal feeling and paranormal knowing.

I use clairsentience as paranormal feeling in many ways. When in session for a client and I am asked to 'look' at their body and help them know what may be causing them to have various physical symptoms of distress, I then suddenly feel what it feels like to be in their body.

Then I feel if their knee hurts or if they have nausea. I then feel what their body's consciousness feels. This is a gift that I've honed into a skill for use with clients who want to work in a conscious way with their body. Not only does the person feel various sensations of discomfort in certain body parts, their body has a whole range of varying emotions about the same areas. So, I must discern if the feelings are coming from how the person is feeling their body, or how their body's consciousness is feeling about organs.

There is also the fact that many a persons' body is accustomed to trying to communicate with their incarnated soul (soul incarnated into that body) by means of feelings sense because the person is more likely to respond to feeling than through thought to thought information.

***When the body realizes that I can also use my 'knowing sense' of clairsentience not just 'feeling sense' things get easier with the communication.***

Then I'm only feeling what the person is physically feeling as the body will switch over to communicating in a whole thought form 'of information' instead of just by feeling.

I don't know what ways your gifts will open or what skills you will hone. I can tell you that being very focused on putting your attention on various feelings simultaneously to thinking about a question will be the best way. In that manner you will be instructing your body and being to only feel WHILE you are holding the question in mind.

***Thereafter instruct your body to clear all residual 'feelings' that had arrived as a result of your query.*** This way it clears you to be able to feel the response to your next question and you won't have to be having body pains that aren't even yours, after the session for a person is complete.

## CLAIRSENTIENT AWAKENING

*Clairsentient Awakening is designed to awaken both additional feeling senses and knowing senses.* You are encouraged to be instructional to your body, as it is the canvas that reveals the answers to your questions by feel.

Please spend a few minutes to invite the your of *Clairsentient Awakening level 1* to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Clairsentient Awakening level 1 attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!”**

Simply say out loud or in your mind: **“Clairsentient Awakening, Activate!”**

It will flow into your body and energy field; into all of who you are.

You may or may not feel any sensations it doesn't matter if you feel these subtle energies. They are effective no matter whether you perceive them or not. Some people feel warmth or tingling sensation, other notice pulses.

Paranormal feeling is the feeling of subtle energies. These can be by various means; for example energies of a location, or animal, angel or the feelings and emotions of people and their body's consciousness.

Your Clairsentient Awakening level one encourages your innate clairsentient gifts to awaken. This may occurs over a period of weeks, months or years. This Clairsentient Awakening attunement is an energy stream that you can activate anytime to increase your Clairsentient abilities.

Clairsentience can be more useful for you when you've honed your gifts and increased your ability to concentrate your awareness from various places.

Here is a list of some paranormal feeling gifts that clairsentient people have. Each person's abilities will present in various ways. Nobody has all of these gifts as each person's abilities will open up in the way that makes the most sense to them. In Level 2 your Clairsentient Awakening is increased.

Not every way of feeling is appropriate for the way a person thinks and naturally perceives their environment. So trust that the gifts which emerge are yours and never try to reach for a gift that another person displays.

Feeling energies with the hand or other body part when you physically touch them.

## ATTUNE TO DIVINITY

Some people touch items and feel emotions that occurred near or in regards to that object. Sometimes it feels like you were the person that those feelings happened to.

Feeling energies from other places and times when you are in a spiritual journey or a meditational state. This can also happen while you are watching television or a movie or even reading a book about a different time. It can be disorienting if you don't realize 'where' the feelings are arriving from. Clairsentients need to learn how to modulate the information they receive so that they are not overwhelmed by feelings arriving from their environment or other people.

Feeling that something is not as it seems, and by that means, discerning when illusion is present in a situation.

Feeling colors as information. This can take some getting used to for it requires you to learn what your 'legend' is. If you think of it like a map, each map has a legend to tell you what its various symbols represent, it will be necessary for you to determine what the various colors mean as they bring you information in response to your questions.

Feeling nature spirits or angels and other Light Beings of Eternal Sacred Source . To know when they are near or when you send your consciousness out to 'meet and greet various nature spirits.

Feeling that someone is close to dying or going through the spiritual transition that occurs just prior to death.

Feeling other people's feelings & emotions. Being empathic is part of this but not all we are focusing on in this manual.

Feeling what the weather is like in other places or times.

Feeling what rocks, crystals, herbs, colors or healing modalities are best suited for you or for other people.

Feeling that you are in a body other than your own. Such as putting your consciousness into that of an animal or bird and experiencing the environment from their point of view.

## CLAIRSENTIENT AWAKENING

Some people are super electro-sensitive and although this is often confused with being sensitive to radiation from various technical devices when in truth it is that electricity can be conduits for information. When you, not just the technological device can interpret what these electrical signals mean, it can be ‘loud’. You will need to learn to consciously ‘turn down’ that particular gift and ability until you actually need to use it for a purpose.

***Clairsentience as paranormal knowing:*** This is by far my favorite gift because it is more cognitive and is easier to sort through the information.

There isn’t the intensity that the feeling senses give although my guides and guardians like to ‘highlight’ various information with feeling so that it gets my attention! Clairsentience by way of the knowing sense is a great tool that you will learn how to direct with a concentration of your consciousness to focus on the particular question. Some people see a ‘bulletin board’ in their mind that they can then ‘read’ the information that appears in response to their query.

Other people, such as myself, simply receive a ‘full thought’ information that is ‘dropped’ into my mind. It is suddenly there and feels like I just ‘know’ the information. I speak it or write it or think about the information but am not ‘channeling’ the information. It is brought to me and put into my mind. Some people designate a ‘landing zone’ area for information to be put in. I’m not that organized in my mind and simply know the information is there but is not something that I read or heard anywhere.

I like to work in a clairsentient manner with my helping healing guides and guardians of Eternal Sacred Source and all of the Angels as well as any animals.

In this manner I can ask a question specifically of a particular Angel or guide and their answer ‘arrives’ to me in a way that I can understand and put into verbal language to pass along to a client. Or if the information was for me, I am able to understand it and put it into use in my own thinking and creative pursuits. This is how information arrives when I write manuals for various energy systems.

Sometimes I’ve posed the question to a guide or angel who is not the best authority on the topic. If no information arrives then I open up the request for whoever is the specialist or best one within Eternal Love, Life and Light, to respond to my question.

## ATTUNE TO DIVINITY

This is a very important precaution. I speak of this because there are many beings out there who, as soon as they become aware of the fact that you've gained conscious communication skills such as clairsentience, want very much to be noticed by you and have their information accepted as truth by you! We can be 'used' for their own agenda by many a being in the 'invisible' realms of spirit if we do not exercise extreme discernment.

The most secure way to know that the information you receive is not only accurate, but safe and in your highest joyful good, is to set the standard of within what bandwidth of energy you allow information to be given through.

To say this another way - who is the courier? Who brings you the information that you seek? Who will you allow to bring you this information?

You must have standards that are N EVER breeched.

It doesn't matter whether you receive an answer. If no new information is received, trust that there is no information that you or your client require at this time that is not already known. NEVER broaden the search to allow ones who are not completely of Eternal Sacred Source of Love, Life and Light to bring your information. Nor shall you EVER allow yourself to wander into the energy of such a being and retrieve information from them.

***This is very important:*** Many psychics will send their consciousness to a person and glean whatever impressions or information is within their aura and any 'guides' or 'guardians' or other beings that are hanging around near the person. A practitioner doing that will invariably receive such a range of information that is NOT just truth with a capital T!

They will have more difficulty discerning what information is applicable to the question at hand. They may even be deceived by beings near the person who would want to cause that person to stray from their sacred path. There could be beings who want to control people for their own use and if you haven't the proper standards in place you cause damage for that person by a wrong message.

There are beings that are not bad and not in a body right now. They may seek to be of assistance to you. Even if a ghost or being is not currently using any 'dark' energy; if anywhere inside them, they've left open the possibility to use power from any source that isn't in alignment with Eternal Sacred Source you will not be able

## CLAIRSENTIENT AWAKENING

to control the result of such an alliance.

The beauty of accepting energies, feelings and information ONLY from beings that are completely in alignment with Eternal Sacred Source is the impeccable promise from the energy that created you and sustains you that you will always communicate ONLY with beings of Eternal Sacred Source.

***You need ONLY to keep your rule that ONLY beings of Eternal Sacred Source are allowed to contact you or give you impressions to be safe.***

This is SOOOOOO very wonderful, because there is such freedom in the heights and depths of the freedom you have now that you've affirmed your Eternal Life, Love and Light alliance. You can use any words that feel right to you so long as you include the words Eternal, Life, Love and Light.

People have many words for God, Goddess, Source, and Divinity. Here I want you to reach higher and deeper than ever before! Claim your right to be safe and to ONLY receive and perceive information that is in alignment with the Source of Eternal Love, Light and Life!

Now it is totally likely that there will be times when your work or the answer to your question will include information about beings that are not completely in alignment with Eternal Love, Light and Life.

The important clarification here is that you will receive that information by way of a messenger that IS in alignment with Eternal Love, Light and Life! You may even witness or know the feelings of a being that is aligned with dark power and control, but you will NEVER merge with it nor be controlled by it.

For example, if you are asking a question on behalf of a client, friend or loved one, you would ask the question when you are in a quiet place and then breathe and pause for a few minutes. Then simply ask yourself the question one more time. Wonder, for a moment, what you know about the topic that you asked the question about. Often, that is when you will suddenly realize that you just 'know' the answer. Information will be accessible in your mind that wasn't there, just mere moments before.

This information was not 'remembered' but it may feel similar to remembering

## ATTUNE TO DIVINITY

until your mind knows what category to ‘bring’ you the information from. This information was brought to you by your helping healing guardians in Light, Love and Eternal Life. Some people like to use a pendulum to determine the ‘direction’ the message is taking them. This way you can get accustomed to what information is your own opinion, and what did indeed arrive as the message in answer to your question.

Level 2 of Clairsentient Awakening provides you with an attunement that increases your awakening and gives you authorization to activate four functions when working with your Clairsentience.

Please accept your Clairsentient Awakening level 2 attunement by saying:

**“I now fully accept my Clairsentient Awakening level 2 attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source.”**

Relax and receive the swirl of energy that brings you 4 energy functions.

***Conscious Focus*** is an energy function that you can activate when you want to have more mobility of your consciousness.

Here is a meditation to use in practice as you get accustomed to putting your consciousness in places other than where you usually reside in your body.

Recline and relax, in silence or with meditative relaxing music.

Close your eyes and think about where you are.

Where are YOU?

Where in your body do you reside?

Is it in your head?

Do you feel like you ‘live’ behind your third eye area?

Do you live in the middle of your head?

Do you live in your heart?

Spend a moment to location your point of consciousness.

Now say out loud or in your mind:

**“Conscious Focus, Activate!”**



## CLAIRSENTIENT AWAKENING

Intend that this function remain active for the duration of this exercise.

Put your conscious awareness in your lower belly.

This is a practice of simultaneous awareness of consciousness.

You will be in both places; in the location of your body that you usually ‘look out from’ and also in your lower belly.

If you are not comfortable being in your lower belly that is alright, simply choose another area of your body. Look out from the area of your body that you’ve chosen as your second conscious anchor point.

If you don’t wish to literally ‘look out’ you may open your eyes or keep them closed while you feel what is it like to ‘be’ that body area. You are putting the focus of your conscious awareness in that area of your body.

This *Conscious Focus* function and activity can take some practice but its benefits are extraordinary for sure!

Practice daily, and preferably several times a day! Practice if you have a rest time at work, even standing up or sitting!

By putting your conscious awareness in various body areas you are preparing yourself to put your Conscious Focus in other people places, times, animals, angels or elements!

You also increase your ability to focus so well on a question that your answer arrives to you complete with all the details you could ever want!

Your *Conscious Focus* function will now serve you very well as you begin to place your conscious, looking out from other places and beings.

You will do this in a way that is unobtrusive. You are an observer, nothing more. You are not there to influence the person or animal, nor are you bringing any energy with you for this activity.

***This activity is not to be entered into lightly, or unadvisedly.*** This is specifically when you seek information on behalf of the person whom you are going to ‘visit’. You will be gaining information from the perspective of their body or mind that

## ATTUNE TO DIVINITY

they themselves don't know how to access.

For example, if Jane has asked you to help her know if there is any information she is unaware of that she needs in order to make a decision whether to buy the house or not, you will put your Conscious Focus on the question of whether there is additional information for Jane.

Make sure that it is specifically about the house purchase that you ask this question. You may find yourself in her energies and suddenly know that there will be a change of employment soon for her and that the house in question would be too far of a drive from her new employment. Or you may suddenly find yourself feeling as if you are in the new house and it may feel warm and inviting. Your feeling and knowing senses may both be active.

***Clairsentient Feeling*** is an energy function that will increase your ability to feel and sense whatever is applicable to the question or purpose in the moment. It also has a way of increasing your perceptions in general and causing a person to have a highly sensitized feeling sense that can be helpful or disconcerting in various situations.

You can simply activate your Clairsentient Feeling by saying:

**“Clairsentient Feeling, Activate!”**

***Clairsentient Knowing*** is another energy function of Clairsentient Awakening energy system. In this, level 2 will increase the ability to consciously know the answers to the questions you ask Eternal Sacred Source! This is a powerful and wonderful energy function that increases your accuracy and spiritual self-confidence with each use!

Simply say out loud or in your mind: **“Clairsentient Knowing, Activate!”**

This energy system unlocks and prepares you to be ready to perceive more. Each time you activate these various functions you affirm your readiness! The Higher You and your Soul know what you are ready to perceive and what you are not yet ready to be consciously aware of. Trust Yourself!

***Selective Awareness*** is an energy function that assists you to hone in on the feelings and information that is applicable to the question you are asking or purpose of the session you are conducting. This is true whether the seeking is for you or on behalf of someone else. It may appear blue in color or you may notice another color or no

## CLAIRSENTIENT AWAKENING

color at all when you activate it.

Selective Awareness is very beneficial to activate during a seeking session using your clairsentience or after you've completed a session.

If you activate this after a session it is important to speak directly to the energy as you would a friend. Selective Awareness responds to your intent.

Instruct Selective Awareness what feelings you want dropped away.

For example you can say: ***“Selective Awareness, any feelings that are not mine, please drop away from me Now!”***

Selective Awareness will only drop away feelings that are not yours and that you instruct it to drop away. It cannot drop away information because of how your memory works. You will need to work with your mind and ask your Helping Healing Guides and Guardians in the Light of Eternal Sacred Source for assistance with ‘forgetting’ information after a session that was for other people. There is not a need for you to remember the details as you would need to if the information was applicable for your own life.

Selective Awareness example, use for when in a seeking session for yourself: ***“Selective Awareness, help me to notice any information or feelings that are a message in response to (say your question or purpose of your seeking here).”***

New areas of your mind and being are opening up and coming ‘on line’. They will become functional for you in regards to your abilities to receive and perceive information and feelings. It is important to get plenty of rest, eat healthy food and drink plenty of water and nutritious fluids in the next weeks.

You will be using your mind in new ways. Your body will be actively giving you sensory information that did not arrive from within it. This is a whole new way to function and it requires upgrades along your nervous system. As you get accustomed to ‘locating’ information that has arrived into your mind, a pendulum may help you to discern what information is there as a message from the question you set forth and what isn't.

***Ask yourself what spiritual tools work best for you. Think about the scents, colors, music or sacred geometries or paintings that bring you the sense of the Sacred.***

## ATTUNE TO DIVINITY

***Work from that space. YOU are the OWNER of your space, household, room, and with AUTHORITY, DECLARE THAT ONLY THOSE OF THE ETERNAL SACRED SOURCE OF LOVE, LIFE AND LIGHT ARE ALLOWED TO BRING THEIR INFLUENCE TO BEAR WITHIN THIS SPACE, YOUR BODY, MIND AND FIELDS.***

***ASK FOR THE HELP OF THE ARCHANGELS, AND WHOEVER ELSE YOU TRUST WITHIN DIVINITY.***

***If you don't have to have the answer immediately, if you are seeking information for yourself ... ASK FOR COMMUNICATION..... this can arrive to you at night in your dreams. It can arrive to you in the day in pure thoughts immersed in the energy signature of the Eternal Divine, the Eternal Sacred Source!***

***Pure thoughts, the information just suddenly being there, is indeed Clairsentience.***

***People think that the information will be there immediately after they ask the question. Especially at first when you are getting used to how to notice thoughts and information that aren't yours, the thoughts may need to be there awhile before you recognize them for what they are!***

***They are Divine Messages that have been given to you in response to your question. It is important to realize that Eternal Sacred Source responds to your questions. Questions that you may not have posed verbally or even put words to! If you are curious about something, especially if you are curious enough about something that there is a strong feeling of curiosity, the question is treated as legitimate by Eternal Sacred Source!***

***The Pendulum: no matter your belief system, the Pendulum can bring clarity to your life's 'yes' and 'no' questions. The Pendulum can help you discern what direction to go in your line of questioning once you've asked one question, and received a response. Where to go from here in your questions?***

***Beginners: Get a necklace, pendulum or create one from a heavy metal button on a thread or string. You simply need something that is free swinging that is heavy enough to hang down with gravity.***

***Wrap the string, or chain or thread part around your forefinger on your dominant***

*hand, holding it fast with your thumb.*

*You will want to hold your hand at about breast height and have the heavy item that is swinging be at about navel or upper belly level, at least 4 to 6 inches away from your body so there is room for it to move around, yet it is still close within your aura.*

*Now it is time to establish the parameters and to learn how your pendulum moves for you:*

*What is YES for you? Clearly set your intent to ask yourself, your own energy. Ask: "What is 'Yes', for me?"~ This is where it is important to have gotten the pendulum started moving just a bit first.*

*You might want to close your eyes when you ask, and be careful not to have a preconceived notion of what direction you think it should move so that you aren't moving it yourself with your consciousness.*

*It will move clockwise, counterclockwise, or diagonally, or back and forth more vigorously vertically or horizontally.*

*Many people's 'direction' of the movement of their pendulum differ from other people's, thus, what is a 'yes' direction of movement for one person is not necessarily for another.*

*Now ask, "What is 'No' for me?", and the pendulum will move in another direction. You can continue this process for 'maybe', and 'it doesn't matter'. Generally, 'maybe' is the same as the direction the pendulum swings while 'waiting' for a question to be asked. For me that is vertically back and forth in front of me.*

*The pendulum will have a nice easy movement while 'awaiting' a question to be asked.*

*The KEY to receiving answers using your pendulum that are authentic, is to truly put your mind in a state of anticipation of WHATEVER the answer is, not presupposing what it MIGHT BE.*

*If you can master the POSITIONING OF CURIOSITY WITHOUT*

## ATTUNE TO DIVINITY

***EXPECTATION OF A PARTICULAR ANSWER, then you will receive your answer from Eternal Sacred Source (or your Higher Self from that perspective) rather than influence the answer with your local consciousness.***

***You will get good at asking yes and no questions, phrasing them just so.***

***AS YOU GET ACCUSTOMED TO THE PROCESS, YOU WILL SUDDENLY KNOW WHAT QUESTION TO ASK, AND HOW TO ASK IT, AND THAT IS FORM OF CLAIRSENTIENCE AS WELL, THOSE SUBTLE NUANCES OF ASKING THIS OR THAT WHICH YOU DIDN'T EVEN THINK OF TO ASK AT FIRST, NOW THAT IS COMMUNICATION FROM ETERNAL SACRED SOURCE ALSO!!!***

***You will know you have done this correctly when your answers totally resonate, even if you don't like them!!!***

***IF YOU STILL AREN'T COMFORTABLE WITH THE PENDULUM:***

***Another way that works for many people instead of the pendulum, is to lie down, and say something you know to be true for you, such as, "I love to swim!!!" and then feel how that resonates within your body. That is a 'yes'.***

***Then say the same statement with gusto, substituting the word 'love' to 'hate'.... "I hate to swim!" and feel what that feels like within your body, the untruth.... now, you have a baseline for what is yes, and what is no, the untruth feeling.***

***NOTICE HOW YOUR BODY FEELS WHEN IT RESONATES TO A 'YES' AND WHAT IT FEELS LIKE WHEN IT TIGHTENS FROM A 'NO'.... AND SO, ANOTHER WAY TO INNATELY KNOW YOUR OWN ANSWERS!!!***

***Level 3 of Clairsentient Awakening will teach you how to do a session for other people and give you more examples of a seeking session for yourself.***

***The attunement for Level 3 of Clairsentient Awakening is another upgrade for you that awakens your clairsentience as much as is allowed by your higher self and soul at this time. Each additional activation of this energy continues to provide you with more abilities being activated.***

## CLAIRSENTIENT AWAKENING

*Sometimes by activating the Clairsentient Awakening energy, just by being in the energy stream of this strong Clairsentient Awakening, you will be able to maintain an awareness that was previously unavailable to you. It may be quite a while before you are able to maintain this Clairsentient Awareness without activating the energy of Clairsentient Awakening prior to doing a session for yourself or others.*

*Eventually you will notice that you simply ARE Clairsentient and you may only feel the need to activate the energy occasionally. Everyone's Clairsentient Awakening will emerge differently.*

*Consciously ask to receive and accept your Clairsentient Awakening level 3 attunement and recline, allowing the energies to arrive!*

*Simply say out loud or in your mind: "I ask to fully receive Clairsentient Awakening level 3 attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!"*

Your Clairsentient Awakening provides support for your body and energy fields to become a message receiver. Your body will show you by means of feeling in various areas and in various ways, exactly what the message from Eternal Sacred Source is. Your mind is now able to not only receive information from Source, but also to present that information to you in an easy to recognize way! Your body becomes a canvas that momentarily will provide the entire landscape of the answer to your questions!

Here is an affirmation that seals your attunement and clarifies your gift:

*I AM an Eternal Being, born of Heaven, residing in body here on planet Earth; I claim my Divine Birthright to perceive and Feel beyond all limitations of physicality, time and space.*

*Eternal Sacred Source, grant me this day and for all my days the gifts of discernment to accurately interpret all I feel and know.*

*I submit my Clairsentient gift to the authority of my helping healing guides of Eternal Truth, Light and Love, giving them full permission to filter out any feelings or information that is not in my highest joyful good in each now moment.*



## ATTUNE TO DIVINITY

***When I ask a question, or choose to place my consciousness in a place, being, time or body, I will ONLY receive the knowing and feelings that are applicable to the question or purpose of the consciousness placement.***

***I require that all other information or feelings that are not applicable to the question or purpose of the moment pass me by as I walk, dance and fly through various environments and libraries of time and space.***

***Grant my body the confidence to relay messages of feelings in response to my questions or quests knowing it is safe and secure and that my consciousness continues to reside within it while simultaneously being in other places and times.***

***I trust Eternal Sacred Source, my Higher Self and Soul to provide me with exactly the right information I require to make the best decisions, live my Divine Purpose and assist others on their sacred journeys. If at any time I feel or know information that is not to be told to the person I witnessed it from, I trust I will have the feeling sense that the information was only for me to know and feel. I will bear the burden of knowing or feelings without divulging such information to any person who is not ready for the knowing.***

***I ask that my Clairsentient gifts and abilities continue to increase and that I be given constant assistance to discern what perspective to hold about all I witness and feel. I ask for greater communication with my body so that its perceptions can assist me and so that it knows its opinions will be considered valid and right. Thank you for the constant support!”***

Now we are ready to give some examples of what might occur when you seek an answer to one of your life questions:

Let us suppose, for a moment, that you want to know if someone is trustworthy. You want to know if they can be left alone in your house without stealing anything. You want to know if they would be attentive to your children if you allowed them to watch over them for an afternoon.

You can begin with use of the pendulum to give you direction, and then we shall move into knowing and feeling without the use of any ‘tools’.

Ask: “Is (name of person) honest?” If you get a ‘yes’ from your pendulum you



## CLAIRSENTIENT AWAKENING

may want to get more specific. “Is (name of person) safe to leave alone with my children?” If you get a “no”, you may want to get more information. That is when you move on, without the pendulum to a question that cannot be answered with a yes, no or maybe. Say: “Why is it unsafe to leave (name of person) alone with my children?”

You may suddenly get a feeling of jitteriness, as if you can’t sit still. You may feel distracted or worried about what a friend thinks of you. You begin to wonder what will be on TV tonight and whether you have studied enough for a test at college”

See how much information you received by feeling from the perspective of the prospective babysitter?

You now know that at this time, the person you were considering to leave alone to watch your children is so distracted by things going on in their own life that they wouldn’t be attentive enough to make sure that your children stayed safe. You don’t have to know anything else. You don’t need to try and learn ‘future’ information. There is plenty of information from the feeling sense of the state of mind and being of that person for you to make a very educated decision against that person watching your children. Maybe at another time, this person could once again be a viable candidate for babysitting your children. But not this week and not this month!

You don’t need to call a psychic or definitely know what ‘might’ have happened if you left your children alone with that person. You already know that they were too distracted to put your children’s wellbeing first.

It may take some getting used to, this feeling of putting your conscious focus into the awareness of another person; notice how it simply happened by asking the question. Your practice of moving your conscious focus prepared you to receive the message however it was best for you to receive it.

If Jane has asked you to please look and see how her health is, and what is causing her pain in her body, you can activate your Clairsentient Feeling in addition to your Clairsentient Knowing and Conscious Focus. Now you will focus on her question and your desire to know and feel what she needs to be aware of to improve her health. Always seek the answers for a reason. Your spiritual helpers will respond faster and with more comprehensive clarity if you tell them why you want to know. I’m not sure why this is, but it works well. It has to be for a more noble reason

than just money also. If someone wants peace, or to feel better or gain health and balance, there will be a more definitive message and response.

Focusing on her question, you may place your Conscious Focus on her body, asking to be guided to any areas of concern and to be shown what is going on in her body. Your own body becomes the canvas that receives the feelings of what is happening in her body. You may suddenly feel a pain or discomfort in whatever area of her body is causing her distress.

For example, you can ask: ***“Where is Jane’s distress and what can be done to alleviate it?”*** This is a wise style of question because the cause of the problem might not be in the body, thus in order to alleviate her distress, something else in her life might need attending to. Sometimes a person’s body will give symptoms of physical distress as a prelude to the physical disease that would settle in, if the area in her life needing healing is not attended to. But I digress. Let us now visit an example of what you might perceive after asking such the question: Relax and allow your mind to lightly continue to focus on the question; being curious about the answer.

You may feel a stomach ache and a knee pain, followed by your lower back tightening up. Now is a good time to breathe and notice all the nuances of the sensations, then direct Selective Awareness to drop away the initial wave of feelings. See how now you can remember what those physical sensations felt like, without needing to continue to physically feel them!

Now your attention may settle on a worry that has suddenly popped up about the ongoing topic of arguments between you and a man, a boyfriend or husband, yet you know it isn’t really your husband! This is information about the root cause of at least one of Jane’s physical discomforts. You can now use the pendulum if you need to discern quickly, what physical ailment is directly related to her worries about the arguments with the man. Once you have determined the correlation, then you can confidently tell Jane.

As you can see, a simple question can have many answers! Each sensation that you feel and information you perceive can lead to new questions! It will be your job to discern how much to tell your client and what they will need attend to with the people in their lives. Sometimes you client will say that they don’t know how to fix what they are worrying about. Often times you can assure them that their body has been trying to get their attention and that simply by ‘hearing’ the message, their

## CLAIRSENTIENT AWAKENING

body may ease off of the symptoms.

This is more often true when the discomfort is simply a symptom of the underlying issue, and not so much when the body truly has a disease or is ill.

Assure your client that not everything has to be fixed today and that being gentle on themselves is important because stress is the leading cause of pain.

Let us now move on to an example of acquiring information by means of your Clairsentient Knowing! What might it be like to simply have information arrive into your mind in response to a question. When you are asking questions for yourself, it is quite likely that the information may arrive through your night dreams or the next day. If you are in session for a client, there is a greater urgency to receiving the information immediately.

If Joe has asked you how to choose his college you may need more than a feeling sense to tell him. However, some clairsentients can explain their feeling sense well enough to pinpoint a specific geographic location.

Joe may have also asked exactly which college is best for him to attend. Start with helping him discern for himself what college would be best for him so that he is empowered to make the best decision for himself. Ask: ***“What does Joe need to know in order to choose the best college for him”***

This question of what college can be tricky when students are choosing what colleges to apply and then they have to wait to know whether they have been accepted. Many students simply want to know what colleges will accept them, and it is rarely for us practitioners to provide that future information.

Now think upon the question with curiosity. You know that the college is surrounded by mountains and trees that change colors in the autumn. You know that it is not local to where his family lives. You know that it is a fairly new college, not one built hundreds of years ago. You know that there is a hospital that is very old, right near it and that there is a lake within a half hour’s walking distance. You then feel the scenery change and suddenly start getting information about another college.

It is important to continue to pass along the details of each college that presents itself to you. These will be the best opportunities for Joe. Usually the first one you

## ATTUNE TO DIVINITY

knew information on is the best one for him. However, due to the human factor of college applications, it is nice to have more than one location to present to Joe. You can refine your information further using the pendulum if he does not immediately know what colleges you have noticed.

So now we've brought to your attention a few ways that you can use your new skill of Clairsentience! The opportunities are limitless and it is going to be a rewarding journey, as you continue along your sacred path!

I want to emphasize the importance of spiritual hygiene. Please, if you do not already have a regular routine of clearing energy that does not belong to you from your energy field, learn how, and learn how quickly! Now that you have asked for your Clairsentience to be awakened, you will likely get information and feeling even when you are not asking a question. There are times when you've been curious about something and all of the sudden, now you are getting information and you didn't even consciously ask a question.

Because of your compassion for others, you may start feeling their emotions or get impressions of details of their life, even when you don't want to!

I've been waiting in line in a video store and suddenly start thinking about what the lady in front of me is thinking about. List of chores to do, worries about whether she did good enough at work, and needing to hurry up and get home before the dog pees on the floor. You will need to learn how to shield yourself from the ambient 'noise' of people's thoughts. While this energy system is not specifically about telepathy, as a clairsentient you will be able to know information people 'broadcast'. That means that when someone is thinking 'loudly', thinking with a lot of emotion, those thoughts are not contained within the person's aura, they emanate out further than their aura.

***Selective Awareness*** function will help you if you ask and then direct it to drop away energies that carry information that is not applicable to you.

You may need to teach your Selective Awareness what is applicable and what isn't. At first you may be so enamored of being able to know and feel information and feelings that aren't yours; that you will really want to know. Eventually you'll regard other people's daily thoughts as unnecessary noise, only giving attention to them if it directly affects your or others' safety.

## Subtle Body Care

*Subtle Body Care* removes clutter within the subtle body which interferes with you reaching a centered, clear state of mind and being.

Subtle Body Care has finally arrived! It is a result of many years' practice and dedication to the increase of my own energy frequencies and putting Eternal Sacred Source first in my life. There were times I got off track, while putting personal relationships first, but I am not willing to pay the price of possibly missing the way vibrating completely in alignment with Source feels. Now the vast majority of my time is spent in solitude and I enjoy life immensely!

It is not a path for many people, yet I am glad the fruits of this lifestyle can be made available to others in a way that they can use wherever they are along their spiritual path. That warms my heart a lot!

With practice, this energy system will move a person's consciousness quickly into a deep state of meditation by dropping away interferences from without and within that cause a person to resist tranquility and peace.

Subtle Body Care uses the intelligence and sentient awareness of all the Responsive Eternal Beings who arrive to assist your subtle (energy) body to regain balance and vibrancy. If you are aware of and feel subtle energies you may experience this energy system in some unique and enjoyable way!

It is alright if you don't feel subtle energies, this energy system will still be beneficial for you. The energy that comprises the spaces outside of our physical body, including our aura and the spaces within and between our physical cells is what I'm considering subtle energy.

That is a lot of space which is made of energy which may not be visible or easily perceivable to you. No matter, the health of that energy enhances your health and anything that is not conducive to health only detracts from it. It is these interference energies that Subtle Body Care drops away restoring your peace of mind and sense of wellbeing.

Cyndi Dale, author of *Subtle Body, An Encyclopedia of your Energetic Anatomy* says: "Everything is made of energy: molecules, pathogens, prescription medicines,

## ATTUNE TO DIVINITY

and even emotions. Each cell pulses electrically, and the body itself emanates electromagnetic fields. The human body is a complex energetic system, composed of hundreds of electronic subsystems. Disease is caused by energetic imbalances; therefore health can be restored or established by balancing one's energies."

This energy system can be activated for a quick "tune up" of your subtle body or relaxed into for a more prolonged and intensive session.

Please spend a few minutes to invite your *Subtle Body Care* attunement to release fully unto you. Simply say out loud or in your mind: **"I ask to fully receive my Subtle Body Care attunement founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!"**

Think of a ball of light and energy above your head that opens up and streams down into the top of your head. There is an inflow of energy to you.

When you are ready to relax and ask Subtle Body Care to activate for you simply say audibly or in your mind:

**"Subtle Body Care, Activate!"**

One of the unique qualities of this energy is that you may not feel anything immediately. This energy system works so deeply that it releases interferences to your health at the deeper levels first. That is the way I perceive its working with me anyhow! After a few minutes you may notice various areas of your body start to really relax and persistent unwanted thoughts drift away from your mind.

It is best to be fully reclined, as horizontal as is comfortable for your body, excepting a nice pillow under your head to support your neck, while you are receiving your Subtle Body Care.

Usually you will notice a marked improvement in your state of mind and feel more relaxed and centered in about 10 minutes. Whatever was bothering you prior to activating Subtle Body Care may now be further away.

If you have the time to let Subtle Body Care energies and the Subtle Body Care Team continue to work with you another 10 or 20 minutes, I think you'll find the benefits well worth it. This is one energy system that can take you into a deep state

## SUBTLE BODY CARE

of meditation quickly. You will be able to rise from this state of mind and continue on your day much more centered and effective.

The energies seem to arrive in waves. After the first 10 minutes you may once again feel nothing for a while (even if you are accustomed to feeling subtle energies). This is perfectly normal! Then you may enter a deeper state of meditation and centered peaceful awareness of nothing. What I am saying when I use the word “nothing” is that subtle body care bridges your mind into that state of meditation where there is no need for thought.

Your mind can truly rest from thinking. Many people’s minds will not let go of thinking, because they feel that it would be a negligent act. There is much a mind feels like it needs to watch out for and be aware of in order to both protect a person and to propel a person into action. When there is no necessary action to take, and a mind is overactive, there is little real rest.

Subtle Body Care can cause a brain to allow overactive thoughts to cease. Your current skill level in meditation and relaxation will in great part determine your initial results when you activate Subtle Body Care.

No matter your current skill level in mediation and relaxation, with practice and continued activation of Subtle Body Care, your meditation and relaxation will increase to where you want them to be faster and easier.

Subtle Body Care is a “must” for anyone who wants to increase the speed at which they arrive into their meditation and the depth to which they go.

Subtle Body Care’s unique way of achieving these results for people is due to the Subtle Body Care Team. These Eternal Beings of Light are specialists in the full range of subtle body techniques known to this world and beyond.

In addition to activating energy systems that are the ethereal version of one particular healing modality or another, Subtle Body Care relies on the wisdom and expertise of the Subtle Body Care Team. They look at you holographically, and can immediately determine where energy blocks are and what may be in your subtle energy body that is foreign and doesn’t belong.

They are able to skillfully and comfortably drop away the interferences, repairing

## ATTUNE TO DIVINITY

or making new energy connections for every area of your body.

The Subtle Body Care Team are wonderful to consciously work with. It doesn't matter if you can perceive them or not. They will respond to your requests. They will also do their best to achieve a certain degree of relaxation and centeredness for you within the time frame to designate that you have available right now. As such, this is a perfect energy system to use if you have a place at work during break or can go to your (unmoving) car to recline for about 10 minutes.

Eventually, with continued use of this energy system, at home, in a place where you can recline, you may experience a phenomenon that surprised me when it first started happening. Now I welcome this state of mind and am thrilled to experience it again and again.

One day when using this energy system to relax, I heard my body fall asleep and realized that I was still conscious! I could hear my body's lungs maintaining a breathing rhythm that is of sleep, though I'd never heard myself sleep before. Then I actually heard myself start to snore, and it knocked me out of the state of mind because I was so startled to hear myself snore! I woke my body up by being startled at hearing my own snores!

If you experience your body fall asleep while you are still awake, it is a great way to give your body some extra and complete rest.

You, while consciously still awake have entered a state of mind that I'm told means that both hemispheres of the brain have balanced. It is a great feeling! You will be able to maintain your deep meditative state of mind so long as you aren't distracted by your rhythmic breathing or possible snoring!

The state of mind that is immediately achieved when your body falls asleep and you are still conscious is one of deep centered meditation. There is an expanded feeling and mentally all is well.

You are not bothered by thoughts and indeed feel quite peaceful and there is a feeling of having all the time in the world. That is a feeling that can last up to an hour or more after you wake up your body and continue upon your day. The state of mind is one that can be beneficial to most every daily life tasks.



## SUBTLE BODY CARE

When you rise and continue upon your day, you can consider all sides of any situation instantly, yet are not prone to making mistakes because there is no rushed feeling. You are not “spacey”. It is a very grounded yet expanded state of mind. I feel that I’m at my best when I’m in this state of mind and continue on upon my day.

Subtle Body Care can bring you to a grounded and expanded state of mind even if your body doesn’t fall asleep during the session. There are times when I activate Subtle Body Care and my body does not fall asleep.

It usually takes about 20 minutes of the energy for me to reach the physical sleep with conscious awareness state of mind. Therefore, if you are only wanting a quick centering and balancing session 10 minutes may be fine.

This is a state of mind I’ve not been able to find a coined “name” for in all of my research in books and on line. A friend mentioned the name he is sure corresponds to the state of mind, of a person’s body being asleep while their consciousness is still awake, but I don’t recall the descriptive word.

It is between the Theta State of Consciousness and complete sleep. It is not a lucid sleep. You can move your body anytime and indeed, if you do, it will awaken your body!

So no worries if you happen to fall asleep while your Subtle Body Care session is still active and notice that you are awake but your body is asleep, you can move any part of it at any time. However, if you do, you will awaken your body!! I do mean any part of your body!

If you speak or move to a different position you will awaken your body. Actually I should say that is true for me. I’ve not been able to master moving my body while I’m awake and it is asleep without waking it! I’ve maintained this state of mind with my body asleep for up to two hours, and then just had to move my body! (Other energy systems can be activated during this time, so long as they are restorative healing energies)

The state of mind in which your body is asleep and you are awake is not a goal of using this energy system. I speak of it because it is something that has happened many times after activating this energy system, but not right away. So, as this is a manual, I wanted you to be aware that it is one possible state of mind that you can experience and use in the way that is best for you.

## ATTUNE TO DIVINITY

The main aims of this Subtle Body Care energy system are:

Dropping away interferences in any area of your subtle energy fields

Increasing connection with your higher self, soul and eternal source

Refill and balance all areas of your body and subtle bodies

Assure your mind that it is safe to relax and clear

Rise to a new state of consciousness

Be in a state of consciousness that is over the thoughts which roam

As looking from over a lake instead of amidst the waves.

You are the observer

Your Subtle Body Care Session will be very supportive for your body. Often we will ask our body and mind to relax at times when it has worries that are not attended to. If we don't have excellent communication with our body, it won't want to relax when we ask it to. Our minds can be stubborn too!

If a body or mind feels that it has identified a threat, real or imagined, it will continue to uplift that threat to you. It may or may not know that a threat it perceives is not real. Even if it is not "possible" for what it is worrying about to happen, you may be uncomfortable until your body or mind is "heard".

This is one of the main reasons people have difficulty achieving true relaxation. If your body has perceived a threat of any kind, it may be giving you anxiety related symptoms. If your mind perceives a threat, even one that could arrive in the future, it may continue to lift that up to you regularly.

Subtle Body Care is a wonderful answer to anxiety of body or mind.

Subtle Body Care Team communicates with both your body and mind.

This assures your body and mind that its concerns are heard and taken seriously.

## SUBTLE BODY CARE

Once it is “heard” it is willing to relax, for in the presence of the Subtle Body Care Team it knows that a protective, helping sacred presence is on duty. Your body and mind finally allows itself to go “off duty” for a short while. Even short periods of complete relaxation can renew both your body and mind incredibly!!!

It is important to know that you need not “accomplish” anything while after activating your Subtle Body Care energy system. I speak of a “session” because it is the word I like to use for a set aside time when you are receiving holistic health therapy of any kind.

Subtle Body Care is the first step answer to anxiety

Subtle Body Care gives respite for stressed out people

Subtle Body Care helps anyone go deeper into meditation

Subtle Body Care provides support for your body in a new way

Subtle Body Care is easy and only requires your intention to receive.

If you do choose to stay in a reclined position after Subtle Body Care’s first set of energies completes, all you need to do is mentally re-affirm that you would like the energies to continue to flow. Simply re-activate the energies.

***Think: “Subtle Body Care, Activate!” or “Subtle Body Care, Continue!”***

Each time you think “Subtle Body Care” with the intention that the energies continue to flow, they will. The energies will re-activate 1-7 times by your mental instruction if it is in your highest joyful good for you today.

Each time you re-activate the energies, they will take you into ever deeper states of meditation and relaxation. Your Subtle Body Care Team will have more time to work on more delicate energetic connections within your body and energy fields.

This is advantageous for you. Serious health conditions or a seriously stressed nervous system and mind cannot be brought to totally balance instantly. If you stayed horizontal and kept activating this energy system, there will come a time when it won’t activate anymore this day.

## ATTUNE TO DIVINITY

That is alright. It means that all that can wisely be done for you today has already been done. Rise, drink some water and stretch! Go do something fun or continue about your daily tasks and life projects. Preferably, tend to a pet and visit with your family and friends. In other words, be fully in your 3<sup>rd</sup> dimensional reality if you've had a long session.

The shorter, 1-30 minute sessions are conducive to bringing you into a state of mind that is great to hold and dwell within for up to an hour afterwards. You may wish to be quiet and simply in your own energy after a short session. The longer sessions require that you engage fully in life here on Earth when you emerge from them in order to re-establish you being here.

Some people experience the spaces between their cells and the sacred geometries of their energy fields during the longer sessions. Therefore, doing some activities and engaging in the “regular” daily life activities is helpful to stepping back into life here on planet Earth in an everyday state of mind!

Whether you use this energy system to achieve deeper states of meditation or simply for a quick clear and balance of your subtle body energy fields, I am thrilled that you choose to activate this sacred eternal life, love and light energy system for your energy hygiene needs.

### Activating Subtle Body Care energy system for other people:

This energy system is primarily for self-use. It is never to be activated for other people unless they consciously ask and agree to receive it. This is because of how it can shift a person's state of mind. This is not an energy system we'd want someone to have active while they are driving a car or operating machinery! It wouldn't even be good to have active if someone is cutting vegetables for a meal. Please, be respectful! Sometimes practitioners want so much to help that they forget the practical aspects of energy work.

Energy systems are received differently by different people. This particular energy system is designed to relax a person's nervous system and will do so whether they are aware of it or not. This means that if you activated this for someone they might not realize that their reflexes are slowed during the time the energies are active. This is why the energies flow and stop. They will flow and stop in specific intervals just in case someone needs to rise and be alert and ready to attend to their day. Sometimes changes in schedules occur and it is necessary in modern life to be able

to function normally, quickly.

Activate this energy system for people when you are present with them. If you are activating this energy system for a long distance client, a pre-arranged length of time that the energies are active must be agreed upon.

Always set your intent, and tell the receiver that they can stop the energies at any time simply by saying “*Subtle Body Care, Stop!*” This is true even if you are only providing a session and have not attuned them to this system.

## Silicate Crystal Care

*Silicate Crystal Care* is care for your crystals, your mineral being friends who you have in your home and expect to do so much for you each day.

Most crystals begin their lives as part of a bigger cluster or at least a stone that is larger than the piece you see right now. This means that in their life, they have been separated from the larger silicate crystals they grew with.

Silicate Crystals and mineral beings have sustained trauma by being cut away from the lattice they grew upon. In some cases they barely remember who they are. So when we want them to help us heal, it is wise to heal them first. Once they have been reconnected with their soul group they are whole.

Silicate mineral beings are sentient aware beings. Most rocks and stone are. Divinity lives a self-aware existence in every facet of nature’s expression here in this reality. I find it amazing that most people who ascribe to the spiritual mindset of wanting crystals to heal them, don’t think about the crystals’ feelings and wellbeing.

Oh, sometimes we will “clear” them or set them in the sun or moonlight to “charge”. But I postulate that is usually just so that they will work better for us. If you approach crystal healing from the perspective of wanting to heal your crystal and provide a lovely environment for it to live within, in your home, you will get better results.

## ATTUNE TO DIVINITY

Crystals (mineral beings) are very giving and usually truly do want to help you. It is simply that until they are in full remembrance of who they are, you may not be getting their full benefit of their work, for they may be fractured.

Oh, of course their physical mineral composition is intact, so from that perspective, they are conduits or tend to magnify the works we set forth.

But for the spiritual workings with them to be a co-creative, magnificent development, a healthy stone or crystal is much for suited for the job.

There are other good crystal clearing techniques out there. I've seen ones to clear previous programs people may have instilled in stones as well as to remove the emotional energy that has collected from stones being around humans who had "stuff" going on. I've encountered Shakti that do heal stones and their work is quite profound. It is out of working with these types of Shakti, that I was shown what is usually not done for silicate crystals.

Reconnection with their soul group is what is desperately needed for most all stones and crystals you physically have in your home or in your jewelry.

Silicate Crystal Care provides the energy which will, as you say the proper commands, reconnect a stone or crystal with its soul group. Once that has been done, healing for the stone arrives and is complete. Now the stone or crystal remembers who it is and has soul group support.

What are silicate minerals? Silicate minerals all contain silicon and oxygen.

They make up 90% of the rocks in the Earth's crust and 30% of all minerals. The basic chemical unit of silicates is the (SiO<sub>4</sub>) tetrahedron shaped anionic group with a negative four charge (-4).

The central silicon ion has a charge of positive four while each oxygen has a charge of negative two (-2) and thus each silicon-oxygen bond is equal to one half (1/2) the total bond energy of oxygen. This condition leaves the oxygen with the option of bonding to another silicon ion and therefore linking one (SiO<sub>4</sub>) tetrahedron to another and another, etc.

The complicated structures that these silicate tetrahedrons form, is truly amazing.

## SILICATE CRYSTAL CARE

They can form as single units, double units, chains, sheets, rings and framework structures.

The framework tetrahedrons structures are composed of interconnected tetrahedrons going outward in all directions. It is similar to the framework of a large building.

To determine if your crystal or stone is a silicate, please research its common name to find out what class of mineral it is. This energy system will assist to heal and provide your mineral being with reconnection with its soul group.

The tetrahedrons which comprise many of the silicates are a spiritual geometry which channel higher dimensional energies, easily. It is one reason why crystals are so attuned to the higher dimensions naturally, when they are whole and healthy.

Please spend a few minutes to invite your Silicate Crystal Care, to release fully unto you. Simply say out loud or in your mind: **“I ask to fully receive my Silicate Crystal Care attunement as anchored by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!”**

Silicate Crystal Care arrive to your body and energy fields, providing you with the ability to direct care and healing for your silicate mineral beings.

When you are ready to work with Silicate Crystal Care for your mineral beings, follow these simple instructions with strong intention of feeling.

- 1) Set your sacred space and clear your own body and energy fields.
- 2) Collect a few crystals, jewelry or stones that you want to start with.
- 3) Say audibly or in your mind: **“Silicate Crystal Care, please activate for (name of the rock or crystal or ‘these silicate mineral beings’.)”**
- 4) Now set your intention strongly on wanting to channel this energy for your rocks and crystals. Silicate Crystal Care is an energy that is perfectly safe and indeed beneficial for you to channel through your own body on behalf of the crystal beings there in your household.
- 5) Beam or shine the energy of Silicate Crystal Care out of your heart or hands

## ATTUNE TO DIVINITY

or forehead to the crystals beings you have right there.

- 6) Then, say with strong feeling, preferably audibly, unless others are present who would not understand and thus impeded the process:

**“Silicate Crystal Care, please reconnect these crystals (or stones) with their soul group and bring complete healing to them right here and now!”**

- 7) I find it wonderful and helpful to do this for each individual crystal or stone. Yes, that will take longer, but it makes for a more complete reconnection for each crystal. If you are sensitive to subtle energies, the amazing difference in the quality of the stone or crystal’s energy will be immediate and such a breath of fresh air to witness!!
- 8) I do prefer and recommend that the soul group reconnection be done individually for each stone or crystal. Not all of the same types will be from the same soul group. Yes, doing it for a large number of stones will take a while. You can do this for all of them at once to help bring some reconnection, and then go back and do them individually at a later time.

For continued care and maintenance, activating this energy system by intention and sending the energy through your house or in public is well. Some people won’t spend the time to tend to each crystal individually, despite being willing to grab that individual crystal when they want help healing.

If that is the case with you, no judgment from me, just PLEASE activate Silicate Crystal Care and send the energy by your thought intent through your entire house and anywhere else there are crystals and rocks that you work with.

**CARE** means: Calling all Responsive Eternals of Light, Love and Life.

As it is with the other systems I’ve channeled with the CARE Team, you do receive a team of eternal beings to assist you when you activate the energies of a care energy system. So too is true with this Silicate Crystal Care.

A team of eternally living energy beings will arrive to assist your silicates. If you have crystals or stones that you want to help heal and they don’t seem to be in



## SILICATE CRYSTAL CARE

the silicate mineral class, please ask the Silicate Crystal Care Team to bring forth beings to reconnect those minerals with their soul group.

The very fact that a human asked for assistance, means that Divinity will respond and provide for those crystals and stones in your care!

If other people who are not attuned to this energy system ask you to heal and reconnect their stones and crystals with their soul group, you can do so.

You may do so in person. If you are Reiki or Seichim attuned to at least level 2 or another energy system that has taught you how to work with energies over a distance, you may do so.

This energy system is also a wonderful way to assist crystals and stones you encounter at fairs and stores. There are so many out there that really need healing and reconnection with their soul groups.

If you already know how to work with energies over a distance, you can simply think of a location and speak the commands I wrote of previously and assist those silicate mineral beings. True, it may not be as complete a work as when you individually do this for a specific stone. But it will be much, much better than the condition many stones and crystals are in.

The amazing states of consciousness and clarity of spiritual vision healthy whole silicate crystal beings can glide you into is incredible! I wish for you all manner of co-creative synergy as you interact with crystals and stones who know who they are and work with you from the perspective of their soul group. They being here in physicality with you, and in full connection with their spiritual soul group, are power packed and spectacular to be with.

***Thank you for caring about the health of your silicate mineral beings.***

This energy system will also provide some clearing for the crystals and stones. I highly recommend that you utilize the clearing skills you already have in clearing your crystals before starting the sequence of instructions I've provided. If you don't know how to "clear" your crystal, please activate this Silicate Crystal Care energy system and say the following affirmations with strong intent. That will work just fine.

## ATTUNE TO DIVINITY

*“Silicate Crystal Care Team, please activate and assist!  
Clear all programs within this stone,  
set forth by any other human or being  
which are not in alignment with eternal living light, love and life.*

*Clear all programs that are not in my highest joyful good  
no matter what quality of light love and life they are!*

*Clear all imprints, records and ghosts of emotions or intentions  
from any other person or being within this mineral being  
anywhere it may exist in all directions of space and time.*

*If this stone/crystal so desires to live and work with me,  
Please prepare it to do so.  
If not, please assist me to know where it is to move onward to.”*

Sometimes we are only caretakers of a stone or crystal until we meet the person who is really supposed to work with it. Sometimes we are used as transport to get a stone or crystal to a different area of the world. Sometimes they then want to be put back out in nature. We don't own stones and crystals. We simply care for them for so long as they so desire to remain.

Many people have stories of rocks or crystals that will dematerialize and disappear from sight. Others have found the same ones in a different place! They are beings with a sentient aware all of their own and each has their own abilities. Feel grateful that the ones in your environment wish to be there with you and your family and treat them well.

## **Tooth Care**

***Tooth Care*** is a comprehensive energy system for the care of all parts of your teeth and gums. Gum Health Enhancement, Enamel Protector and Tooth Root Repair Shakti are included!

Tooth Care energy system has been a long time in creation and is what came forth as a result of my seeking care for my teeth and the tooth concerns of my loved ones.

## TOOTH CARE

I've been blessed with a healthy mouth and teeth and want to keep it that way, no matter how old my body becomes!

CARE means: Calling all Responsive Eternals

The Eternal Beings who have brought forth Tooth Care and who actually “do” the attending and healing work you request when you activate a function are known as the CARE Team. CARE Teams consists of Eternal Beings who have many different health and medical specialties.

They are skilled in bringing exactly the right type of spiritual energy through from beyond to you, here in this reality, for your body and being, now. This means that you will have Beings of Love, Light and Life attend to you when you call in your Tooth Care Session.

If you are comfortable with Angels, Ancestors, and other Eternal Beings who you probably can't see, standing near to you and directing healing and sustaining energy to and through your body, then you will really benefit from your Tooth Care Sessions. If you feel at all uncomfortable with the idea of being actively tended to by beings in the spiritual realms that you might not be able to see, then, just for now, pass on the Tooth Care Session and simply activate the Tooth Care energy.

The difference is that when you consciously activate the Tooth Care energy, an energy stream similar to Reiki will flow to you. If you are sensitive to subtle energies, you will feel the energy flow and maybe your teeth may tingle or their roots may warm up a little bit.

If you activate your Tooth Care Session that is when the CARE Team will stand around you, similarly to when a person is laying, fully clothed on a massage table, and Reiki practitioners stand around sending reiki.

You may feel hands gently touching your head or shoulders during a Tooth Care Session, whereas simply activating the Tooth Care energy you would feel only the energy flow. I speak of this to say that some people are not yet ready to feel hands of light and love upon them that they cannot see.

I am so excited to bring you Tooth Care! After you receive your attunement you'll be able to activate the Tooth Care energies for daily maintenance and health. You'll

## ATTUNE TO DIVINITY

also be able to activate with your intention, individual functions which bring in energies that focus on specific areas of your teeth and mouth. Most of these have never been presented before.

There's a Tooth Root Repair Shakti who is quite skilled at working with the consciousness of your tooth roots to help them heal. I received this Shakti after banging one of my front teeth quite hard on a cup. I wanted to be sure that the root of the tooth would be healthy. Some people's teeth get dark after such a bang because the trauma can damage a tooth's root.

That night I called in the Tooth Root Repair Shakti and felt her heat as her energy worked deeply into the root of my tooth. All is well, she is amazing!

There is an energy function for enhancing the health of your gums. Gums are the skin and tissue that help hold your teeth in place. When they are strong your teeth are firmly held in place.

An energy function finally arrived after months of asking and working with the energies, for protecting a person's tooth enamel. Enamel is the white surface of the tooth which helps protect the tooth from decaying.

Several functions have very specific uses for your mouth and I feel that the only way to present a complete tooth care system is to make your one attunement to Tooth Care give you the ability to activate all of these.

Optimal Bone Density Field with Ideal Calcium Concentration helps you have strong teeth and properly absorb calcium for your tooth structure.

Bentonite Sealant was initially presented in Inner Body Protector and it is useful if you have a filling fall out of your tooth or a crown is not seated properly. If air is reaching a bare tooth root nerve, it can be painful and if food gets stuck in the cavity, bad bacteria could get a foothold.

Bentonite Sealant is the ethereal energy function of the clay bentonite.

Bentonite has many industrial uses as a sealant, including sealing decorative ponds so the water does not escape out the bottom. In your body, bentonite helps absorb toxins, sealing them away for excretion.

## TOOTH CARE

Infection Inhibitor Field can be used around your tooth and for your entire mouth to increase the speed of healing and reduce infection.

Meridian Dentistry notes which tooth is having problems and how it relates to the rest of the body. Each tooth is connected to a meridian by way of the nerves and its health or lack thereof can be an indication of concerns in the corresponding body areas.

Please spend a few minutes to invite your *Tooth Care* attunement to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Tooth Care as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Your attunement will easily arrive to you because Eternal Source is not limited by space or time. The Tooth Care energy flows into your mouth and energy fields. To use, say: **“Tooth Care energy activate and flow!”**

Now that you have paused to receive your attunement, you have the right to call upon and activate your Tooth Care energy functions.

Begin by saying out loud or in your mind: **“Enamel Protector, Activate!”**

You can move on swiftly to the next function that you want to activate for your mouth and teeth, while holding the intention that you want the energies and benefit of each function to stay active!

*Enamel Protector* is also beneficial to reduce tooth sensitivity as the enamel’s surface is strengthened. Please be smart in regards to your tooth health. Sodas otherwise known as soft drinks can eat through the surface of your tooth’s enamel no matter how much energetic protection you have. Please eat healthy foods and brush your teeth after sugary foods.

Another function you can activate anytime is the Gum Health Enhancement. Say out loud or in your mind: **“Gum Health Enhancement, Activate!”**

It is wise to spend time relaxed and in one place when you activate your *Tooth Root Repair Shakti*. Think of repair also as a maintenance function that it is beneficial to

## ATTUNE TO DIVINITY

activate even when all feels well in your teeth.

Say out loud or in your mind: **“Tooth Root Repair Shakti, please arrive and assist all of my teeth, also healing any body area whose health is also related to the health of my teeth. Thank You!”**

You may not know if there are any weak areas in your tooth roots that need repair. If you feel that all is well in your mouth, I recommend activating Tooth Root Repair Shakti every other week. If you are concerned about any teeth or have had trauma or injury of your head or mouth, please activate your Tooth Root Repair Shakti daily for several weeks, then weekly.

Your Tooth Root Repair Shakti is a self-aware (sentient) divine intelligence that will work directly with your tooth’s consciousness also. In this way it can be known by the Shakti any problems and what energy needs to be directed to the tooth root to help it heal. This very personalized, two-way conversation gives your tooth the added benefit of knowing it was heard.

Give your Tooth Root Repair Shakti some time to work with you reclined. The Shakti will pull in the appropriate energies from Eternal Sacred Source to promote healing and provide energetic sustenance for the tooth.

Bentonite Sealant is useful if you’ve lost a filling and have to wait before being attended to by your dentist. Bentonite is a clay powder that has surface expansion when water is added to it. Because of this it has great sealant properties.

The energy of Bentonite Sealant has been proven to successfully provide comfort and reduce risk of infection by friends who have had open spaces in their teeth, where tooth root nerves were open to air and food.

Say: **“Bentonite Sealant, please fill holes, seal any raw nerves or flesh!”**

***Optimal Bone Density Field*** with ***Ideal Calcium Concentration*** are two energy functions that are designed to help any bone structure in your body have the proper density, strength and concentration of calcium. Calcium is one of the major building blocks of teeth.

Say out loud or in your mind: **“Optimal Bone Density Field, with Ideal Calcium**

## TOOTH CARE

### **Concentration, Activate!**

When I say “***Optimal Bone Density Field***” I am referring to an energy field that will both permeate and surround your tooth and uphold the energy frequencies that promote strong teeth down to the subatomic levels.

Now, if there has been any tooth infection recently, or you are concerned that due to injury or decay, infection could happen, please also activate the Infection Inhibitor Field. This is another kind of energy field which has a very specific purpose and way of surrounding the space around and in your teeth. This energy has been designed by eternal sacred source to help humans to raise their energy frequency in a manner that inhibits the replication of harmful bacteria and other pathological microbes. The biological human form can benefit by the application of spiritual energies.

***Tooth Care Session*** is a session in which the Tooth Care Team arrives and will stand around you to provide you with a complete Tooth Care Session. This is for use when you will allow 20-45 minutes for your Tooth Care Team to work with you while you are seated or reclined in one place.

If you are riding, not driving in a vehicle you could call in your Tooth Care Session if you won't be needing to talk with anyone else during your session.

Remember the difference between a Tooth Care Session and simply activating a stream of Tooth Care energy. Tooth Care energy is an energy stream that flows in a similar manner to reiki. Tooth Care Session is the active caring attendance of eternal beings in the spiritual realms that arrive and stand near to you, while they send the appropriate energies to your teeth.

### **Financial Fear Flush**

Financial Fear Flush is an energy function that specifically targets any fears you have about your financial well-being and having all you need.

Financial Fear Flush is great to activate with intention whenever you notice a worry, concern or fear, about money pass through your mind.

It is important to flush away the fears that cause money to drain away. When you fear that you don't have enough money, even the money you have seems to disappear before it has done all that it needed to do for you.

Once your fears about money and your financial situation have been flushed away your confidence about your financial matters will build and be secure.

Fear can sabotage your good manifesting efforts and clog up your pathways of abundance from Source to you. There is useful fear and unhealthy fear.

Sometimes you can feel fear about money rise up if you are about to spend more than you can afford. That kind of fear is natural and useful because it warns you not to over-spend.

If there has been an unavoidable expenditure, and you feel fear about whether you will have enough money, you can flush that fear away.

Some fears are unrealistic and would not come true anyway. Even so, many people feel haunted by fears about not having enough money to meet their needs and the needs of their family.

Fear in a good way gives an alert so that you can notice something that you can indeed take action upon, to keep your money or your family safe.



## FINANCIAL FEAR FLUSH

Useful Financial Fear can be felt and give good warning. Examples of this:

You may notice that a person is not the right person to go into business with you.

You may stop yourself from spending more than you have allocated for food at the grocery store this week.

You feel fear when you are about to bet on a race or a game with money that you really cannot afford to lose.

You may feel fear about an upcoming expense and realize that you cannot afford to eat in a restaurant this week.

You may feel fear about your finances and then notice that you had planned to buy a higher priced piece of furniture than you can afford.

A useful financial fear is just a warning system which directs your attention to something that is out of balance, giving you the opportunity to re-balance.

Usually you would simply need to avoid an action (do not buy something), or take action (time to pay that overdue bill so the electricity stays on), or you may need to amend a previous agreement (tell your wife you can't buy \_\_\_\_\_).

A useful fear tells you that you need to notice something and either to stop a planned action or to take action.

Financial Fear Flush is designed to flush away the fears that are not useful. Those fears that you can't do anything about are not useful. Those types of fear simply wear down your adrenal glands and cause body stress.

Fears that do not positively motivate you are not useful. Often fears build up and clog the wonderful financial pipeline from Source to you, and from other people to you and your loved ones. This is because the expectation we have about life and what is or is not going to happen to us, greatly influences our reality. Fears that are indulged in, by looking at them every way possible, can grow worse. Fears that are ignored can still adversely influence your reality.

Please spend a few minutes to invite your *Financial Fear Flush* attunement to

ATTUNE TO DIVINITY

release fully unto you. Simply say out loud or in your mind:  
**“I ask to fully receive my Financial Fear Flush attunement as anchored by  
Mariah Windsong and made perfect for me  
by Eternal Sacred Source, NOW!”**

Your attunement will easily arrive to you because Eternal Source is not limited by space or time. Financial Fear Flush energy flows to your body and energy fields, flushing away all the fears that do not serve your highest joyful financial good.

To activate this energy flush, say out loud or in your mind:  
**“Financial Fear Flush, Activate!”**

In this way you are “using” the flush. Use this energy as often as you need to. You can be up and about doing your daily life activities when you activate the energies, or use during your meditation time, along with other energies.

***Financial Fear Flush*** is an easy way to release fears which have no use. Sometimes a fear has served its purpose and yet lingers, that kind of fear will indeed flush away with the use of this energy system. Fears about lack of money or unwise use of money residing in your subconscious mind can also be flushed away with this energy function. You can hold the thought of wanting this Financial Fear Flush to activate for your subconscious mind.

***Financial Confidence Builder*** is an energy function that the one attunement to this energy system also gives you the right to activate.

You may find many benefits to activating this Financial Fear Flush  
and the Financial Confidence Builder on a regular basis:

***Less anxiety  
Less preoccupation with negative scenarios mentally  
Less depression  
Ending of self-sabotaging behavior in your money use  
Noticing miracles that can benefit your financial situation  
Increased positive outlook for your financial future  
Peace Within settles inside of you  
You breathe deeper on a regular basis  
You start to mentally plan for the future once again  
More opportunities come your way***

## FINANCIAL FEAR FLUSH

*No longer do you have self-fulfilling negative prophecies about your money  
You display increased wisdom in your money management*

*Financial Confidence Builder is an energy function that secures your way of thinking to foster confidence for your financial wellbeing.*

Now that the fear has been flushed away, there is a solid foundation free of wobbly insecure energies. Financial Confidence Builder creates a dynamic tension, a torque that sends your desires for financial prosperity out to the universe. Now your intentions go out strongly and you can easily receive the in-pouring of financial gain.

*Financial Confidence Builder* is an important energy function to use after you've allowed the fear to drop or to be flushed away. This is because sometimes it can be difficult to see how you can do anything to make your current financial situation any better. Maybe the very best thing you can do is to "go into spirit."

By this I am referring to consciously sending out your intentions of "this or something better" that you want Eternal Sacred Source to provide for you. You will need to be aware of the opportunities that may arrive unto you that may not immediately look like an opportunity.

Any energy system that you know that helps you to immerse in the energy of prosperity is good to activate. Any energy system that helps you to feel better about yourself is good to activate. Some people do not feel like they really deserve to have all their needs met. This type of thinking limits the amount of money and opportunities that Source can bring to them.

Any energy system that causes you to appreciate a Divine Being or nature is wonderful to activate. The energy of appreciation causes good things to arrive to us ~ even if we are appreciating someone or something that seems to have no link to bringing us money! The very act of being open and emanating a positive energy flow to some living being puts you in the proper energy position to receive good support into your life in many forms.

The confidence that is built for you when you activate this energy function is a real and beneficial confidence. It is not a cheery "all is well," when all is not well type of boosting.

## ATTUNE TO DIVINITY

This energy helps you to notice what is going right already. It causes you to be realistic with the use of your money. You begin to notice where you need to stop and not do anything, and where action can be beneficial. You will notice where you need to slow down and rest more. You will notice where an opportunity presents itself that you can enter into and make real for you.

Say out loud or in your mind: **“Financial Confidence Builder, Activate!”**

For those of you who can feel subtle energies, this energy presented to me as a strong sure flow upwards from the feet to strengthen me. If you don't feel subtle energies, no worries, the energy flow will be strong and effective for you whether you feel it or not. You can always pray and send out to spirit your requests and thanks for what you already have. This interplay of energies between you and Source brings miracles of all kinds.

This is a 'self-use' energy system. Please only activate this energy system for another person if they have asked you to activate it for them. This is a type of energy system that changes people's reality!

When you ask for a fear to be released, or flushed away, you will feel different. Your mind may notice the absence of that fear.

If you've asked for it to be released, this will be a relief. If not, it could be felt as a trick. No one likes their reality to be changed without their permission!

## **Purchase Attraction Rays**

Purchases happen because of agreements. Attracting agreements is what these Purchase Attraction Rays do. They seek out people who both want and have the means to purchase whatever it is that you are offering. Those people will become aware of your business offerings and then agreement occurs.

Purchase Attraction Rays are in full alignment with Divine and Cosmic Law.

Every successful purchase happens because two or more people agree on the terms of the purchase. All the many variables that must come together in order for a person to sign a contract, shake your hand to seal a business agreement, hand you

## PURCHASE ATTRACTION RAYS

cash or a credit card at your business register, or click ‘buy’ online, have one thing in common ... agreement.

Once all of the questions have been answered and discussion is complete, either agreement is there and the purchase happens, or it is not, and no purchase occurs.

We all like it better when the purchase happens. Therefore, Purchase Attraction Rays have arrived to assist us in our business endeavors.

Purchase Attraction Rays work within and under the authority of Divine and Cosmic Laws. Thus they are very safe spiritual energies to call in and activate for you, your client, your business and your life!

By attracting more people to your business that will actually meet the criteria necessary for a purchase agreement to happen, you will receive more money! If you want to sell tickets to a fund raiser for a charity, Purchase Attraction Rays, working on the same principles, will attract people who have both the means to pay for those tickets and want those tickets!

Purchase Attraction Rays are a win-win spiritual helper for all involved. Purchase Attraction Rays also conform to the free-will law here on planet Earth because they only attract those who want to buy and have the money to pay for what you are offering.

Many real estate agents have been thrilled with their results after using Purchase Attraction Rays a mere few weeks! Their abilities to pair people with properties that are exactly within their price range, and to meet the requirements they want increased dramatically! Sales happen when agreement is present.

I speak of agreement because it is a key to purchases taking place, however it is not the only factor. Without people to do the agreeing, you are still left with a service to offer or product to sell and no sale.

Thus it is vital to attract people to your business, be it service or sales oriented, that meet the criteria of not only wanting what you are offering, but also being able and willing to pay for it. Purchase Attraction Rays draws to your business people who meet all of the criteria.

## ATTUNE TO DIVINITY

Please spend a few minutes to invite your *Purchase Attraction Rays* attunement to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my *Purchase Attraction Rays* attunement as anchored by *Mariah Windsong* and made perfect for me by *Eternal Sacred Source, NOW!*”**

Using Purchase Attraction Rays: Activate these wonderful Divine Rays by saying out loud or in your mind: **“*Purchase Attraction Rays, Activate!*”**

Say it with strong, positive feelings while you lift up in your mind’s eye what you want purchased! Think of the handshake symbol of agreement.

If you sell a service online, think of your listings and the service.  
If you sell a product online, think of your listings and the product.

If you sell items in person, think about those items and the location to where someone needs to go in order to purchase from you.

If you sell a service, think about where people might become aware of the service you are offering.

If you are selling land, or buildings, think about them and all of the places they and your company are advertised.

You need qualified people to become aware of your service or business offering and to be in the right place to purchase. This is a little more difficult if you sell only from a booth, and where people must walk by who are qualified in order to purchase from you. The more places your sales or services are advertised or that people can find you, such as through internet searches, the more effective Purchase Attraction Rays will be.

There is a need to do your part here in the physical world and Purchase Attraction Rays will do their part in the spiritual realms of energy!

Activate Purchase Attraction Rays every day for all that you sell. This is very important, because you must continue to affirm that you want the assistance of Purchase Attraction Rays to bring you people who both want to buy what you are selling, and have the money to do so now and in the future.

## PURCHASE ATTRACTION RAYS

You may also activate and ‘run’ Purchase Attraction Rays for other people who you care about, or for clients.

Please spend a few minutes to invite your *Self Forgiveness Ray* attunement to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Self Forgiveness Ray attunement as anchored by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!”**

Take a few minutes for an honest review of your own ‘self-talk,’ and beliefs about your position in regard to success.

Ask yourself this question: “Do I like myself?” For many sales that involve interaction with you, it is important that a person be comfortable with you. If you do not like, or are uncomfortable with yourself, then it is more difficult to get a person to want to do business with you.

If you do not like yourself, it is important to focus on activities and ‘self-talk’ that will increase your own likeability of yourself. The most common reason that people don’t like themselves is due to lack of self-worth. It is a feeling that you haven’t lived up to the potential that you or others have set forth for you.

If this is true for you about any area of your life, please take a moment to activate the Self Forgiveness Ray. You don’t need to feel the forgiveness, even though that is always a nice bonus! You simply need to be willing to allow yourself to forgive yourself. This Self Forgiveness Ray arrives to you from the higher levels of you, infused with the unconditional forgiveness and acceptance of Eternal Sacred Source.

To forgive yourself, any area of your life, simply say out loud or in your mind: **“Self Forgiveness Ray, Activate!”** This is a wonderful spiritual hygiene tool to use even if you are comfortable with and like yourself. It is possible that there are areas within you that can benefit by the Self Forgiveness Ray even if you don’t readily notice where they may be.

Now say: ***“I allow forgiveness to flow through my body and being, through time and space, to all places and spaces. Anytime I may have disappointed myself or others, I give myself permission to forgive myself. I did the very best that I knew how in that moment. Self Forgiveness Ray flow now!”***

Each now moment is a fresh start! I choose prosperity! The link between self-forgiveness and prosperity is great. It is a secret that many people are unaware of. I congratulate you for being willing to forgive yourself! Now you are in full alignment with the energy of prosperity!

## Opulent Living Empowerment

Opulent Living Empowerment is energy, a demeanor and an attitude that you embody and emanate. A person can live opulently in a small abode or a large estate.

Opulent Living Empowerment increases your ability to attract into your life what you need for a healthy life. The people and things that increase your comfort and quality of life can arrive faster and with ease.

Opulent Living Empowerment brings you the energy of Royalty. When you live your life with the knowing that you deserve to be treated as Royalty, you inspire others' desire to serve you, giving you any assistance you need.

Why Royalty? Because Royalty inspires the best in others to be presented to you! You will have the opportunity of interacting with the best in others!

Opulent Living Empowerment accentuates your inner confidence of your place within Divinity. You are made by Eternal Sacred Source. You are divinely originated, and here on Earth the best way to express your Divinity is through the demeanor of Royalty. Royalty implies that you are something special. It implies that you deserve to be treated well.

Please spend a few minutes to invite your *Opulent Living Empowerment* to release fully unto you. Simply say out loud or in your mind:

***“I ask to fully receive my Opulent Living Empowerment as anchored by  
Mariah Windsong and made perfect for me by  
Eternal Sacred Source, NOW!”***

Now fully activate your Opulent Living Empowerment by saying out loud or in your mind: ***“Opulent Living Empowerment, Activate!”***



## OPULENT LIVING EMPOWERMENT

Being Royal means that you walk with your head held high and you are a leader. You inspire people to take care of their own responsibilities, and to lend assistance to you if you are in need of assistance.

This is all done simply by the way you hold your body, your facial expressions and your voice. In this day of email communications, it is also important to look at what you write to other people.

Would a person of Royalty be spreading gossip? Would a person of Royalty be complaining about their life? Would a person of Royalty be holding a “victim positioning”? No, they wouldn't.

Being Royal does arrive with its own set of responsibilities. You are responsible for your thoughts. Thoughts are very powerful and the more you embrace your Royalty the more your thoughts will manifest into reality.

You are responsible for noticing when others do things for you. You are responsible for encouraging others to do their work well and to compliment them on work well done. You are responsible for looking at your past with an observant eye and learning from your mistakes. Look at your current life and notice if there are any habits that are old and do not serve you well.

A person of Royalty has an easier time dispensing with that which does not serve them, because they are concerned with enjoying life and gaining as much knowledge, wisdom and enlightenment as possible in this lifetime.

Royalty have a greater amount of time that they can spend with pursuits of the mind. Reading, theatre, absorbing intellectually, stimulating information that is perfectly balanced with relaxed times of doing absolutely nothing.

There is a rhythm to a Royal life that flows naturally. One must be in observance of those people who are in your rule. You must assess their situations and quickly discern where to get involved and what to let be.

You must be able to acquire more knowledge and a moment later live opulently, completely relaxed in abandon and immersed in enjoying life.

People are often jealous of the Royal families and the stories we have heard of Royalty. They have money and lands, usually plenty of people to serve them. Think

of what makes good Royalty and which ones squandered their wealth and authority.

***Opulent Living Empowerment gives you the empowerment  
to know your place in life.***

Everyone can embody Royalty. Know where you have authority over another person and use that authority wisely, caring for their well-being and nurturing their potential, encouraging their free spirit to grow! Notice what is truly within your realm of influence to influence, and what is seen as none of your business. Notice if you need more information to make an informed decision, and when no amount of additional information will change the decision you need to make.

The more you work with Opulent Living Empowerment's energies, activating them on a daily basis, you will stand prouder and more easily do what is necessary to be healthy in your life. You will know that you deserve to receive a raise at your job, or you will seek and find another one instead.

You will not second guess yourself, for you will easily know the best choice in any given situation that you find yourself within. Many people pass on opportunities to receive a bounty of physical and spiritual blessings because their mind is dwelling in worry. People mired in the gossip of other people's ill deeds, or who constantly focus on what was done wrong to them are not aware of good opportunities even when those opportunities are right there.

Opulent Living Empowerment will cause you to treat what you have in your home as if it is a treasured estate house or castle. If you do not have a home nor apartment and are staying with other people, or in a shelter, you will know to treat the couch, bedroll or chair you have slept upon well. You will be in appreciation of what you have and that will indeed attract more items and opportunities to you. Your energy of Royalty will make people want to entrust you with their businesses and homes. You will easily gain the assistance of people who want to watch your children so you can work.

Think about the position of Royalty. Royalty doesn't just have people do for them. They will step in and do their part also if in that moment that is the best use of their time and effort. The good of their kingdom matters more than their comfort in that moment. What is your kingdom?

Right now, what is your kingdom? Is it the children and pets under your care? Who

depends on you for their very next meal?

If you are a business owner, your employees are in your kingdom.

If you are a landlord, your tenants are in your kingdom.

If you are a single person, unemployed, any items you own, pets, children, books and family members, plants and neighbors are in your kingdom.

What is your realm of influence? Who and what surrounds you every day?

How do you treat the items and beings (people, pets, wildlife) that are near you every day? Are you in appreciation of those whose life you intersect on a daily basis? Appreciation and treating everyone and everything kindly is important to receiving more into your life of what you do want.

Kindly is an important message here. Think of Royalty. Royalty will not waste their time listening to a neighbor's gossip. They will kindly say that there are other things that require their attention. This is true even if the other things that require their attention are a plant that needs watering, or a book that needs reading. Ah, as Royalty, YOU are in control of your time.

Your use of time as a Royal person is very important. It is not important what you are doing so much as how you think about what you are doing.

Are you worrying? Are you complaining while you are doing your dishes?  
Or are you happy that you have running water to clean your dishes?

Are you putting off paperwork or paying a bill because it is uncomfortable?

A Royal person would do those positive things so that all in their kingdom are taken care of, and at any time they know exactly what their resources are.

Yes, a Royal person may prefer to delegate, and once more resources arrive so that there is a trustworthy person to delegate those chores to, delegation will occur. A Royal person does what is required in the moment so that they can magnify the resources that they currently have, and they know that this encourages more resources to arrive. Such as resources of people, currency, seeds, items, and anything else required to care for those already in His/Her kingdom, and anyone else who

## ATTUNE TO DIVINITY

shall arrive as their Opulent Life increases.

Opulent Living arrives fully by doing what there is to be done, giving thanks for what you have, encouraging others to do their best, and spending time enjoying what you have.

You, as Royalty, must focus on what is good in your life and be ruthless in cutting out that which is poisonous to your healthy life. This may be people or items. Take a close look at how you feel after being around various people. Take a close inner look at whether you actually like some people who you allow to take your time and energy. A Royal person will quickly discern who to have near them and who to banish from their kingdom.

In your life, banishing a person may mean that you limit your phone conversation with ‘her’ to five minutes. It may mean that you no longer give her any time at all. If we are speaking about a family member, this is more difficult. I’m not talking about a child. I am speaking about other family members or neighbors.

Your new Royal demeanor will make it clear to people what you will engage with, and what you will not put up with and will not participate with. You will neither be haughty nor ‘uppity’. You will be Royal and have a stronger ability to influence people for good.

Think of a gracious Queen or King who is respected and you know demands respect simply by their demeanor. People will wonder what has happened to you. You will feel the Opulent Living Empowerment Energies flow through you.

You will see in your life, what needs to be removed, whether it is a bookcase, a piece of clothing or a person.

***Opulent Living Empowerment infuses you with the energies  
of a healthy Royal person who attracts into their life  
all that supports their vision of an Opulent Life.***

Opulent Living means that you enjoy what you have. It doesn’t matter if you have an expensive yacht if you no longer like it! It doesn’t matter if those boots you bought cost a lot if you don’t feel good in them. Give them to someone else or sell them to someone. Opulent Living means that you are proud of the items you have

## OPULENT LIVING EMPOWERMENT

around you. This means that you keep them clean and in good repair. That will attract more and even better quality items into your care, for they will be well taken care of.

This is true of people also. Take good care of whoever is in your life by listening to them and they will listen better to you.

Opulent Living Empowerment, by infusing you with the energies of Royalty, will cause you to allow people to have their own lessons.

You will notice when you begin to ‘save’ someone from their own lesson. You will see how it would have cost you comfort or your very health.

You, as Royalty, will notice the sovereignty of other people, their freedom to experience their own lessons, no matter how painful those lessons are.

Royalty knows that there is a Higher Intelligence than their own, and they respect whatever Deity is their own. Each person has their own entry points into Eternal Sacred Source. Usually those entry points are under the tutelage of various Ascended Masters, gods, goddesses, Angels or power animals.

This is dependent on both what religion you were raised within, and how much the desire of your soul, to commune with various facets/faces of Divinity, has influenced the ‘who’ within Divinity to whom you reach out.

A wise person of Royalty knows that to truly live Opulently they need a strong connection with Divinity. A wise person of Royalty will discern what facets or faces of Divinity resonate for them and grow a familiarity with these. For some people it is nature itself and the elements and the void.

Opulence arrives to you when you are in harmony with what you choose to have in your kingdom and when you appreciate those people and items that surround you. Opulence favors the prepared, appreciative, and inquisitive mind.

Opulence loves those who spend time enjoying what they have and who spend their time wisely, working when the opportunity presents itself.

Opulence flows strongly to those who make opportunities for people who want to

further their usefulness and spiritual awareness.

Opulence is a force of Divinity that aligns itself with those who are willing to drop away the imprint of being a victim and connect to their Royal birthright of being a descendant of Divinity itself. Know that you are here for a reason and therefore your needs will be met and you will have fun also.

Respect others, as you also require respect for people to have the privilege of being in your presence. Embody Royalty and express your unique Divine attributes as your living inspires others to also fully engage in living here in this three dimensional reality here on Earth. Being fully present here, while also gaining the awareness of other times and places, will increase your ability to live Opulently.O

Everyone has a different idea of what Opulent Living means for them. That is ok and wonderful. I assure you that it probably won't look like you expect, but it will be better!

## **Divine Provision Reiki**

Divine Provision Reiki level 1 provides you with 2 Shakti who will attend to your connections with people and your monetary income pathways. *Influx Upgrade Empowerment* fortifies your monetary income pathways.

Divine Provision Reiki is a form of Reiki that attends to many of the factors involved with how your provisions arrive to you. Provisions; otherwise known as supplies or the money to buy them, need strong energy pathways to ensure a strong flow in physicality. Some pathways need to be repaired and obsolete ones need to be dissolved away before your provisions increase substantially.

Divine Provision Reiki is Reiki energy that flows through all aspects of this energy system to make sure that the energy connections between you, the physical sources of your provisions and the people associated with them are healthy and strong.

Provision has been known to mean the providing for, or the steps one may take to assure that a need will be met.

Many Divine Beings will arrive through your attunement 'meet and greet' to be

## DIVINE PROVISION REIKI

available to work with you. Some are Shakti, Divine Intelligences whose names denote their specific functions. Others are teams of helpers in the Light of Source who will do what their names specify.

Some of the attunement names are as COMMANDS. It is important to be authoritative and activate the commands to receive comprehensive benefit from each level of Divine Provision Reiki. All actions are overseen by your Higher Self, your soul and Eternal Sacred Source. What kind of change occurs in your life as a result of these attunements is not controllable by your personality.

You can specify areas in your life that you are not ready to have changed, and hope your Higher Self abides by this choice. It may or may not. All that occurs will be perfect. Perfect over an extending period of time, yet possibly more change than you may have expected initially.

Anything not in alignment with your current financial influx intentions is likely to look very different than it did prior to these attunements, if it remains at all.

The first several times you activate these Shakti and the other functions in this system will focus primarily upon your financial life and the variable ways by which your physical provisions arrive into your life.

Thereafter you can easily expand this work to include repair or dissolving of your connections with people in your life. If your provisions and the way they arrive to you require repair or a dissolving of connections with various people, it is possible for that to occur with even the first use of this system.

Each person has his or her own tolerance for change. Even good change is change. Many people can handle change well if it isn't happening in too many areas of their life at one time. Remember that your Higher Self is not concerned with your comfort level in regards to change. Your Higher Self and Spirit are opportunistic and will move you along quite quickly. It is wise to speak to your own Higher Self as you would a prayer.

### **Divine Provision Reiki and Usui Reiki Symbols:**

If you are already attuned to traditional Reiki, you may use any of the Reiki symbols to enhance your use of Divine Provision Reiki. However, it isn't necessary that you be attuned to any other form of Reiki in order to activate and receive full benefit of Divine Provision Reiki.

## ATTUNE TO DIVINITY

**Provisions**: the supplies we need in order to function in our daily life; feed our body and shelter ourselves and our family can arrive in so many ways.

In many places in this world here on Earth, monetary currency is required in order to trade it for supplies and shelter. Sometimes we receive gifts of basic need items, educational or fun entertainment opportunities or items. Maybe you have agreements with people where you trade an item that you grow or make, or your time of labor, work directly for the basic need items.

It doesn't matter the form these items take! It doesn't matter how they will arrive to you or what you have to do in order to receive them.

What matters is your energetic background of pathways and connections between you, your place of work or the people and places that agree to provide you with the needed items. Sometimes your provisions are not items at all! Sometimes it is the good will of a friend or relative to care for your child while you work to bring in the money to buy groceries or pay rent.

Imagine for a moment, that I had a machine that could show you all of the connections you have that relate to the receiving of your provisions!  
Imagine looking at a screen and seeing the energy lines between you and anyone who has agreed to pay you for your work, item or service!

***Look at the lines of light connecting you with anyone  
who is obligated to provide money to you, or wants to gift you or is thrilled  
to pay you or spend their time helping you in any way!***

Sometimes the lines of light are from you to a job. Sometimes the lines of light are from you to a listing where you sell a service or product!

Sometimes the lines of light are between you and a tenant, investment, relative, spouse, or ex-spouse. Sometimes the lines of light are between you and the plants that grow in your garden! Look at the designs of Light that represent your connections with all here in physicality that provides for you!

I wonder what that picture looks like for you! There is no need to actually see this picture. I gave you the mental exercise so that you will understand what pathways we will be attending to in Divine Provision Reiki sessions.



## DIVINE PROVISION REIKI

**Your Divine Provision Reiki Attunement:** Your Divine Provision Reiki attunements will likely arrive to you in a chi-ball, because some of them are Shakti who prefer an enclosure in which to ride to you from the Higher Dimensions.

Please spend a few minutes to invite your Divine Provision Reiki level 1 attunement to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Divine Provision Reiki level 1 attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!”**

Your attunement is a ‘meet and greet’ of sorts for the energy and Shakti of Divine Provision Reiki level 1 to arrive to you and meet your body and energy fields. Now it is time to introduce you consciously to your 4 new spiritual helpers and function tools!

1. ***Dissolver Shakti*** will melt away blocks or limiting beliefs in your financial influx pathways. She may also choose to dissolve old pathways for you.

If you have recently changed jobs, there may still be some adverse energetic connections with your previous work place or the people there. Dissolver Shakti will lovingly lift away any adverse connections you are ready to let go of, and connect those people on up to their Source.

If your connection was with a place, often times the connection is simply exalted to its next highest form. This means that positive memories or associations with the place will exist and any limiting or negative ones will be released.

2. ***Tikkun Shakti*** will repair you pathways and connections between you and other people, places and things that influence your inflow of provisions.
3. ***Influx Upgrade Empowerment*** will upgrade your pathways and connections so that you can sustain a stronger influx of provisions!
4. ***Flow Pulse Harmonization Field*** is an energy field that harmonizes both the flow and the pulse of Divine Provision Reiki into your life.

## ATTUNE TO DIVINITY

Activating each of these Shakti and functions in order will attend to the pathways that affect your provisions arriving into your life in physicality. This is because all exists energetically prior to physical manifestation.

Please know that it is suggested that you activate Divine Provision Reiki often! Several times a day is wonderful for most people. This energy is beneficial even while you are moving about through your daily activities. Most people find that it increases their feeling of confidence about their life and receipt of provisions. If you do happen to be one of the few people who get sleepy when activating Divine Provision Reiki, then only do so before bedtime.

When activating *Divine Provision Reiki*: simply say out loud or in your mind: **“Divine Provision Reiki On!”** It will usually flow for a few minutes. If you want it to stay on longer, use a timed function from another energy system or simply hold the thought in your mind for it to remain activate.

It is wise to ask for an intensive Divine Provision Reiki session initially. Thereafter you may repeat the steps for a Divine Provision Reiki intensive session anytime you feel that you need a ‘*checkup*’. It is also recommended that you activate the various functions whenever they seem appropriate to how you are thinking or feeling about your life at the time, or anytime you want to increase the effectiveness of Divine Provision Reiki.

When you are ready accept a Divine Provision Reiki intensive session  
please recline and be prepared to allow from 12 to 33 or  
even 45 minutes for your session.

Say out loud or in your mind: **“Dissolver Shakti! Assist! Arrive and dissolve away all limiting beliefs, perceptions, connections or pathways that are not in my highest joyful good! THANK YOU!”**

If you are sensitive to subtle energies, you will likely feel an energy flow, or the sense of you being busy ‘*behind the scenes*’. You might not notice anything at all. If you feel something happening, allow some time to pass so that Dissolver Shakti can work while you are physically still. Yes, energy pathways are being worked on, but you are a spiritual being. You are made of energy and the connections from ‘*there*’ to you ‘*here*’ do indeed connect into your physicality. Pretend you are in surgery, and simply relax.

## DIVINE PROVISION REIKI

You may want to get up and drink some water, get a snack and use any necessary facilities and stretch your body, before going on to the next step.

Now say out loud or in your mind: ***“Tikkun Shakti! Assist!  
Arrive and repair all the connections and pathways through which my  
provisions arrive and any pathways that initiate such provisions to arrive!  
Please repair any other area of my life that affects my receipt of blessings,  
money, supplies, and provisions or benefits of any kind. THANK YOU!”***

Once again, simply relax and allow this session to occur. You may or may not be aware of anything ‘happening’. You can listen to relaxing music or a book on tape if it is enjoyable. Please, no television or holding of a book as it is desired that your body go into full relaxation, including your eyes.

Now it is time to activate your ***Influx Upgrade Empowerment!*** Simply use the name as a command! This function is wonderful to use often!

Each time you activate it you will be upgraded to the next highest possible ***Influx Upgrade Empowerment!*** Simply say out loud or in your mind with strong positive feeling: **“Influx Upgrade Empowerment, Activate!”**

This happens quickly and while some people do enjoy basking in the feeling, there is no necessity to wait any length of time before moving on.

Your next step is also one function that can be activated any time after your initial intensive session. ***Flow Pulse Harmonization Field!***

Say out loud or in your mind:  
**“Flow Pulse Harmonization Field, Activate!”**

You can now move about your day and allow all that has happened today  
to continue to work for you behind the scenes of your life  
to increase the provisions you receive!

Level 2 attunement may be accepted ONLY AFTER at least 1 day has passed since your level one intensive session. You must receive both Shakti intensive sessions prior to proceeding to level 2. Just taking the attunement is not fulfilling the requirements of level 1.

## ATTUNE TO DIVINITY

Please spend a few minutes to invite your second Divine Provision Reiki attunement to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Divine Provision Reiki level 2 attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!”**

Divine Provision Reiki level 2 increases the strength of Divine Provision Reiki flow and will assist you to create new pathways through which you can receive more provisions. You will receive a burst of energy designed to increase the money flow into your life. We further assist you to integrate these new pathways and the increased flow into your being and life!

### **Tips to remember when in preparation to receive a session from Shakti:**

It is well to speak to Shakti. They are Divine Intelligences who have arrived to assist you. You, of your own free will, must direct them to help you, and they will, if your intentions are pure. Shakti love purity.

They will often hide and choose not to assist if in the presence of evil. If there are people who you associate with who would use forces that are not of Eternal Light, Shakti will wait until you are not near these people, before they will work with you.

If you are in a dorm, group home or household where you must live near people who actively use power that does not come from Eternal Light and Love, you may need to find a quiet place away from their influence to accept your sessions.

Your Shakti will always be with you, though possibly hiding until they are in a comfortable environment. You are receiving help from very high vibrational Divine Intelligences who are accustomed to complete Unity with Divinity.

Simply being here within this 3<sup>rd</sup> dimensional reality is a ‘work’ for them, so we really can’t expect them to do their best work in the presence of ‘density’.

Dissolver Shakti will also work with your relationship connections with people, places or things if you ask Her to, then relax and allow her energy to help you.

## DIVINE PROVISION REIKI

If you do not ask specifically, the pathways and connections attended to are of a provisional nature. There are so many areas of our life that indirectly affect our inflow of provisions that we may have never thought of!

This is why it is wonderful to allow Dissolver Shakti to do Her Divine Function for you. If you are not ready to let go of certain connections or aspects of connections, no worries! There are times when our Higher Self is more ambitious than we are for it is not in physicality!

Here is where it is important that you, here at the personality level, clarify if there is any 'off limits' areas of your life. Sometimes you aren't ready for change. You are here in physicality and it is your right to choose what remains, at least what is not allowed to be changed as a result of this session.

That is not to say that the Divine will leave that topic alone, or that you at the higher levels won't make changes. It is to say that **"Today, my Divine Provision Reiki session will not directly make changes to \_\_\_\_\_."**

Say the area of your life you wish to be left as it is now, with strong feeling. Intend this for simply this Shakti's functions or for all ***Divine Provision Reiki*** and its functions.

### **Further Intensive Session tools for additional sessions:**

If you wish to work on relationships that do not seem to have a direct financial or supply related connection, simply say: ***"Dissolver Shakti! Arrive and dissolve away any limiting beliefs or perceptions relating to my relationship with \_\_\_\_\_ (name of person). THANK YOU!"***

***"Tikkun Shakti! Arrive and repair my relationship with and perceptions of \_\_\_\_\_ (name of person). THANK YOU!"***

***Divine Provision Reiki level 2*** assists you to create new income pathways in the ethereal realms. A Monetary Energy Burst sets the foundation here in physicality for your provisions to arrive in a very real way!

There are many reasons that it can be difficult to create new paths for provisions/supplies/monies to arrive into your life. By creating the energetic

## ATTUNE TO DIVINITY

incoming pathways and fully integrating them with your body's energy fields you bridge the gap between wanting and receiving. You may also create new connections with people already in your life or styles of relationships you wish to experience in the near future.

Please spend a few minutes to invite your Divine Provision Reiki level 2 attunement to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Divine Provision Reiki level 2 attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!”**

Now you have the right to activate Divine Provision Reiki at this increased strength that level 2 provides you access to!

Say out loud or in your mind: **“Divine Provision Reiki On!”**

You could also say such things as: **“Divine Provision Reiki Activate!”**

Or **“Divine Provision Reiki please flow through my life and assure my receipt of all I need and want for myself and those I love”**

Divine Provision Reiki level 2 brings a stronger flow of this Reiki to you. Please remember to activate and be within this energy often for best results. Most people can go about their day immediately after activating this energy.

In addition to Divine Provision Reiki's flow and benefit to you, there are three more ways that this energy system can assist you to receive more provisions in your life! The intensive session of Divine Provision Reiki level 2 can be received from a group of Divine Eternal Light Beings named: ***New Pathway Creator Team***

There are many Light Beings who prefer to be called by their Divine Function. A Divine Function is a mantle worn as a cloak which denotes the function a team or Angel or Being is extending to you. It describes how they are prepared to assist you.

Many Angels and Eternal Light Beings find it very humorous to describe themselves in this manner! Of course these Eternal Light Beings have many Divine attributes and could assist us in several different ways. But they always want us to ask for what we wish to receive! This is important! And, when we address them by their Divine Function, exactly the correct Beings of Eternal Light arrive ready to assist

us in that manner. It is a great way to let them know what we are wanted done.

So, when you are reclined and ready to relax, staying stationary in one place for 15-30 minutes, activate the New Pathway Creator Team and give them time to work for you! Remember that you can speak to these Beings as you would speak to a group of medical or other professionals who have gathered to do work for or on you!

Simply say out loud or in your mind:

**“New Pathway Creator Team, Please Activate!”**

You may listen to relaxing music or a relaxing, positive, inspirational book on audio, but nothing stressful or of a fast tempo (if music). Music can shift mood and energy. You need to be still and receptive for our New Pathway Creator Team to do their best work for you! It would be very wise to simply be in meditation, thinking about what an ideal life would be for you.

Once these New Pathways have been created energetically, it is so much easier to receive into your life and reality, what you have been wanting. This might be a new job, a new way to relate to a friend or loved one. It could be a pathway through which someone gets the idea to send you a Gift! It could be pathways that form in physicality as someone refers you to a friend and that person quickly becomes a new and important client!

Your job now is to uphold in your mind what you are wanting, and please leave the ‘how’ and ‘by what means’ and ‘by who’ up to Eternal Source!

It is also very helpful to keep a flexible mindset! To allow for there to be variations in what the highest possible expression of prosperity looks like for you. Trusting that you will notice what is the next highest step for you to take along this path and for all the provisions you need and want to arrive.

You are spending the time to set the energetic architecture and pathways into place so that it is so much easier for your provisions to arrive. When your spiritual hygiene has been attended to, bringing your wants into reality occurs with greater speed and agility. Soon there will be additional action that you will need to take in physicality in order to respond to the opportunities that will exist for you. It will then be your job to notice those opportunities and discern within yourself that “Yes!” this is an opportunity that is right for me.

## ATTUNE TO DIVINITY

The next function in Divine Provision Reiki is the ***Monetary Energy Burst!***

This one is one of my personal favorites! ***Monetary Energy Burst*** puts you right in the middle of what it feels like to have more than plenty of money for all of your needs and wants! When you have that feeling then it is easy to attract more money into your life because you already ‘know’ the energy signature of prosperity and can emanate that outward from your body and being!

Daily, please say: “***Monetary Energy Burst, Activate!***”

Now the Universes respond easily by bringing to you the response to the energy you are sending forth! It doesn’t matter if you can feel what having more money than you need and want feels like or not! You WILL be in the middle of that energy frequency and it will be easier to attract additional money into your life. Please be open as to how that occurs!

Eternal Sacred Source is amazing and very opportunistic! This means that the Divine Eternal Sacred Source knows who is receptive to sending you money. Eternal Sacred Source knows what work place would be a good fit for you, and which employer would be more than happy to hire you!

Eternal Sacred Source knows who would be thrilled to receive services or goods from you and pay you well for them! Eternal Sacred Source knows who would be happy to watch your kids for you during hours that are different than a regular ‘day care’ so that you can attend school in the evening and achieve your degree.

You know some of what you want. Eternal Sacred Source knows who will be receptive to assisting you to get there. You will be guided to being in the right place at the right time to accept the opportunities that will be provided.

The 3<sup>rd</sup> function available to you in Divine Provision Reiki level 2 is an  
***Integration Field.***

This is very important because throughout both level 1 and 2 of Divine Provision Reiki we have been making a lot of energetic changes in regards to your perceptions of your connections with other people and setting forth new pathways and ways to increase your receipt of provisions. Integrating these functions and energies fully with all aspects of who you are is vital for optimal benefit of all of Divine Provision Reiki.



## DIVINE PROVISION REIKI

Simply say out loud or in your mind: **“Integration Field, Activate”**

Your Integration Field will stay activate a few minutes to an hour each time you activate it. This all depends on what is needed each time. Please activate your Integration Field anytime you feel a change is occurring in your life. It doesn't matter if it is a good change or a difficult challenge.

Your ***Integration Field*** is a valuable tool designed to be used with any other Divine Energy system. Anytime you've made changes to your perceptions of reality, your energy fields or body, please activate your ***Integration Field***.

Any time you've added new spiritual tools or techniques to your spiritual hygiene routine or your manifesting ceremonies, please activate your ***Integration Field***.

Anytime you've added a new skill to your skill set or learned a new concept in a class, please activate your ***Integration Field***. I think you'll find many additional uses for your ***Integration Field***.

Other Intensive Sessions with your ***New Pathway Creator Team***: Your first session with your New Pathway Creator Team and any subsequent ones will be done for you on the topic of pathways to bring you provisions.

If you wish for new energy pathways to be created between you and people, places or concepts for other reasons, you will need to specify such prior to your next Intensive Session.

Simply say out loud or in your mind:

**“New Pathway Creator Team, for today's session please create new pathways for me to(name of person or purpose or location) if it is in my highest, joyful good, for all involved.”**

Trust your Higher Self and the ***New Pathway Creator Team*** to do perfectly.

***Divine Provision Reiki level 3*** gives you the ***Financial Provision Divine Protection Field*** to protect both the income pathways you've created and repaired, as well as the provisions you already have in your life.

A ***Continual Maintenance Ray*** tends these pathways to be sure they remain flexible

ATTUNE TO DIVINITY

and strong. An ***Increase Flow Dial*** gives you added freedom to increase or decrease speed of your work inflow!

Prior to receiving your Divine Provision Reiki level 3 attunement, please have received at least Intensive Session with each of these Shakti and teams:  
***Dissolver Shakti, Tikkun Shakti, and New Pathway Creator Team.***

You must have also activated, with intention the following functions:  
***Influx Upgrade Empowerment, Flow Pulse Harmonization Field, Monetary Energy Burst, and your Integration Field.***

Please spend a few minutes to invite your Divine Provision Reiki level 3 attunement to release fully unto you. Simply say out loud or in your mind:

***“I ask to fully receive my Divine Provision Reiki level 3 attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!”***

Now you are authorized to activate Divine Provision Reiki level 3!  
This is an increase in the amplitude and velocity of Divine Provision Reiki’s flow incoming for you.

Say out loud or in your mind: ***“Divine Provision Reiki Activate!”***

Your ***Financial Provision Divine Protection Field*** is individualized by your Higher Self, Soul and Eternal Sacred Source. Upon your attunement receipt this was done for you. Now you need to activate this protection field with intent. It is important that you have already done the Intensive Sessions in the first 2 levels of this system at least once. This is because energetic pathways of provision resonate best with this protection field when they are properly maintained and healthy.

Say out loud or in your mind:

***“Financial Provision Divine Protection Field Activate!”***

***It is important to activate this daily for the first week, and at least every other day the remainder of the first month. Thereafter you may be well with activating it every 3 or 4 days.***

## DIVINE PROVISION REIKI

There are so many people's free will choices and other forces that would inadvertently disrupt the flow of your provisions. Be wise and use your ***Financial Provision Divine Protection Field*** as a strong preventative measure, often!

Now is time for a disclaimer: This energy field will not protect you against the consequences of illegal or unethical activities. It is not designed to help you skirt around the consequences of behaviors and actions that do have very specific uncomfortable consequences. This energy field will not get you 'out of' contractual agreements, nor will it 'protect' you from late fees if you choose to pay a bill after its due date. Please follow the rules of the society you live in relating to financial etiquette.

The next function for you to activate is the ***Increase Flow Dial***. It looks like a dial you may find on your oven to increase the temperature or a faucet's knob. However, for our purposes your ***Increase Flow Dial*** gives you the ability to increase or decrease the flow of your provisions, or the work stream associated with your income.

If your income is determined by the amount of work you complete for your clients, having all your orders arrive at one time may not be as advantageous as having a steady increase in business. If there is a slow time in your work, you may wish to turn up the dial, increasing the flow of work to you. This function works best in relation to the work you have to do in order to have increased provisions arrive to you. For example: The arrival of clients' request for goods or services.

If your time or effort is required to satisfy the orders/requests of your clients then you can Increase or Decrease the flow of business into your establishment. If you are an employee, not a manager or owner of the business, this function is useful to you also.

Let us say that it is a day where business traffic has been slow, you can turn up your ***Increase Flow Dial*** with full intention in your mind. The flow of people arriving into your place of business does affect your job. If business is lively you know that your boss will be happy and there will be money to fill your paycheck.

To activate say out loud or in your mind: ***"Increase Flow Dial On!"***  
***Then think of moving your hand to the dial, and turning it up or down depending on what is beneficial to your work load this day.***

## ATTUNE TO DIVINITY

People have found that ***Increase Flow Dial*** can spread business out, so that the quieter times are not so quiet and the busy times are spread over a wider period of time, instead too much work arriving in too small a time frame.

The last function I present to you that is also fueled by Divine Provision Reiki is your ***Continual Maintenance Ray***! It is recognized that this kind of deep intensive work can't realistically be done every day or even every week! Yet because we live in this 3 dimensional imperfect reality it is necessary to attend to our provision energy pathways frequently.

Your ***Continual Maintenance Ray*** is here to provide this assistance.

It is necessary that you activate your ***Continual Maintenance Ray*** often for it to do its work for you! Each time you activate it, it will attend to your energy pathways. It will check for any crimps, or pinched spots in your pathways and widen your pathways, fortifying any weak spots and plugging any leaky areas for you.

Say out loud or in your mind: ***“Continual Maintenance Ray Activate!”***

More work will be able to be done for you if you recline and give this energy ray some time to work with you while you are stationary in one location. Yes, it is as its name suggests, a continual maintenance ray, however its strength will fade as the hours pass. All energy requests of the Divine require our conscious attention to be most effective or they fade.

Many people ask why they can't just activate something one time and that be enough? The answer resides in the fact that we are on a free will planet, here on Earth. Eternal Love Light and Life is not the only energies who reside here on this planet, thus it is essential for us to constantly reaffirm with whom we stand. Who do we stand for?

Do we stand on the side of Hope and Eternal Life or do we stand on the side of control?

Frequent activation of all of these functions and the flow of Divine Provision Reiki itself keeps the flow from Eternal Sacred Source strong and activate in your life. May you always be Richly Blessed in all the ways that are delightful for you and your loved ones.

## APPRECIATION RAYS

Now that you've received all 3 of your Intensive Sessions and activated all of the functions, you can revisit them in an order you like, any time you want to! That is one of the wonderful things about this system!

In order to complete level 3 of Divine Provision Reiki you must activate all of its functions including Divine Provision Reiki daily for at least 3 days. Completion of Divine Provision Reiki level 3 will also authorize you to activate Intensive Sessions and the functions contained in all 3 levels for clients, friends or loved ones.

## Appreciation Rays

Appreciation Rays as offerings for anyone! Angels, Ascended Masters, Saints or gods and goddesses all enjoy Appreciation Rays. Such appreciation has the unique ability to cause you to be looked upon by them with favor.

Appreciation Rays make all you shine them upon prolific, appreciate in value and be fruitful. You are appreciating the Divine Essence within anything or anyone whom you shine Appreciation Rays upon!

Appreciation Rays are designed to give one of the most necessary energies to a being, situation or force. When something is appreciated it functions better and appreciates in value. It then has the ability to naturally attract what it needs to itself, causing it to be longer lasting and prosperous.

Appreciation Rays are the very best door opening offerings for beings and deities you would like to gain favor with. Manifest your heart's desire!

Think about all you have already learned about various deities. You may have learned what they like, and what colors or herbs are associated with them. You may have even spent much money on offerings of flowers, herbs, or bought candles to burn for these sacred beings.

Now, with Appreciation Rays, you can give each being, god, goddess, angel, stone, crystal, power animal, bird, fish, or plant exactly what each really needs. That is to know that you appreciate them. This is an energy ray from the heart of divinity. You are giving sustenance and energy to whomever or whatever you shine Appreciation

## ATTUNE TO DIVINITY

Rays upon. Such energy can be easily utilized by whoever or whatever you have sent it to. This is indeed a valuable offering and will be remembered and appreciated also!

This is the most powerful energy you can send when you want to strengthen something, someone or a situation. It arrives standing on its own, without agendas or expectations. Love can be granted or withheld based on conditions. Gratitude put you in the right frame of mind and energetic positioning to receive more benefits and good things. Appreciation is that force which causes those good things, people and situations to blossom!

Your 1st level attunement to *Appreciation Rays* introduces it to your body and being. It gives you the right to “call upon” this Divine Ray and activate its flow for yourself and others. You will be able, with thought intent, shine Appreciation Rays onto anyone or anything you want!

Your 2nd level attunement to *Appreciation Rays* further strengthens your connection with this important ray.

Please spend a few minutes to invite your first level of *Appreciation Rays*, to release fully unto you.

Simply say out loud or in your mind:

**“I ask to fully receive my Appreciation Rays level 1 attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Appreciation Rays arrive to your body and energy fields. Now, it is time to activate your Appreciation Rays and practice shining it upon others! Say audibly or in your mind: **“Appreciation Rays, Activate!”**

Think of an angel or group of angels who you want to shine your appreciation upon. Say the activation affirmation again!

**“Appreciation Rays, Activate!”**  
and again  
**“Appreciation Rays, Activate!”**

## APPRECIATION RAYS

***Think of a quality about these angels you appreciate and value.***

***Think of as many qualities you appreciate about them.***

***Simply be in appreciation of their divine essence.***

In your mind's eye, intend and imagine that these Appreciation Rays are reaching the angel or group of angels to whom you are sending Appreciation Rays.

Notice how they turn and smile at you.

Notice how they relax and give you their attention.

Notice how they receive exactly what they need.

Notice how they are full and overflowing with light and energy!

Notice how they appreciate your offering!

Notice that they want to make your life better.

***Appreciation Rays will follow your thought intent.***

***If your mind wanders to someone else, or another group of beings or people, so too will the Appreciation Rays.***

***Gently bring your mind back to rest upon the angel or group of angels for a few more moments. Now your offering is complete for right now.***

***If you have set aside enough time to shine Appreciation Rays upon several people or groups of beings, repeat the above directions ~ only, this time think about the ones you want to send Appreciation Rays to, this time.***

You can never spend too much time sending Appreciation Rays, if someone or something is full, the energy ray will either stop its flow, or redirect to Earth, or another being whom you appreciate.

***It is especially beneficial to the sending of Appreciation Rays and the other beings' receipt of Appreciation Rays, for you to spend a few minutes literally in appreciation of the one(s) to whom you are sending Appreciation Rays.***

This increases the benefit to both them and you! Think about the being or person's

## ATTUNE TO DIVINITY

divine essence and what you appreciate about them. Doing this without expectation of return benefit is important. Be separate from expectation in this moment.

***Please simply appreciate.***

If it is difficult to actually appreciate the person or being or item, the Appreciation Rays will bring in Appreciation from Divinity. In this way you can send appreciation even before you know how to reach that place within you where appreciation exists.

***Appreciation Rays can be sent to items and situations also.***

***Appreciation Rays works with cosmic law and principle even with items and situations that may not seem sentient (self-aware).***

Appreciation Rays will “appreciate or increase in value” items and situations.

The free dictionary's definition of Appreciation is: Recognition of the quality, value, significance, or magnitude of people and things.

When you want to send Appreciation Rays to any item or situation, use the same directions as for when sending to a person or being.

When you want a pet to improve its behavior, Appreciation Rays may provide some of what he or she needs to choose to obey you.

Appreciation Rays sent to Earth and nature will help balance things here on planet. Nature provides for us and is not appreciated enough. A big in-balance exists partly because of this. You can do a great service to all by sending Appreciation Rays to Earth and to any living thing.

Plants, water, streams, rocks, animals, birds, fish amphibians, reptiles and all other life forms here on Earth would appreciate, Appreciation Rays.

Appreciation Rays are a valuable way to honor life.  
Appreciation Rays puts you in the flow of blessings.  
Appreciation Rays is a "pay it forward" way to engage in living.



## APPRECIATION RAYS

If you feel subtle energy, you will also enjoy how these rays feel!

Please spend a few minutes to invite second level attunement of *Appreciation Rays* to release fully unto you.

Simply say out loud or in your mind:

***“I ask to fully receive my Appreciation Rays level 2 attunement founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”***

If you can feel subtle energies, you may feel the warm, full, replenishing and honoring energy of Appreciation Rays level 2 arrive unto you.

These 2nd level rays of Appreciation Rays will strengthen your energetic circulatory system in such a way that you can channel more volume and amplitude of these and other Divine energies!

A stronger flow and intensity of Appreciation Rays can now arrive! You may feel the flow intensify! If it is too strong, simply ask it to slow down and ask your body to integrate! Then intend to "turn up" the flow when you are ready.

When you send Appreciation Rays to others, you can send direct from Eternal Sacred Source, or channel the energy rays through your own body. This is one of the few energy systems that, adding your own feelings to it is beneficial to the recipient.

Feel free to add your own appreciation of their being to the energy as you are sending it out to shine upon the intended recipient. This is true, whether it is a situation, item, celestial being or in body person. Situations are often being "controlled" by people's thoughts, to simply appreciate the situation, it elevates to its next highest expression.

Appreciation Rays may be sent to others on behalf of your client. This is interesting, and will indeed work. It is always more effective for the person to send Appreciation Rays themselves because they are personally involved.

However, with that being said, it is a perfectly acceptable practice, for you to be hired to send Appreciation Rays to someone else's business for them.

## ATTUNE TO DIVINITY

You must be clear about your intent. You are sending Appreciation Rays to (name of business, person, item, situation), on behalf of (standing in for), then say (name of that person or hold the image of that person in your mind) as you activate Appreciation Rays.

In addition to activating Appreciation Rays in the usual way by saying the affirmation 3 times, you may find it gets the energy flowing stronger by continuing to say "Appreciation Rays, Activate!" while you think of or say the name of "who, what" and "where" you are sending the rays. Then think of the name of the person you are doing the work for, sending the energies for, standing in for them, by doing so.

You simply become the director and the only "feelings" you add to it is really wanting the Appreciation Rays to be received by (name of who or what they are being sent to), from (name of person you are sending on behalf of, standing in for as if they are sending it themselves.)

As you can see, it is much more direct for a person to do it themselves. A person would need to be open to and believe that they can indeed receive attunements and send energies in order for them to do it themselves.

There are many practitioners who are hired to improve the lives of their clients. It is your expertise and level of single minded focus of intention that they are paying for in addition to your skill at sending Appreciation Rays.

Ask the client to list who or what they want Appreciation Rays sent to. Situations resolve themselves and relationships improve with these rays.

## **Credit and Currency Empowerment**

To maximize a person's ability to trade value for the daily life necessities, including housing and food, both credit and currency are beneficial.

Your one attunement to the Credit and Currency Empowerment gives you the ability to activate the Disappointment Flush, Self-Blame Flush and Self-Trust Empowerment. These additional flushes and empowerments are included in the Credit and Currency Empowerment energy system because of the usual energy

## CREDIT AND CURRENCY EMPOWERMENT

blocks that exist for anyone who has experience financial disappointment. Self-blame may feel useful to keep you from repeating a mistake when in actuality it limits what opportunities can enter your reality.

***Credit and Currency Empowerment*** removes emotional resistance from previous experiences while aligning you with your optimal financial flow.

There have been negative opinions about credit due to the fact that people can get themselves into more debt than they can easily pay back. There are times when a person must have credit before they can purchase or rent an item. An example of this is a car. If you want to rent a car in the US you have to have a credit card. Not simply a debit card that gives you access to all the money you have in a bank, but a line of credit. Credit in this example is the privilege to use money that you don't have and a company's confidence in you that you will pay it back to them in a timely fashion.

However, the word credit is also used as credits: having the monetary value available to use for items, travel, housing and food. If you start to think about the word credit also as a positive monetary quantity available for purchases instead of just 'fake money' that we have to then pay back it could help. Credits are another word for the monetary value that you already own and can use for making purchases or being allowed into a club, onto a boat or other means of transportation.

In this electronic age of technology, there are many different ways that monetary value can be recorded, saved, and traded. There are businesses that trade items and receive only credits that can be used for items within the group of businesses that participate in the program.

Food cooperatives provide several ways that you can receive food that is grown there on a particular farm. You can buy a certain number of credits that give you the privilege of two bags of food per week of whatever is harvested that week. Another option is to physically help with the farming for a certain number of hours each week in trade for the same number credits. In this way you can take home two bags of fresh food after you've either spent your time and labor doing the farming or given monetary value.

I'm sure there are many, many examples of how credits are accrued.

Credit and Currency Empowerment amplifies your ability to attract into your life

## ATTUNE TO DIVINITY

the opportunities and assistance to have a fuller flow of good credit and monetary currency. When you activate this energy system regularly, you further increase your ability to notice opportunities and be in the right place at the right time to receive more benefits for you and your loved ones.

Nowadays there are more ways than ever to get paid and use that money. By ways I mean to say forms of currency and 'where' and 'how' that money is kept, recorded then spent. Think about the myriad of electronic devices and methods of sending money to people and companies that exist!

I recently heard about a device that plugs into a cell phone, or I-Pod to then scan a credit card to process a payment. Various retailers are getting creative and so are the technological companies who are noticing how people want simple ways to transfer money to make purchases. Soon the physical machines that we have grown accustomed to sliding our credit cards or bank cards through may be gone. Then we would just wave our cards in front of a reader. Just a little electronic eye waiting to see our card and then subtract the appropriate amount of money from our account.

There are a multitude of discussions abounding in regards to the security of various means of recording where the monetary value of our funds live.

Here in Credit and Currency Empowerment I seek to open your mind to new ways of perceiving from where your money comes from and in what form it is kept. I trust that you are an intelligent person and will choose the most advantageous way to record, keep, grow and spend your money.

Money arrives to your company, business, bank, government and paycheck from many places. Usually the money that arrives to you has had other incarnations in forms that would look very unfamiliar.

The money you use for your daily life expenses might have been exchanged from another currency from another company. Rate of exchanges vary, but the importance of the various currencies topic is to cause you to become familiar with and open to the symbols of money from other countries.

It doesn't matter if you like other countries. It doesn't matter if you like your country's trade policies. It doesn't matter if you like your company's policy of accepting money from other countries or sending jobs to other countries.

## CREDIT AND CURRENCY EMPOWERMENT

The fact that monetary value passes through many different currency names in order to make the immediate source of your paycheck or assistance check valid means that being fond of other countries' currency symbols will increase your financial prosperity. Grow to appreciate and like all symbols of currency and see your financial condition dramatically improve.

When you see *another country's monetary symbol*, what do you feel?

When you see a symbol of currency that is unfamiliar, do you *intend prosperity* for the people who use that currency regularly?

How could this possibly affect your household or *improve your financial condition*?

*When you make friends with and see value even for you in the monetary currency symbols from around the world you transform those currencies into familiars.*

*When a symbol of currency is familiar to you then your body, emotions, mind and all your energy fields begin to attract it to you!*

*How can attracting money that isn't even in the currency of your country benefit you?*

Since you may not know all the types of currency that are needed to arrive into your company, (if you aren't the owner) then *intending for business to arrive in many currencies* makes sense.

By the simple fact that you are *open to receiving* money through a form that isn't necessarily the form you will be spending it in gives Eternal Sacred Source, Universes, your Higher Power and any other term you wish to use for those positive forces of Nature and Divinity who assist to bring you your needs and wants *new ways to bless you financially.*

In other words, by intending to receive money that is or has been

## ATTUNE TO DIVINITY

represented by a currency symbol other than  
the one you usually use  
***you immediately lift limitation!***

You are telling life that you are open to all legal ways of receiving money.  
You can even find a place to exchange currency from one form to another!

***Intend to attract to you other forms of currency you will get more money.***

Please spend a few minutes to invite your Currency and Credit Empowerment to release fully unto you. Simply say out loud or in your mind: **“I now ask to fully receive my Currency and Credit Empowerment, as founded by Mariah Windsong and made perfect by Eternal Sacred Source.”**

***It is as a meet and greet to the energies of Currency and Credit, together with the other flushes and empowerment that are included in this energy system.***

Think of symbols of currency. Think of your local form of currency too.  
It is important to grow accustomed to seeing and inviting symbols and forms of currency to you that aren't the local currencies of your town and country.

Please find symbols of currency at the library or on the internet and draw them.  
Draw your own symbol(s) of currency and ones from other countries.

Place these drawings in prominent places around your home. You want to have symbols of many types of currencies near to you until you are comfortable with seeing and thinking about them.

If members of your family are uncomfortable with your actions, then simply draw the symbols on cards. Keep the cards with you. I see examples of people drawing the symbols on mirrors with lipstick or putting 'sticky post-it' notes on their mirrors or walls with the symbols of currency on them. Make friends with your own and other symbols and forms of currency.

Now we begin to look at possible impediments or blocks to your attraction of financial prosperity into your life and keeping the flow strong!

If the very symbol of money is detestable to you, for now use symbols of what currency

## CREDIT AND CURRENCY EMPOWERMENT

or credits can bring you. Think about, collect photos or draw representations of food, houses, warmth or cooling, transportation, medical attendants, healthy family, pets and friends. Think of currency to purchase educational and entertainment materials for you and your loved ones.

Think about how credit cards could be used for good within your home and life. If that is an uncomfortable topic, journal about it every other day until you've exhausted the negatives and can start to write positively about credit.

No matter your previous experience with credit cards and debt creation it is beneficial to visualize yourself with a large amount of available credit. Think about yourself as a person who companies are glad to extend credit to so that if you ever wanted to make a large purchase and pay for it over time you have that option, that freedom. True, it doesn't always make sense to do so, but making friends with many of the usual ways a technological society does business is very valuable.

As you begin to think about currency as money that is available for you to use, many times a person's previous disappointments can be felt. It is often these disappointments that can stop us from accepting opportunities.

Previous disappointments can still be felt as pain and a person's body can use the memory of that pain to guide future actions. The problem with this is that in our body's attempt to keep us away from pain, we live within a self-imposed limitation that keeps us from experiencing true financial prosperity.

***Your one attunement to Currency and Credit Empowerment has given you the privilege of activating the Disappointment Flush.***

Since previous disappointment is a key reason why people resist trying again to do the things that are 'supposed' to bring financial wealth and prosperity, a flush is helpful. ***The Disappointment Flush works to flush away the imprint and emotional feeling of disappointment.*** This flush can be used while you think about any experience that was disappointing. It has been included in this ***Credit and Currency Empowerment*** because the feeling of pain and disappointment is such a powerful reason to avoid trying again.

Say out loud or in your mind: ***“Disappointment Flush, Activate!”***

## ATTUNE TO DIVINITY

For example, if you are doing intentions and activating this Credit and Currency Empowerment and feel your attention drawn to a previous situation that didn't turn out so well, activate the Disappointment Flush.

If no particular situation or previous experience comes to mind, yet you feel a tightening of your solar plexus or other body area, activate the Disappointment Flush. A person's body loves to protect us.

***In this society, going back out to do something that is very similar to your actions which preceded a previous disappointment; is necessary for future success.***

***A person's body will lift up to you an uncomfortable feeling in an attempt to deter you from actions that preceded an uncomfortable experience. It is your body's only way of giving you messages to avoid pain and discomfort.***

It is possible that you will find yourself activating the Disappointment Flush often in the first days and weeks after you've accepted this Credit and Currency Empowerment. That is because, until all of the experiences of disappointment that are limiting your success are flushed away, your body will continue to lift up to you the feelings associated with each one.

Continued regular use of this flush will increase your health and prosperity.

We move on now, in our ***Credit and Currency Empowerment*** energy system functions, to the ***Self Blame Flush***. When you mentally review the reasons why you aren't quite where you feel you 'should' be financially, the topic of blame arises. Yes, there are plenty of other people and situations you may want to blame. There may be some deserving blame that belongs to other people, companies, and situations. But at the end of the day, when you are really honest with yourself, you may question your own actions or lack of actions around the topic of your financial condition.

There may have been opportunities that you passed up. There may have been times when you spent more money than was wise and there wasn't enough money for basic life expenses. Maybe that meant that you borrowed money from a relative or a company to keep a roof over your head. Maybe there were times when you were homeless and didn't have enough to eat.

I am in high hopes that you have always had your basic needs met and have had



plenty of extra currency available for what you wanted too. I have noticed that people do tend to be the hardest on themselves. While it is true that when you look back on situations, you now see that different choices would have been wiser. I subscribe to the belief that we have each done the very best we know how, in each now moment! That is not an excuse for future mismanagement of credit and currency. It is a true explanation of your actions up to this point. In the future, now that you are examining your financial situation and all the components that brought you to where you are now, you will be responsible for every action and lack of actions financially.

As you learn, it is up to you to be responsible for your choices, no matter what they are. ***It is not beneficial energetically, for your body, yourself and your future finances, to wallow in the energy of self-blame.***

‘Self- reprimands’ continue only to limit your ability to manifest wealth.

Once you have looked with an eye to see what messages there are in your past actions, lack of actions, attitudes and behaviors around credit and currency it is time to flush away any self-blame.

Say out loud or in your mind: **“Self Blame Flush, Activate and flush away any energy I may be holding anywhere in my mind, body, emotions, consciousness or energy fields on the topic of credit and currency!”**

When you activate this flush, if you are sensitive to subtle energies you may feel a dropping away feeling. It is normal if you don’t feel anything also. After you have activated your Self Blame Flush your thoughts may notice topics as they pass by. Please, please, please refrain from dwelling upon or examining those topics! Let them pass by! Actually, at this point all you need to do is be willing to allow the Self Blame Flush to work for you!

Now we move right on along to the next very important energy function in this credit and currency energy system, the ***Self Trust Empowerment!***

Your Self Trust Empowerment, when activated, introduces your body and being to the idea and feeling of trusting yourself. Trusting yourself means trusting yourself to do the best things for yourself and your loved ones.

## ATTUNE TO DIVINITY

Trusting yourself also means that you trust that you will have the self-control to resist expenditures that are not necessary and would only cause you financial stress in the near or long term future. You are willing to trust yourself to resist spending credit and currency that has been designated for another budgetary purpose. This means that if you have credit available on a credit card for emergencies you let the available balance sit there even if you see a new game or DVD movie or clothing that you want.

Yes, I speak of things like a budget because it is important to know what amount of currency you have arriving to you this week and month and how much of that currency needs to be spent for everyday living expenses.

If your monthly income varies, then it is even more important to look at past history and your current monthly expenses and obligations. If the numbers are not leaving extra money available in a comfortable enough quantity, that is a really good reason to be frugal in your spending. Additionally every energy function in this credit and currency energy system is very useful to activate daily and more often than daily to increase your credit and currency.

Say out loud or in your mind: **“Self Trust Empowerment, Activate!”**

Now that you have activated this energy, it is vital for you allow yourself to think about trusting yourself. Think about trusting your decisions and trusting that you have and know how to use your will power to adhere to the decisions that you make. If you notice that you have difficulties making decisions, I advise you to seek information out about how to make educated decisions on any topic, especially financial matters. You may find that you simply need to learn more about good money management. What might it feel like to make a decision that you trust is right and stick to your decision?

Here are some affirmations to say out loud or in your mind in the moments and hours after you activate your Self Trust Empowerment!

***I make good decisions and trust that these decisions are proper!***

***I trust my intuition to guide my actions!***

***I trust myself to have strong will power to spend credit and currency wisely!***

CREDIT AND CURRENCY EMPOWERMENT

*I trust myself to think about myself and my loved ones future needs.*

*I trust myself to discern what topics are relevant to consider  
when spending credit or currency.*

*I trust myself to make the best decision in each now moment!*

*I trust myself to save credit and currency for unforeseen needs!*

*I trust that I have learned all I need to learn from past mistakes!*

*I trust that I care enough about myself and my loved ones to be kind to myself  
every day, taking good care of my body and mind.*

*I trust myself enough to forgive myself any previous actions that may have  
contributed to financial lack or problems.*

*I trust myself.*

*I trust myself.*

*I trust myself.*

*I want the daily life confidence that trusting myself gives me!*

*I trust myself to be motivated to seek out new ways to bring credit and currency  
into my household and business life.*

*I trust myself to be a trustworthy person that others will want to employ and  
trust with their valuables and loved ones.*

Remember to activate your Credit and Currency Empowerment anytime you think about wanting more money to spend or save. Anytime your thoughts circle around the topic of credit or currency activating this energy system will assist to flush away any energy that would limit your ability to receive more credit and currency into your life.

## ATTUNE TO DIVINITY

Credit and Currency are two ways that value is recorded and traded. Value that is used to give us access to the things we need and want to support our physical body and make life more enjoyable for us and our loved ones.

Remember that everything is energy. How we think about credit and currency either increases its ability to be present in our lives in abundance or limits its ability to enter our reality. *That is why I included the concept of embracing the symbols of currency from other countries.*

We don't know the path and form of currency that the monetary value went through before arriving to you in your paycheck or retirement check. We don't know how many times it changed form to become the money our neighbor bought fertilizer with to use on the beans or tomato plants that now they bring over to you in a basket to share their abundance with you.

If you have issues with the policies of various countries whose monetary symbols I've suggested that you think fondly of, please seek healing. It is fine to dislike another country's policies yet think positively about their monetary symbol. There is a distinction there that I hope you can see.

I am not asking you to like or agree with policies of a country with whom you either have a personal disagreement with or a moral objection to. I am asking you to consider the possibility that the prosperity of many people is entwined and that thinking well of the symbol of their monetary value may help you in some currently unforeseen way.

## Toning Vibration

Verbal toning of specific sound frequencies is used in sound healing work. Toning Vibration brings you the benefits of perfect toning silently for use whenever discretion is required, or when you may not know exactly what tone to bring forth with your own voice. Toning Vibration energy flows to where it is needed most within your body bringing balance and healing.

Toning Vibration has a primary use of clearing away dense unneeded energies when you are feeling stressed or a body area aches. The quick clearing that Toning

## TONING VIBRATION

Vibration can bring is the fast result of stress relief that anyone sensitive to subtle energies will immediately appreciate!

Toning is an art that can take years to learn. Toning Vibrations deliver the right vibrations from the entire range of vibrations that toning encompasses.

Toning is the elongation of a note or tone using breath and voice. Toning promotes the full spectrum of your light body. Old patterns of physical, emotional and mental limitations release, allowing your Divine Essence to flourish as you step more fully into your Divine Function here on Earth.

Physical creation arrived in part, by vibrations of sound that are beyond what we can perceive with our Earthly ears. Some people can perceive celestial sounds and have reported the harmonies and feelings that such sounds evoked to be glorious beyond all that can be described with words.

Toning Vibration is the higher octaves and harmonics of the toning vibration a person can make with their physical vocal cords. This is not only more effective than audible toning, it is exactly what you need in each now moment. So many times people have said that they just don't know what tone to utter. It is true that toning can be done intuitively and since action follows thought, simply the intent to tone properly for oneself is effective to bring forth the right tone. There are so many times however, when toning out loud is not a viable option for people. Maybe you are in an elevator or a business meeting. Maybe you are a teacher and the children are quietly studying and you really need to release some tension and de-stress!

Toning Vibration is one of the few energy systems that do not require you to be horizontal or reclined in order to receive good benefit. Yes, Eternal Sacred Source can do more intensive work with you through Toning Vibration energy flow when you are stationary and reclined. But for the quick clearing times, it isn't essential to recline.

There is movement within our cells and all of our physicality here in this body you reside within. Each cell and organ resonates at a certain vibrational frequency when it is healthy and balanced. When allergens or contaminated foods enter our body, it alters normal vibrational patterns of the body or system. Toning Vibration brings you the proper vibration to restore your body's natural healthy vibration. Now your body is more effective in eliminating toxins and any energy that is not in alignment with your highest joyful good. If your emotions swing to and fro, or you notice the altitude of your mental attitude slipping down into negativity, a misalignment of the subtle bodies with the physical body may have occurred. Toning Vibration can

## ATTUNE TO DIVINITY

sweep away the emotional instability and return your equilibrium of mind. Toning helps increase your memory and promote clear and focused thinking. Toning also enables you to enter various states of mind at will, such as when you wish to enter a sleep state or a deep meditational state or be creative!

Please spend a few minutes to invite your *Toning Vibration* attunement to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Toning Vibration attunement as anchored by Mariah Windsong and made perfect by Eternal Sacred Source NOW!”**

Now that you have paused to receive your attunement, you have the right to call upon and activate the Toning Vibration for various lengths of time.

Please do so when you have a few minutes to marinate in the energy stream that will open for you. Each time you activate Toning Vibration and indicate the length of time you want it to continue to be active for you, you are put into alignment with the energy stream it is. Activating it with your intention, a strong feeling of wanting your Toning Vibration Session is all that is required to begin the energy flowing to you. The 5 minute Toning Vibration Session is best for when you are up and about doing your daily life activities and can't recline.

The longer time durations of Toning Vibration Activations are more effective when you are reclined and relaxing in a stationary position.

**“Toning Vibration, Activate for 5 minutes!”**

**“Toning Vibration, Activate for 10 minutes!”**

**“Toning Vibration, Activate for 20 minutes!”**

Usually it is necessary to keep your mind lightly resting upon the fact that you want this energy to continue flowing, for it to remain active. It will ramp up slowly, becoming a stronger more intense vibration the longer you allow it to flow/run. Think of it as a toning sound that gets stronger and stronger.

**Toning Vibration will follow your thoughts as directions.**

Please lift up in your mind, and let your thoughts rest lightly upon any areas of the body or emotional concerns you would like Toning Vibration to assist you with.

## TONING VIBRATION

By moving your thought to a topic unrelated to the Toning Vibration work that you want, the energy receives that as a message to cease its flow.

Toning Vibration will become more focused when you point at your own body area with a finger. The vibrations flow through your finger and out into your body in a laser like manner. If your forehead aches, touch a finger lightly to your forehead with any finger and intend for the Toning Vibration to flow out of your finger into your forehead.

Toning Vibration can be activated easily with a thought or by saying out loud:  
**“Toning Vibration Activate!”** or **“Toning Vibration On!”**

**You could use a finger or metal wand to direct the Toning Vibration in a very focused manner for in person sessions or for yourself.**

Toning Vibration is very effective for long distance sessions for your clients, loved ones or friends. If you’ve already been trained in long distance energy work or Reiki, the long distance symbol will increase its effectiveness.

***Toning Vibration can be sent long distance simply with your thought;***

Your desire to send for the highest joyful good of the recipient and your belief that Toning Vibration energy system will be delivered perfectly for (name of person) for (number of minutes) is all that is required. You can easily, with your intention, send Toning Vibration to release immediately for the recipient.

***If you want a Toning Vibration session to be delivered at a time other than now,*** it is wise to use a chi-ball method of sending out energy sessions.

Just as you would send an attunement in a chi-ball, or sphere of light, you would activate Toning Vibration for (name of person) and (number of minutes) to be released when (name of person) calls in their Toning Vibration Session. Spend a few moments with the intention of wanting this Toning Vibration Session to be perfect for (name of person) for whatever concerns he/she wants helped.

You will need to tell your client, friend or loved one to ‘call in’ their Toning Vibration Session when they are ready to receive it. It is the responsibility of the recipient to lift up, as a prayer, the body areas or concerns that they want Toning Vibration to help them with.

## ATTUNE TO DIVINITY

Toning Vibration may improve memory because it brings your mind and body into balance with your emotions. When you are in balance, your memory is more effective. Toning Vibration is useful for anyone who does repetitive motions in their work or hobbies. Toning Vibrations corrects the tugging in one direction that your tendons, nerves and muscles have experienced by the repetitious movements.

All of matter here in our three dimensional Earth world vibrates. Each form of matter has its own vibrational movement, the spin of the atoms, all that makes up the subatomic particles. So much here in life now, with the technology and additional energy waves relating to technological communications, can be stressful to a person.

Think about the inner parts of a cell and the subatomic particles and waves that comprise the very fabric of your physical body and your mental, emotional and spiritual bodies. When they come into contact with technical communication waves, or discordant music or people's conversation, sometimes the proper spin ratios of our atoms are disrupted.

Continuous exposure to living in modern society can be stressful simply because of the many energy waves that move through our body regularly. Toning Vibration brings you the complimentary vibrations from the Highest Levels of Eternal Sacred Source. These Toning Vibrations seek to 'put right' the spin and energy fields of all that is you.

You, as a Divine Creation are a magnificent being! You are incarnate in a physical body and yet the parts of you that are sentient, your mind and being, are less easily defined! Think about this, all of your physical and nonphysical body and being is, at the deepest levels, made up of energy waves that must vibrate at certain frequencies to be balanced and healthy.

Much of what we do in daily modern society and what we experience, whether it is work or entertainment, brings us into contact with discordant vibrations. That is to say, vibrations that are not in harmony with the way our body's cells would normally move, or vibrations that are not in harmony with the way our energy fields of emotional, mental and spirituality normally move and vibrate. This is easily remedied, we simply need to use energy that is designed to balance and 'put right' our natural, organic light spins for every part of who we are: Toning Vibration!



We don't need to understand what vibration will balance us! We can use many different Divine energy systems, such as Reiki. When we would like to have a quick clearing feeling and also promote health in a deeper way, Toning Vibration brings us targeted sound healing that is just right. I suggest that you explore sound healing further as your inner guidance directs. Toning Vibration's silence gives freedom of use in many places!

Any benefit that sound healing or audible toning would provide is also provided by Toning Vibration! Toning Vibration can also supplement sound healing or audible toning. This is because for any sound that an instrument, human voice or synthesizer can make here on planet Earth, there are higher harmonics of those sounds that Toning Vibration can bring you from the Heavenly Realms energetically. Enjoy! Play! Gain quicker healing today!

## **15 Permutations of YHVH Mantra Empowerment**

*15 Permutations of YHVH Mantra is an excellent empowerment for meditation and to increase your co-creation skills with Divinity.*

*YHVH is in Hebrew the name of the ineffable, unutterable name of God known as the four letters, the Tetragrammaton.*

Please spend a few minutes to invite your *15 Permutations of YHVH Mantra* attunement to release fully unto you.

Simply say out loud or in your mind: **“I ask to fully receive my 15 Permutations of YHVH Mantra attunement as anchored by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

**Yod** is a letter in the Hebrew Aleph-Beth, and is the spark and Hand of God. Y is also written as W. Read left to right: Yod, Heh, Vav, Heh.

**Heh** is a letter in the Hebrew Aleph-Beth and is said ‘hay.’ Heh is an image of a window and represents illumination and inspiration.

**Vav** is a letter in the Hebrew Aleph-Beth, sometimes written and said as **Vod**. It is an image of a nail. *Say: 'Vod'*. Vav connects us from here to Divinity.

***15 Permutations of YHVH Mantra:***

*Yod, Vav, Heh, Heh*  
*Vav, Yod, Yod, Heh*  
*Heh, Vav, Yod, Heh*  
*Vav, Yod, Heh, Heh*  
*Vav, Vav, Yod, Heh*  
*Heh, Vav, Yod, Yod*  
*Vav, Heh, Heh, Yod*  
*Heh, Heh, Vav, Yod*  
*Yod, Vav, Heh, Yod*  
*Vav, Heh, Yod, Yod*  
*Vav, Heh, Yod, Vav*  
*Vav, Yod, Yod, Vav*  
*Yod, Heh, Heh, Vav*  
*Heh, Vav, Yod, Vav*  
*Vav, Yod, Heh, Vav*

15 Permutations of YHVH can be read as a mantra verbally out loud or mentally in your mind. Eventually you may even memorize it!

Due to the need for this energy to be active more often than people will spend the time to say the mantra, this empowerment has been granted to humanity. 15 Permutations of YHVH Mantra empowerment, when activated, runs the energy of these 15 Permutations of YHVH 3 times. Saying the mantra immediately after activating the 15 Permutations of YHVH Mantra empowerment will greatly increase the strength of the energy flow!

***15 Permutations of YHVH Mantra:*** Empowerment to the 15 Permutations of the YHVH that runs the energy three times for each time you activate the mantra empowerment verbally or in your mind.

While enjoying the study of each letter in the Tetragrammaton, and the feel of this manner of connection with the Divine, I got the idea to see how many permutations those letters would have if I wrote them all out. In 2007 I wrote all the permutations of YHVH I could think of.

## 15 PERMUTATIONS OF YHVH MANTRA EMPOWERMENT

I found it amazing that there are three sets of 5 permutations that comprise the 15 permutations of YHVH. Subsequent meditations after saying or singing this entire mantra 3 to 9 times were amazing to experience in their clarity and feeling of unity with Divinity.

When you, with your mind or verbally, tell 15 Permutations of YHVH Mantra to “Activate!” it will automatically run the energy of this mantra 3 times. You may also tell this technology how many times to repeat the energy cycle. One energy cycle runs the 15 permutations 3 times. If you want it to run a total of 9 times, simply tell it to activate for 3 cycles.

Sometimes I write the letters in an order other than what we are accustomed to seeing, because for me, all the permutations of YHVH are indeed the Tetragrammaton -- a name for Eternal Sacred Source.

My favorite use for the 15 Permutations of YHVH is for prosperity and increasing my intentions for a particular prayer or meditation.

### **Sphagnum Moss Empowerment**

Sphagnum Moss arrived while meditating one morning in January 2010. It arrived with its name visible in my mind's eye! I saw Sphagnum Moss plants and a peace so Divine filling my being, so I opened up to its energies. There then was much heat in my feet, and grounding and community peace energies. I felt that this was also about the safe channeling of energies and help for our internal blood piping: veins, capillaries, and arteries.

Sphagnum Moss gifts us relaxation, a safe place to stand amidst movement under us. Seichim also joins with Sphagnum Moss to provide deep love of the Rainbow Light of Eternal Sacred Source.

Call in your Sphagnum Moss attunement from the Sphagnum Moss Eternal Moment as it is safely held and constantly renewed and upgraded within. Sincere seeking, and a heart that honestly wants to use these gifts for the highest peace with all living beings, is all that is required to receive Sphagnum Moss Gifts.

Pause for a moment as you read down through all of the gifts with intention. Thereafter you can activate any of the Sphagnum Moss Gifts anytime you want to work with this plant.

After activating one gift, pause; be receptive and appreciative. You can then move on to the next one, or keep your focus upon receiving until you either feel the energies have run to completion, or you feel guided to move to the next one.

Say audibly or in your mind: ***“I now call forth to receive my Sphagnum Moss Empowerment as anchored by Mariah Windsong and made perfect for me by Eternal Sacred Source.”***

Now that you've paused to receive your attunement, you can activate any of these energy functions with thought intent or audibly when you want to “turn on” their energies for yourself. The energies will follow your thought intent.

## ADVANCED ALLERGY PROTECTION

Say or think:

**“Sphagnum Moss Empowerment, Activate!”**

**“Sphagnum Moss Healing Energies, Activate!”**

**“Sphagnum Moss Peaceful Co-Existence Ray, Activate!”**

**“Sphagnum Moss Anchoring Energies, Activate!”**

**“Sphagnum Moss Intuition Ray, Activate!”**

**“Sphagnum Moss Wisdom Ray, Activate!”**

**“Sphagnum Moss Knowledge Ray, Activate!”**

**“Sphagnum Moss Enlightenment, Activate!”**

**“Sphagnum Moss Integration Ray, Activate!”**

**“Sphagnum Moss Seichim, Activate!”**

Working with Sphagnum Moss Empowerment:

You are to use these for yourself and for other people as your inner guidance directs. These are gifts and are to be used for the Peaceful co-existence of all life upon Earth. This means that you can, with thought intent, direct them to activate for a region or a group of people. These energies are only for good and will not activate if they are not wanted by the recipients.

These energies are mild, yet effective. They mix well with other energies. You may find that one or more of them becomes a favorite of yours when activated during your devotional or healing times. You can use them in meditation, prayer time, or for on the go when you notice their action would be helpful for you or others.

## Advanced Allergy Protection

Advanced Allergy Protection contains several energy functions that can be very helpful to you. Histamine Blocker Field and Particulate Screen provide a reduction of histamine and allergy responses to airborne irritants and allergens.

***Histamine Blocker Field has approximately 2 hours of effect.***

It is used for blocking the histamine response for airborne plant based allergens, insect, arachnoid and scorpion stings and bites. Once activated, it must be reactivated every two hours. Many people respond badly to the dander of a dog or cat’s fur, or the particles of seemingly benign household dust. Do your best to reduce exposure to whatever your body would prefer that you stay away from.

## ATTUNE TO DIVINITY

Your body is sending you a message that it does not like that particular substance, no matter how tiny the particles! There are times, however, in family or business life when it seems necessary to be in certain locations even though you know you are going to be sneezing soon.

Histamine Blocker Field and Particulate Screen are tools to help you feel better when there is a need to be in places that expose you to airborne irritants or allergens that your body dislikes.

Sometimes, a mere walk from your front door to the car in pollen season will render people with an immediate snot (mucus) filled nose, itchy eyes and a pressure-filled head.

Particulate Screen is especially useful during those predictable times when you know that you need to traverse an area that has bothered you in the past.

Some states will even broadcast the pollen report since so many people do have sensitivities to evergreen and goldenrod pollens (among other plants).

If your state broadcasts these reports, please take a moment to activate your Particulate Screen and your Histamine Blocker Field prior to going outdoors.

If you don't have the luxury of airwave broadcast of the pollen report, pay close attention to what trees and plants are blooming, and what pollens may be carried upon the winds. Think about what construction is occurring nearby, and what wood, steel or concrete dust may be more prevalent in the air.

Indoors are rife with other airborne allergens, and if you are observant you may notice certain times when there are greater concentrations of them in the air. If you are allergic to dust mite excrement, you may react more after changing your sheets, because you come into contact with the results of dust mites having eaten your sloughed-off skin cells on the sheets that are now in the washing machine. It is worse for people who wash their linens by hand.

If you are allergic to molds or fungi, please plan to be elsewhere on the first few days that you start your furnace up in the autumn if you have a hot-air-piped style of heating. Any dust and mold that accumulated or grew in your air ducts will burst through into your household atmosphere immediately. It may take a few days of

## ADVANCED ALLERGY PROTECTION

windows wide open, and a lot of vacuuming and cleaning to remove the emitted dust from your home.

Some people will purposely have several people with large 30 gallon trash bags, and a person stationed at the end of each air duct the first time the furnace is started. They catch that initial burst of air that has the most dust and mold spores in those bags and take them outside, then dispose of the bags. This of course will not collect all of the irritants, but it will catch a lot of them.

Call in your attunement to *Advanced Allergy Protection* by saying audibly or in your mind:

**“I now call forth to receive my Advanced Allergy Protection attunement as anchored by Mariah Windsong and made perfect for me by Eternal Sacred Source.”**

Be smart about noticing what you are sensitive to and activate your Particulate Screen and Histamine Blocker Field every two hours when you are around airborne irritants.

I’d hoped it would remain activate for longer than two hours per activation, but my guides were adamant that histamine is a warning system that should not be taken offline for long periods of time.

I can tell you that this *Histamine Blocker Field* works really well, for me and for many people whose sinuses react badly to various indoor and outdoor airborne irritants. Histamine Blocker Field is also effective in reducing the itch and swelling associated with insect bites and stings. It will also reduce the healing time and itching of hives that many people get due to stress or medication or other food allergies.

Histamine Blocker Field was initially borne out of my continued request of Eternal Sacred Source to reduce my body’s severe allergic response to mosquito bites. They would swell up to a US fifty cent coin size, and be itchy and red for four days. With the diligent use of Histamine Blocker Field I can enjoy summer walks and endure any bites sustained much more easily!!!!!!

This is because my skin’s response to the mosquito saliva is much reduced with the activation of Histamine Blocker Field prior to and after a bite.

## ATTUNE TO DIVINITY

Activate your ***Histamine Blocker Field*** by saying out loud or in your mind:  
**“Histamine Blocker Field, Activate!”**

Please remember to reactivate every two hours during the times that you want your histamine response reduced. You can use this every two hours for as long as needed.

Your Particulate Screen is useful for any airborne particles that your body finds irritating. It is a preventative measure and does nothing for you after you have already breathed in an irritant or allergen. So, please remember to activate prior to exposure to airborne particulates such as pollen or dust. It could be called “pollen screen” but “particulate screen” is more correct, meaning particles of whatever, that are airborne irritants or allergens.

Activate your ***Particulate Screen*** by saying out loud or in your mind:  
**“Particulate Screen, Activate!”**

**Reactivate every few hours during times you may be exposed to particulates that bother your body.**

Many people will activate both of these functions for their children, as children are less able to activate such for themselves and often suffer from allergic reactions to airborne irritants and allergens.

## Tourmaline Spectrum Ray

Here on Earth we look at tourmaline and can see a variety of colors and patterns in one crystal formation. Each of the colors in the physical crystal IS a Divine Energy Ray that brings unique energy frequencies to you, exactly as is required for you in this now moment.

***Tourmaline Spectrum Ray*** is a full range of beneficial activity direct from the Heart of Eternal Sacred Source. The name tourmaline may be Singhalese in origin: ***‘tura mali’***, and the approximate meaning is - many colored stone.

Tourmaline has a piezoelectric quality. If you heat it with pressure, one end will



## TOURMALINE SPECTRUM RAY

gain a positive charge and the other end will have a negative charge. This charge usually acts like a magnet, strong enough to attract small particles to the crystal from its surroundings.

In healing modalities, piezoelectric qualities are valued for their effect upon intracellular soft tissue and bones.

Since there are many piezoelectric crystals naturally in living cells, they create electric fields when they are squished or stretched. Colloidal gel, one of the main things all soft tissue is made up of, is affected by piezoelectric fields.

So if there is a muscle that is seized up, a ligament that is stretched or a bone that is fractured, piezoelectric activity creates the motion internally whereby toxins are expelled and the cells can easily intake the liquid and nutrients to facilitate healing.

Tourmaline Spectrum Ray provides that spark of piezoelectric movement within the energy fields that exist in our soft tissues and bones. This increases our body's own healing abilities, specifically by assisting our bodies to release or neutralize toxins. The extent to which toxins are released or neutralized is under the authority of our personality, higher self, soul and Eternal Sacred Source.

Three kinds of tourmaline are: Dravite, Schorl, and Elbaite.

Dravites are dark yellow to brown/black.

Schorl which is the most abundant (95% of all tourmaline found), appears bluish or brownish/black to black.

Elbaite consists of rubellite which is pink or light red in color, indicolite which is dark blue, verdelite which is green in color, and achroite which is colorless.

Accept your Tourmaline Spectrum Ray attunement by saying audibly or in your mind: **“Tourmaline Spectrum Ray, arrive unto me and give me the right to call upon you and activate your energies for me and others!”**

Please allow 10-15 minutes for the energies to acquaint themselves with your body and energy fields.

## ATTUNE TO DIVINITY

Anytime you want to activate the Tourmaline Spectrum Ray to bring its  
Divine assistance to you, simply say verbally or mentally:

**“Tourmaline Spectrum Ray, Activate!”**

It will usually flow only while your attention is upon it, and while your desire is for the energy to continue to flow into and within your body and energy fields.

Tourmaline Spectrum Ray is responsive to your direction in regards to what areas of your body you want its effects to be received.

If the body area you are trying to ‘fix’ is part of a lesson that your personality, higher self, soul or Eternal Sacred Source deems important for you to learn, Tourmaline Spectrum Ray’s abilities may be limited or re-directed in alignment with Divine Will.

You can activate Tourmaline Spectrum Ray for other people. It will flow to and for them either for as long as your intent is held for the energy to flow, or you can preprogram the length of time it is to flow together with any other energy system that has macros or sets.

## **Calla Lily Deva**

**Calla Lily Deva** conducts energy sessions that bring balance to our body and being. The seclusion of Her innermost parts is a creation incubator.

You may allocate as many incubators as you need for ideas or relationships.

Within the depths of Her flower is a perfect environment for Her to test your various energy fields for thin spots that need to be reinforced.

While you are reclined, you intend to place yourself in her flower and ask Her to provide a session for you. You must remain reclined for 12-30 minutes while the Calla Lily Deva repairs and rebalances any areas that require attention.

Say audibly or in your mind as if you are talking with an elder:

**“Cally Lily Deva, please arrive unto me, acquaint yourself with me and prepare for me places within you to tend to my needs. Grant me permission to call upon you and answer me this day and any day I call upon you. Thank you.”**

When you are ready to spend some time with Calla Lily Deva, please recline and with the power of your will, place your body and being inside of Her flower. This is as simple as imagining yourself there, as a daydream, and you are within the tube-like depth of her flower.

Now say: **“Calla Lily Deva, please tend me and rebalance me completely.”**

My personal experiences with Calla Lily Deva have been widely varying! One day I felt to be in the stillness that would forever be still, never a wisp of a breeze. I knew then, that even the most delicate things could be grown in that environment! An idea! An energy system! The beginnings of a relationship or creative endeavor would be gently tended to here, and given all the time they need to grow perfectly!

The beauty of the creation incubators is both the individual perfection unto which they are prepared for your every need, and the fact that you can leave your idea, or creative endeavor there while you go on to do some other things, and return to check on it and enjoy watching it grow!

There are a limitless number of creation incubators available; simply ask for one for this topic and spend some time with it while it is prepared for you, and then move on to another one as and when you feel it is appropriate. When you feel that something is ‘done’ enough, it is honorable to ‘remove’ it from the creation incubator and consciously disassemble it. Basically ask that the creation incubator be dissolved and recycled. The energy will now be available for a new one, the next time you have need of another creation incubator!

A more recent experience with Calla Lily Deva involved my request for Her to tend me and balance my energy fields. Instead of a creation incubator that was all still and silent, I found myself immediately within, yes the tube-like depth of her flower, and it was swirling with high speed winds. I felt to be within a wind tunnel, similar to how jet turbine engines and other things are ‘tested’ in a functional situation, albeit obviously a test.

It was within this movement that I could sense myself being ‘checked over’ for any

## ATTUNE TO DIVINITY

weak spots within my energy fields, including aura. When an area was found to be lacking, I felt a repair occur and then a swift re-balance and alignment happen inside of me. This is difficult to explain and I'm sure that it will be slightly to vastly different for you.

The point I want you to be aware of, is that ***Calla Lily Deva in Her wild Divine Femininity will create the exact environment you need to be within during your session with Her.***

This is true, whether you want a creation incubator for an idea or something else, or you need to be tended to at any level of who you are, immediately.

Calla Lily Deva does have a *'Destroyer of the Old'* quality to Her, and will remove from you that which is no longer applicable in your life.

I put no qualifications on what that may be. She knows, and you at your higher self and soul level also know.

## Lung Care

Lung Care encourages healing while it helps to raise your blood oxygen levels.

***Lung Care Level 1*** is a synergy of: Elecampane Essence, Mullein Essence and Optimal Blood Oxygen Concentration function.

***Lung Care Level 2*** brings you the Bloodroot Deva Empowerment.

These energies that comprise this attunement are strong, yet gentle at the very same time.

If you are sensitive to subtle energies, you may feel a lifting, expanding sensation in your chest area. The increased oxygen your blood cells are gifted with, will promote health in many body areas.

One of the main purposes of the lungs is to transfer oxygen from the air you've

## LUNG CARE

breathed in, to your blood cells. There are so many things that can impede optimal lung health. It is important to assist your lung tissue in the removal of any toxins, and to repair the inner lining of each passageway that the air moves through as its oxygen is transferred to the blood cells.

Call in your attunement to Lung Care level 1 by saying audibly or in your mind:

**“I now call forth to receive my Lung Care level 1 attunement as anchored by Mariah Windsong and made perfect for me by Eternal Sacred Source.”**

After you have received your attunement and are ready to spend some time allowing Lung Care Level 1 energies to work with your body, recline and activate the energies by saying: **“Lung Care energies On!”**  
or you could say: **“Lung Care Activate!”**

***Lung Care Level 1*** is a synergy of the spiritual energies of Elecampane, Mullein and the Optimal Blood Oxygen Concentration function.

This results in a smooth, expanding and supporting energy for your lungs and blood. When you want to work more specifically with one of the energies that comprises Lung Care, please activate that energy or function individually with strong intent for it to turn on.

Level 1 of Lung Care is for you to activate for yourself or others in person.

Level 2 gives anyone the ability to send Lung Care energies over a distance. Elecampane is a plant that has long been used for many respiratory ailments throughout the ages. Its scientific name is: ***Inula helenium***.

Elecampane has several other names: Yellow Starwort, Elfdock, Alant, Velvet Dock and others. It is a perennial plant that can grow up to 10 feet high.

Some of the active compounds in the dried cut root and rhizomes are: Triterpene saponins, sterols, polyacetylenes, inulin, and a volatile oil whose chief components are alantolactone, isoalantolactone, 11,13- dihydroisoalantolactone, and other sesquiterpen-lactones.

These compounds may exhibit variable antiseptic, antibacterial, antifungal, diuretic, expectorant, and hypotensive activities. Elecampane is available as fluid extract, in

powdered root preparations, and in topical products.

Please research this herb thoroughly before attempting to use it physically in your own body, and always consult your health care practitioner prior to use. The plant should never be ingested during pregnancy nor while nursing a child. You may use the word **“On!”** or **“Activate!”** when you want to activate this energy, whichever term feels more natural for you will give a stronger effect.

I found the name ‘Elecampane’ difficult to say, so when you want to activate Elecampane Essence by itself, you can call it by saying any of these names:

**“Elecampane Essence On!”** or **“Inula helenium On!”** or  
**“Yellow Starwort Essence On!”**

The ethereal energies of Elecampane, as activated by saying out loud or in your mind any of the names, will flow for you for about 10 or 20 minutes. You may re-activate this plant’s energy anytime.

Mullein has been used since ancient times, especially for lung problems as it contains mucilage, several saponins, coumarin and glycosides. One of its scientific names is: *Verbascum thapsus*.

You can activate Mullein’s spiritual energies by saying out loud or in your mind with intention: **“Mullein Essence On!”**

Mullein activates automatically when you activate Lung Care energies, however, using it individually can give you a better sense of its energy if you are sensitive to subtle energies. Its warmth and easing energies, move through your chest area helping to relieve pressure and encourage clearing of your breathing passageways. It can bring cooling sensations also.

Only ingest Mullein after gaining an understanding about how to prepare it and consulting both an herbalist and your doctor.

Optimal Blood Oxygen Concentration will activate automatically when you activate Lung Care energies. There are times when you may want to activate this function separately, for yourself or others.

Say out loud or in your mind: **“Increase Blood Oxygen!”** Or if you simply want to

## LUNG CARE

have its energy flow you can also say: **“Blood Oxygen On!”**

Your blood cells may be happier as they absorb more oxygen to take to other cells in your body. They shine and fill up nicely, and become healthy and plump!

Healthy Red Blood Cells are the hallmark of health in many other areas of your body, and Optimal Blood Oxygen Concentration helps your Red Blood Cells hold more oxygen. It also helps them absorb more oxygen even when there is a reduced quantity of air present to receive the oxygen from.

Remember to activate Lung Care energies often to actually receive the optimal benefit this energy system has to offer!

After your level 2 attunement, when you say: **“Lung Care energies On!”**,  
energies and empowerments of both level 1 and 2  
will automatically activate for you.

Lung Care Level 2 is comprised of the Bloodroot Deva Empowerment.

Call in your Lung Care level 2 by saying audibly or in your mind:  
**“I now call forth to receive my Lung Care level 2 attunement as anchored by  
Mariah Windsong and made perfect for me by Eternal Sacred Source.”**

You have now received the Bloodroot Deva Empowerment. Her scientific name is ***Sanguinaria canadensis***.

A blood red juice can be extracted from the reddish orange rhizome, hence the name Bloodroot. This juice was used by the Native Americans and other peoples as a yellow-orange dye for clothing and as body paint. Although many people have been known to put the root's juice on skin, it is not advisable because the plant is escharotic and kills body cells. For the very reason that it does kill cells, it has been used to attempt skin cancer removal, albeit unwisely; only causing disfigurement of the skin instead.

I speak of this because the first two plants mentioned in Lung Care level 1 are used internally on a regular basis by many people. Bloodroot is NEVER to be ingested. A few possible uses externally could be in the removal of warts, ringworm, and fungal growths. Please do not attempt to apply bloodroot yourself. Always seek the

## ATTUNE TO DIVINITY

advice of a licensed physician or herbalist.

Lung Care's Level 2 Bloodroot Deva Empowerment is an empowerment to the Spiritual Deva of the Bloodroot plant.

When we worked with Mullein and Elecampane we invoked the spiritual essence of the plant, however the Bloodroot Deva has more of a personality and is to be spoken to as a real sentient (aware) being.

A spiritual essence of a plant has specific assistance that it shall impart to you, and your higher self and soul are in charge of how those are applied to you. This is much like taking an extract of the plant except that the essence includes the spiritual nature and attributes of the plant.

Essences tap into the energy of the plant, whereas a sentient plant Deva is a being, and can choose to take independent action on your behalf.

Treat Devas well, for they are the Royal Goddesses of the plant world. The Bloodroot Deva is known to assist, in a Shamanic way, with the extract and removal of many ailments. She knows how to go into your auric field and remove things that you may have inadvertently walked through, that have weakened your body's natural ability to heal itself.

The removal of unwanted influences is a specialty of the Bloodroot Deva. It is important to gain Her agreement to be of assistance to you. Simply having this empowerment does not mean that She has to work for you. She may choose inactivity. She may not feel that you are yet ready to work with Her. This is ok too; ask again on another day, and She may help you immediately!

When you are ready to work with the Bloodroot Deva, recline and say:

***"Bloodroot Deva, Activate!"***

She is a being. If She chooses to work with you, you will be receiving assistance from an intelligent, sentient being. Now is a good time to speak to Her as you would someone you respect highly, and of whom you are seeking assistance. Speak to Her and tell Her where it hurts.

Tell Her of your desire to feel better. Give Her permission to remove the illness



and cause of your physical pain. The Bloodroot Deva has many mystical histories. She will decide if it is the right time to assist you. It is wise to give Her permission to help you with anything that you are not aware of that needs to be removed from your body and energy fields. Give Her permission to heal and strengthen your body and energy fields.

She is a knowledgeable and powerful Being of Eternal Light who wants very much to help you, but will, only if it is now in your highest, joyful good.

Sometimes there are reasons why people are clinging to certain illnesses or difficulties. There are often lessons that us humans must learn, and during such time even Devas are not 'allowed' to take action on our behalf. We are always loved; yet there are times when, if something is done for us, it would rob us of the knowing 'how' that is necessary for growth and maturity.

## **Self-Knowledge Rays energy system and Self-Acceptance Rays.**

Self-Knowledge Rays speeds up the time it takes for you to learn about yourself. When you know yourself, you can make wise, steadfast decisions.

Self-Knowledge Rays brings to the surface the information you need to enable you to make educated decisions about what is right for you in any life situation. Many people experience regret when they make commitments which they later learn are incongruent with their nature. This is a cause of dis-ease.

Self-Acceptance Rays are included in this energy system to help you accept that within you, which is not ready to change at this time. There is value in knowing yourself and accepting the core of oneself without a need to change it.

Self-knowledge is a key to knowing what is right for you and what is not.

This knowledge is incredibly beneficial for you to have prior to any major life decision. Entering a school, job, career, relationship or marriage, requires that you know enough about yourself to discern if the commitment will be healthy for you years later.

## ATTUNE TO DIVINITY

While it is not possible to know all of how you will feel about a person or situation down the road, Self-Knowledge Rays will bring your attention to the areas within you that are necessary to consider right now.

You may notice your inner-truth in a way that you could not before.

We may think that we can bend or be accepting of change for a person we love or job. When people want to be well within a certain situation, yet the situation is not harmonious for them, they often make commitments that hurt their health in the future.

Now there is an easy way for you to learn about yourself – Self-Knowledge Rays!

Self-Knowledge Rays can help you discern between what is simply difficult in life, and what is not healthy for you.

We have no need to stay away from something just because it may be difficult. It is when it runs against your nature, and is going to cause stress and maybe illness, that you may want to know about this ahead of time.

The information is not going to be quite so clear cut as “do this” or “don’t do that.” It will be more in the manner of causing you to be less likely to agree to something that is not going to be healthy for you.

For smaller, every day decisions, Self-Knowledge Rays gives you that sense of reality, instead of promising more than you can deliver to others.

You may want to say “Yes” to the task of baking that cake for the party, but in reality to do so, would mean that you would be rushed when you help your child with their homework. Self-Knowledge Rays will help you say “No” to the “overdoing” of commitments that you may have otherwise volunteered for.

Self-Knowledge Rays are Eternal Divine Energy Rays that you will have the authority to activate after you receive your attunement.

Self-Knowledge Rays can be felt by some people.

Other people will simply notice the positive benefits in their lives.

**Some possible benefits of activating Self-Knowledge Rays often are:**

*Easily determining if an “opportunity” is right for you or not*

*Claiming opportunities that will utilize your skills optimally*

*Declining invitations that could lead to disappointment or trouble*

*Noticing when situations would play on your weakness so that you can choose to walk away with dignity instead of getting used*

*Knowing yourself so well that when desire clouds your mind you are still able to make a proper decision for yourself*

*Knowing yourself so well that even when a situation seems too difficult you know that you have the inner ability to see it through*

*Knowing yourself so well that you can determine which road to take based on the current signs instead of blindly guessing which one to travel.*

*Knowing your strengths and weaknesses gives you the information you need to make informed decisions about in your life*

*Your attention will be brought to abilities you hadn't noticed before*

*You will know yourself well enough to know when you need to ask for help rather than muddle through on your own*

*Knowing yourself well enough to say: “This is nice, but not what I’m looking for in the long run.” Or, “It’s not visible yet, but I think this relationship has real potential to be my heart’s desire and worth the wait.”*

Please spend a few minutes to invite ***Self-Knowledge Rays*** to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Self- Knowledge Rays attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

## ATTUNE TO DIVINITY

Your attunement will easily arrive to you because Eternal Source is not limited by space or time. Self-Knowledge Rays arrive to your body and energy fields, providing you with knowledge about yourself.

Now that you've spent a few minutes accepting your attunement, you have the right to activate these rays anytime you want. Say audibly or in your mind with strong intention: **"Self-Knowledge Rays, Activate!"**

It is wise to continue to think about wanting to learn about yourself, wanting to gain self-knowledge for several minutes after you activate the energies.

For some people, the rays will remain activate and flow even after you allow your mind to wander to other topics. For some people, the rays will stop as soon as their mind wanders to another topic.

You will learn many things about yourself in the hours, days and weeks after you begin activating these Self-Knowledge Rays. You may even learn more about your own body! You may learn new ways to channel and send energy.

You may learn new "power areas" in your body that store and build your own life force energy in strong ways. This is important information about yourself that you may not have thought about prior to today.

Your spirit is energy, and how the essence of you is distributed in your body determines in great part how you interact with the world around you. When you learn where the concentration of "you" is, where your life force is stronger in your body, you will know where a new well of power is for you.

You may also learn where you are more vulnerable in your body so that you can take care to protect yourself better. This is true of certain muscle or joint weakness, or areas in your aura and natural energy protection that need to be strengthened.

Your attention may be drawn to personality flaws that have caused you to stumble into unsafe situations in the past. Your attention may be directed to how you can wisely compensate for these flaws. We cannot be good at everything, nor be strong in every area of our lives.

Therefore, to learn about areas that could trip us emotionally or physically, we can

## SELF-KNOWLEDGE RAYS ENERGY SYSTEM AND SELF-ACCEPTANCE RAYS.

live life in a wiser manner to notice when we may lead with an area that is weak. In this way, we can honor the weaker areas yet not make decisions from within that perspective of life.

When you care about someone, you may put yourself into a situation that is not sustainable if you feel like the person couldn't live well without you.

If you take an unhealthy job to help support someone you care about, it can detract from your health. I am speaking here about doing something for an adult, not a child. There are times in many parents' lives when they must sacrifice for the health of their child. That is understandable and noble.

When we sacrifice our health for a person who could be doing more for themselves, our body is less forgiving. It will show you by uncomfortable symptoms that you've made a decision that is hurting you in a lot of ways.

There are some parts of us or weaknesses that aren't easily strengthened or changed. There are times when acceptance of our flaws is the wisest course of action. Sometimes what "is," cannot be changed from here.

When we are able to honor the things about ourselves whether emotional, mental or physical that we wish were different, that brings healing and wholeness. This is not always easy, but it is spiritual and compassionate.

*Self-Acceptance Rays* are the easiest way that I know of to receive assistance in actually accepting yourself fully. There is much talk and some controversy over whether accepting yourself covers over things that need changing within you.

I am in full belief that there are some characteristics that, given time, a person can change if it is appropriate for them to do so, and in alignment with their higher self and soul. However, there are also some core soul topics, expressed here in your personality and essence, that won't change.

The best way to discern 'which is which' is to go ahead and activate those Self-Acceptance Rays and fully accept yourself just as you are. Then, little by little or in big leaps, areas within you that are ready to change, if it is appropriate, will do so easily and without fear.

## ATTUNE TO DIVINITY

There are so many past traumas imprinted in the genetic lineage and soul lineage, that sometimes, all that is required, is acceptance of what is. Acceptance of your current expression and characteristics, flaws and strengths, and then wholeness is felt. Once wholeness begins to be known, some character flaws can drop away and new ways of expressing arrive. This is especially true about addictions and undesirable behaviors.

There are also some ways of being that are simply you, even if others say they feel uncomfortable around you because (fill in the blank). That may simply be the most natural way of being and expressing for you. As long as you are not crossing another person's boundaries, or causing them physical harm, then the choice becomes whether to stay in one other's presence or not.

You know the “do unto others as you would have them do unto you” rule of living? If you are not physically harming someone and not saying unkind things to them, and they still express being “hurt” or “annoyed” by you, maybe it is time to simply find another place to live or visit. Find another place where your natural essence, which is right and true for you, is honored.

Self-Acceptance Rays can work on many levels of who you are. So many behaviors and expressions of ‘self,’ arrive from a desire to be loved unconditionally, without the other person telling you how you have to be.

When you accept yourself, your actions and expressions do not arise out of a need to make others like or accept you. You accept yourself. Eventually, you will even like yourself. You will shine from within in your uniqueness, and it will be attractive to those who will appreciate you for who you are.

Be yourself and as you like yourself more and more, others will too!

Self-Acceptance Rays are also useful if you've ever done anything that you are not proud of. Being able to accept that you did the best you knew how to at that time for yourself based on the situation you found yourself in, is powerful!!! That is something Self-Acceptance Rays brings you.

Call in your attunement to *Self-Acceptance Rays* by saying audibly or in your mind: **“I now call forth to receive my attunement to Self-Acceptance Rays as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source.”**

Say audibly or in your mind: **“Self-Acceptance Rays, Activate for me!”**

*Self-Acceptance Rays help you accept your body*  
*Self-Acceptance Rays help you accept your previous behaviors*  
*Self-Acceptance Rays help you accept your personality traits*  
*Self-Acceptance Rays help you accept your weaknesses*  
*Self-Acceptance Rays help you accept your strengths*  
*Self-Acceptance Rays help you accept your outstanding skills*  
*Self-Acceptance Rays helps you accept how you stand out as unique*  
*Self-Acceptance Rays help you accept all levels of who you are*  
*Self-Acceptance Rays heal wounds so you can grow in healthy ways*  
*Self-Acceptance Rays puts the past to rest*

There are many things that we want to change about ourselves.

Maybe we don't want to change, but others want us to change.

How do we know what is necessary to change and what to leave alone?

By activating *Self-Acceptance Rays*,  
the parts of you that are naturally you, will shine and feel honored.

Any characteristics that are not beneficial to you will in some way be ready to change and shift to be in alignment with the now healthier you.

This makes any change a natural occurrence rather than a painful process.

If your lack of change prior to today has been a stubbornness  
born out of a cry to be accepted and loved,  
you will find that beneficial change will happen naturally and soon.

If your lack of change prior to today was out of laziness,  
Self-Acceptance Rays brings a motivation to contribute in a meaningful way.

Self-Acceptance Rays removes the imprint of unworthiness,  
freeing you to start thriving instead of starving for acceptance.

There is a natural desire to live in accordance with our Divine Essence

## ATTUNE TO DIVINITY

and fulfill our Divine Function.

When the impediment of unworthiness is removed  
by acceptance being applied,  
life is easier to live.

Most people want to be accepted by others.  
This is easier to experience after you've accepted yourself.

Self-Acceptance Rays brings you the energy of self-acceptance  
in a way that both your being and body will allow it to be received.

Now you can know that you are worthy. You are Divine and accepted.

Self-Knowledge Rays are for personal use or to be sent for others who are  
consciously aware that you are activating this energy ray for them.

Self-Acceptance Rays can be activated for oneself and sent to anyone!

A person does not have to consciously give permission for you to send Self-  
Acceptance Rays to them. These rays will only be received in the areas of a person's  
being that wants them. This means that they are very safe and will simply bounce  
off a person if they don't want them.

Self-Acceptance Rays are wonderful to send out into matrices of light.

If you are sending energies to a building of people, a town, city or region, Self-  
Acceptance Rays are wonderful to send out for all who will receive.

## **Parental Pattern Flush**

Parental Pattern Flush is an energy that can flush away undesirable patterns we've  
acquired from our parents, or patterns that we do not want to inadvertently pass  
down to our children. When we've lived around someone, it is easy to hold the same  
relationship to life that they did, even when we don't want to. Parental Pattern Flush



## PARENTAL PATTERN FLUSH

works with your higher self and soul to help free you of limitation resulting from how you were raised. Genetic predispositions to mental disorders and pessimistic attitudes on life can also flush away, freeing you to more consciously choose your responses to life.

If you are a parent, and have struggled with reactions or patterns in life that unfortunately resemble those you saw your parents struggle with; Parental Pattern Flush can free you and your children from these patterns. Activate Parental Pattern Flush for both yourself and your children often!

***Parental Pattern Flush*** only flushes away undesirable life reaction patterns. By “life reaction patterns” I am referring to attitudes which attract challenges, or a person’s reactions to life challenges.

Let us say, for example, that one or more of your parents held the attitude that they always get the “short end of the deal”. In other words, if a parent believed that they would probably get cheated out of something wonderful, then many times, opportunity might not be noticed. Opportunity may have still knocked, but they would not have heard. Good things might have been near, but because of their belief that it would not come to them, it didn’t.

A parent may have a bad temper and take it out on their children. Later in life, if you were that child, now a parent yourself, it may be easy to lose your temper with your children, even when you don’t want to. You may have told yourself numerous times that you will not raise your voice in anger.

Yet, time and time again, you don’t even realize that you are speaking loudly, and your child cowers in front of you, looking afraid. You are disappointed in yourself and wonder why this keeps happening.

If that scenario has ever happened to you, maybe you can see how, interrupting that pattern with the Parental Pattern Flush can be useful!

***All it takes is to flush away an existing pattern; and then consciously replace the old pattern with your own good intentions for living in accordance to the way you will be proud of yourself! It is very effective!***

Anytime it can be noticed, in retrospect, looking back at your own life or by

## ATTUNE TO DIVINITY

observing the lives of your parents, and you see a pattern of disappointments or challenges, activate Parental Pattern Flush.

When you have witnessed or lived a series of experiences that seem to have some similarity, that pattern can be imprinted within you. Then it becomes easy to react in a similar manner to any situation that even slightly resembles the one that did not turn out so well. That means that even if a situation was going along fine, and would have given us much good, we can unknowingly thwart or upset the good flow, and a disappointment happens.

Parental Pattern Flush is designed to help us stop being our own worst enemy in thoughts and actions. It makes it easier to look for the good in life.

If I wrote about all the areas of life that we can hold patterns that are getting in the way of our happiness and prosperity, it would be several books! So, I will only list a few here.

Parental Pattern Flush can be consciously activated while we are thinking about the area of our life that is not working so well. Parental Pattern Flush is responsive to the topic we are activating it for.

It doesn't matter if we don't know whether a certain life problem is a pattern or if it is a pattern that has arrived from our parents! If something has happened that we certainly don't ever want repeated, Parental Pattern Flush can be activated.

***If the life pattern we are activating this flush for did not arrive from our parents, then by activating the Parental Pattern Flush, we are preventing the pattern from adversely affecting our children.***

Parental Pattern Flush could be called "adverse life pattern." That is a lot to say. If there is a life pattern within ourselves that we want flushed away, Parental Pattern Flush will flush it away, even if it has nothing to do with your parents. If you are not a parent now and are past the time in your life for procreation, you are still a role model to more children than you know!

Just to be in a community means that at some time a child will witness how you respond to both good and frustrating situations in your life. You are being a role model for that child or young adult, even without realizing it.

## PARENTAL PATTERN FLUSH

Thus Parental Pattern Flush, as it flushes away the imprint of a reaction to life which was not ideal, saves you from repeating that reaction. A reaction differs from a response. A response is a consciously thought about action. A reaction happens without conscious thought. A reaction is word or body movement that you simply “do” without pausing to “choose how to respond.” That is why reactions can be a regrettable moment if we are not at our best, or an adverse parental pattern is at work and just “comes out” in our reactions. Next time you will be able to respond instead of react.

The next time a challenging situation occurs, you will have the presence of mind to pause and choose how to respond, instead of reacting in a way that you may later regret. Parental Pattern Flush can flush or drop away the patterns that are so deep within us, that we don’t even realize it.

Adverse Parental Patterns are the cause of many of our woes. Those life situations, when looking back upon them, we see how we could have responded differently. We see how a chosen response instead of a reaction would have made the whole situation turn out better. People would have understood us instead of being alienated from us.

Parental Pattern Flush is designed for flushing patterns our parents passed down to us (healing the past) and for flushing patterns we currently have that we may pass on to others who look up to us (healing the present and future).

Anytime we have an expectation about how life may happen, and we are disappointed, there is a risk of an adverse reaction pattern setting in.

Consciously, we may be able to acknowledge that this could be a one-time disappointment, and in no way is it indicative of how another situation may turn out. But subconsciously, a pattern has begun. A pattern of pessimistic outlook; a negative view has begun because of past experience.

It is essential, in order to manifest, to bring into your life the positive opportunities and situations that you want, to look at life as bringing you all you need and want. When you look at life with the expectation that it will bring you good things, people, relationships and health, it is easier for Eternal Sacred Source to bring those to you. Anytime there is a disappointment, it must be flushed away, so that it does not become the position from which you look out at life. True, one disappointment does not a pattern make. However, it can set the imprint for how you look out at life.

## ATTUNE TO DIVINITY

The law of attraction is real, and if you can be 100% aligned to expecting good things to happen, it is easier for the good to arrive into your life. If you or your parents held a life position different from that, please activate the Parental Pattern Flush to flush it! This benefits you, and all those you influence in your life whether you are aware of that influence or not.

Parental Pattern Flush may need to be activated several times for each topic because it is easy to resume a previous negative attitude or view.

Please spend a few minutes to invite your *Parental Pattern Flush* to release fully unto you. Simply say audibly or in your mind:

**“I ask to fully receive my Parental Pattern Flush attunement as anchored by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

(Imagine links to adverse patterns breaking and freeing you!)

Parental Pattern Flush energy flows to your body and energy fields, flushing away adverse parental reaction patterns. Any links to patterns that do not serve your highest joyful good break away and free you to make new choices.

Your attunement will start working right away for you, helping to flush away reaction patterns that aren't right for you. Who decides what energetic patterns get flushed away? You do! Your higher self, soul and personality decide. Parental Pattern Flush is under the authority of you at the highest levels and here. That means that if you are entirely attached to a certain life position, the Parental Pattern Flush won't flush it away.

If holding a 'victim positioning' or having a negative outlook on life is believed to work for you somehow, the Parental Pattern Flush won't flush it.

If, however, you are open to change and your life getting better, the Parental Pattern Flush can indeed make incremental and large positive changes.

You can activate this energy system anytime you want. You don't have to be reclined. You can mentally activate this flush anytime you notice a pattern in your life that you don't like. You can activate it anytime you remember a pattern in your parents' life, even if you have not noticed such a pattern reveal itself in your own life. Preventative flushing is good!

## PARENTAL PATTERN FLUSH

Say audibly or in your own mind: **“Parental Pattern Flush, Activate!”**

Now it is time to think about what pattern in your life or your parent’s life that you don’t like. Just think about it for a moment, and then either move on to another pattern that you want flush away. For each pattern that you want flushed away say once again: **“Parental Pattern Flush, Activate!”**

***You are activating an energy that will flush away any pattern in your life that pushed others away or caused you to get in the way of your joy.***

You can flush away the patterns and imprints that arrived as a result of witnessing or experiencing bad or disappointing events. Now you can choose how to respond to life situations in a way that invites assistance from others, and have healthy connections with people. Your responses to life challenges can now cause good things to happen to you, and for prosperity to arrive in full!

Parental Pattern Flush can be activated for yourself and any of your children. These can be biological children or others that you are responsible for raising up. If your children are already grown, you may activate the Parental Pattern Flush for them. This is a self-healing energy system and meant to simply flush away the adverse patterns you have, and in a preventative manner flush them away from your children. There are no restrictions against activating this flush for other people, but it will only flush what they allow.

If you do recline and activate Parental Pattern Flush, the energy will be able to work more deeply for you and flush away more adverse reaction patterns. Imagine jumping for joy as any reaction patterns that are not serving your highest joyful good are flushed away!

You will find that you more easily invite good things to happen to you and those around you after using the Parental Pattern Flush. Your attitude toward your parents may shift to one of acceptance rather than blame. You may find that it is easier to gain the assistance of other people to help you in your life.

As you flush away those reactionary patterns that were so automatic, yet not serving your highest joyful good, you gain a freedom you’ve never known.

## Vocal Cord Care

Vocal Cord Care energetically attends to your vocal folds flexibility, and to the health of the mucus which lubricates them so that your voice is clear and strong. Vocal Cord Care energy system provides healing for any emotional issues that have limited your vocal range and your ability to speak your mind.

Accepting your one attunement to Vocal Cord Care provides you the right to consciously activate Silence Empowerment, Vocal Range Enhancement, My Voice Empowerment and Smoothing Elixir.

Your voice is produced by a vibration of the vocal folds. Your vocal cords are composed of twin mucous membranes stretched horizontally across the larynx. The vocal folds, together with the muscles and cartilages which support them, are known as the larynx.

Your vocal folds are open when you breathe in, and closed when you hold your breath. Your vocal folds are controlled by your vagus nerve. Notice that they are properly called vocal folds, even though we are accustomed to referring to them as vocal cords! They are white because there's not much blood in them.

Your larynx is as a valve to protect the airway and lungs. It is positioned where the airway and the esophagus separate. The vocal folds open to allow breathing, and close during swallowing to prevent food from entering into the lungs and during voicing. Our construction is amazing! Look at the fascinating and intricate details of the area of our body from which our voice emanates! This is the juncture where food, water and air are regulated.

When you use your voice too much you could experience phonotrauma.

When your voice is hoarse, this means that the mucosal vibration is not even. The mucosal wave must be smooth and pliable for your voice to function properly. Stiff mucosa will not vibrate well or at all. There are many other adverse physical conditions which limit a person's vocal range and voice quality. The texture of the liquid which coats your vocal cords is very important because it enables your vocal cords to move properly.

They vibrate, modulating the flow of air being expelled from your lungs when you speak or sing. They vibrate up to 400+ times per minute when you are singing a high note. Vocal Cord Care brings you the intelligence of Eternal Sacred Source to support, heal and enhance your vocal folds. I was pleasantly surprised to notice how many areas of my body this energy system was active within.

I had not realized that there was energy in my feet, heart center, and head that required changing in order to bring balance and health to my vocal cords. In the etheric levels, imbalance can be adjusted for physical health.

Please spend a few minutes to invite your *Vocal Cord Care* attunement to release

## VOCAL CORD CARE

fully unto you. Simply say out loud or in your mind:

***“I ask to fully receive my Vocal Cord Care attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”***

Think of a ball of light and energy above your head that opens up and streams down into the top of your head to enhance your voice.

Vocal Cord Care energy can be activated anytime you'd like. It provides both maintenance energies as well as an intensive session. Which types of energy you receive, depend mainly upon how much time you devote to reclining and being receptive for the energies to flow and attend to you.

If you want to activate Vocal Cord Care as part of your regular spiritual hygiene program, it will likely be the maintenance energies that you will receive and they will only be active for a few minutes.

If you want to receive an intensive session, please set aside between 20-40 minutes to be still, in one location, and preferably seated or reclined. Then say out loud or in your mind: ***“Vocal Cord Care, Activate!”***

It is your intent for your Vocal Cord Care energies to flow for you that actually activates them. Use words in your first language if it is easier to set your intent in that manner. Also say: ***“Vocal Cord Care, Activate!”***

(Or the equivalent in the language you are most comfortable with) when you want to activate this energy system for maintenance purposes. Maintenance purposes could mean that the energies flow for about 3 to 5 minutes instead of much longer.

The amount of time you have set aside, together with whether you have a rushed or relaxed way of being in that moment, will determine how much work your Vocal Cord Care energies can accomplish for you.

A respected teacher of spirit and energy systems in Australia said this when she experienced her Vocal Cord Care attunement: *“I got the real impression of the earth’s energy being drawn up through the feet and the really strong connection between living on the earth and the intoning of sound through voice.....the connection’s very strong.”*

## ATTUNE TO DIVINITY

It was wonderful to hear her impression in regards to energy arriving through her feet, because I too experience Vocal Cord Care energy as presenting itself at my feet! I did not understand why. Hearing other people's experiences of an energy system can shine some light upon what each of us experience. Sometimes the experiences are unique, and at other times they help to fill in areas we are curious about.

Now that you have paused to receive your *Vocal Cord Care* attunement, you have the right to call upon and activate your *Silence Empowerment*.

*Silence Empowerment* within a Vocal Cord energy system? Absolutely! Silence balances vocalization. From within silence, a person gains wisdom from within. Silence can be a strength.

When silence is utilized with intention it can draw unto itself energy, and help you focus so that your future vocalizations will be much stronger. By stronger vocalizations, I am referring to both the sound quality of your voice and how people hear and understand what you say or sing.

Employing silence as a tool for your next vocalizations to be stronger, entails activating this empowerment regularly during quiet times in your day.

It is also wise to consciously keep quiet at times when you may have kept talking. Silence after speaking brings you respect. It gives the listener time to contemplate what you just said. If you immediately keep talking about the same topic, you can dilute the words that you already spoke. This is especially true if your continued speech is not imparting new information. If your next words were going to be saying the same thing in a different way, stop and be silent instead. Allow the words you already spoke to stand as they are.

Even if you feel that you could have said something in a better way, allow it to stand as is for a few moments.

With practice, and with using the Silence Empowerment, you may find yourself speaking less words, yet being heard better. It will be easier to put your thoughts into words. Here in this reality we in human bodies must use verbal and written language to communicate. In other dimensions, full thought communication is common. Here on Earth most people are not accustomed to using their telepathy skills. So being effective in the method of communication used in the society you live in is necessary. Your relationships will likely improve and your sense of



## VOCAL CORD CARE

purpose will increase.

Please use your silence wisely. Never use silence to punish someone with the absence of expressed affection. Additionally, recognize that genuine verbal and written expression of your caring feelings is desired by your loved ones. It is common for people who develop their inner spirituality to be very comfortable with silence. Their family members may always want to fill every quiet moment with speech or media sounds. In regards to how much verbal and written communication to convey to your loved ones, use your intuition.

A good way is to observe your loved ones' behavior and moods. Then look at them while turning on your inner sight and empathy. Ask your helping, healing guides to show you how your loved ones are feeling about various topics from their perspective.

This is especially useful in determining whether your loved one truly needs to hear expressions of your affection, or whether your recent expression was sufficient. Remember that while you love deeply, others who are less empathic than you may not be "feeling your love," if it is not combined with verbal or written expression.

Of course, some people are "needy," and the amount of verbal love expressions they seem to require feels "tiring" to you.

This is something that is best to notice prior to agreeing to a serious romantic relationship. It is also something that can be noticed about family members and friends. When a family member or friend has not connected strongly enough with Eternal Sacred Source/Spirit/God/Higher Power, they often reach constantly to those of us who have. They see us as filling their needs and so continue to reach first to us and secondly to their inner strength or Eternal Sacred Source. Yes, there are also people who do know how to reach to Source, yet still prefer to reach first to a human. I have little tolerance for this in my own life; in any personal or professional relationship.

You will need to discern how much verbal and written communication you can thrive with, providing to your loved ones. Sometimes the amount of communication needs to change in order to achieve a balance that is healthy.

Anytime you make a change in how frequently, and in what manner you communicate with people, an adjustment period occurs. Often the relationship is strengthened by

## ATTUNE TO DIVINITY

such. Sometimes when we are there as often as a person wants and claims to need, we are providing a co-dependent relationship instead of a healthy one. Sometimes our wise use of silence can cause a person to reach within and find a new source of sustenance and love straight from the infiniteness of Eternal Sacred Source.

There are times when our caring, displayed as always doing for others, together with verbal or written displays of affection, is an impediment to that person's growth.

As you are the catalyst for change in the way and frequency in which you communicate with others, please be compassionate with others as they may have difficulty adjusting to change. Hold to your course of action once you discern what is in alignment with your highest joyful good. What is good for one must also be well for the other, for an unequal relationship does not promote health for either person in the long run.

Some people will adapt well, others won't, and the landscape of who you are closest to emotionally, may change. This is well for health and is more important than relationships. A relationship that does not foster health requires change or release. I stand by this statement forevermore.

Some of you are ones who do not speak or write often enough of your caring to others. Silence Empowerment is holistic and will empower you to communicate your affection more, if that is what is optimal for you.

Another topic within Silence Empowerment to speak to you about is, when those who you love are more silent than is comfortable for you. Their lack of verbalization may be leaving you with questions. When you ask about what you want to know, and still do not get a clear response, or any response at all, what do you do? Remember that you have Spirit/Source/God/Goddess to whom you can go and receive love and replenishing energy.

If you are skilled at communicating with your guides, you can ask them if there are any insights into your friend, mate, lover or family member for you. Sometimes your guides, angels and guardians in the Light of Eternal Sacred Source will choose to reveal to you how the other person is feeling.

Sometimes they will show you what area of their life they are having difficulty with. Please never take personally someone's silence unless they tell you to take it personally. Everyone has a different way of processing their day, or mulling over problems that they want solved.

## VOCAL CORD CARE

Their silence may have nothing to do with you. Even when you ask questions to try and get them to plan their day with you, they may seem distant and unresponsive if another topic has their mind busy. Give the person time to reflect in their own way and approach them later.

***Vocal Range Enhancement*** is an energy function that is intended to increase your physical vocal folds' ability to emit sounds of a wider range.

You will likely be able to intonate a wider range of low and high tones the more often you activate this energy function. Say out loud or in your mind:

***“Vocal Range Enhancement, Activate!”***

Your Vocal Range Enhancement energy function will probably be active for about 5 or 10 minutes. The energy may be quite strong at first and not always activate in your physical throat area. The energy works under the authority of your body's consciousness, your higher self and soul. It will be guided to exactly where you need it each time.

Vocal Range Enhancement is good to use after you've had throat irritation for any reason or strained your voice.

Your ***My Voice Empowerment*** shall assist you in having your voice heard. This means that you may experience your written and verbal communication becoming more effective. Whenever you write, the energy around your vocal cords increases, similar to the moments just before verbal speech.

Your My Voice Empowerment works in many levels of your being. It is designed to bring to the surface the best way to say, sing or write anything you are communicating, so that is received in the manner you intended. This can be incredibly freeing! Many people have difficulties conveying what they want to say. Your My Voice Empowerment is titled ***“My Voice Empowerment”*** on purpose. You will say it yourself and by doing so, you are clarifying that it is your voice that you are empowering!

This is exciting because your inner voice may have been wanting to rise for many years! There may have been things that you wanted to say, but were not even sure of what topic needed to be spoken. Your My Voice Empowerment will help your voice rise in such a way, that the topics in which you have something to say, will indeed make them known to you.

## ATTUNE TO DIVINITY

Writers will enjoy their My Voice Empowerment because streams of excellent writings may be freed from deep within, where it has been burgeoning and growing in strength and form. Speakers may find that their speeches sound real instead of having been prewritten, even if they are following their notes.

Communicators of every kind, whether teachers, business people or those who are speaking with their loved ones, or acting on stage may enjoy a greater confidence as their voice trustfully carries out their message!

Your listeners and readers may more easily understand what you are communicating. You may find your unique voice has a great place, and that people desire you to communicate with them more often.

Your words and intonations, including your laugh, may be received better than in the past. You may find a freedom unlike anything you've known before and feel a greater connection with others as you communicate.

Say out loud or in your mind: **“My Voice Empowerment, Activate!”**

This is a great function to add initially to your daily spiritual routine. After about two weeks, you can reduce to weekly activations.

***Smoothing Elixir*** came to me shortly after Vocal Cord Care was anchored! I was shown how it can bring comfort and ease to sore vocal folds by providing a smoothing effect. The mucosal liquid that lubricates your vocal folds (vocal cords) can get still or scant in quantity.

The quality of the mucosal liquid is essential to the quality of your voice. Not enough mucosal liquid, or thick globs instead of smoothness, causes a disruption to your voice quality.

Say out loud or in your mind: **“Smoothing Elixir, Activate!”**

Smoothing Elixir usually feels like a warm “melty” kind of energy. If you are sensitive to subtle energies you may feel it. You don't have to feel any energy system in order to activate it, and for it to work effectively for you. Please hear this!

I am shown that Smoothing Elixir has qualities of smoothing out painful emotions

## VOCAL CORD CARE

also. Vocalization and a person's emotional condition are entwined, and so it makes sense that Smoothing Elixir has benefits that go beyond the physical.

Smoothing Elixir can also help people who have to use their voice for an extended period of time, and help retain good voice quality longer during the day. Smoothing Elixir can also help your listeners hear difficult statements from you in a more palatable, acceptable manner. This is beneficial to you.

### **Social Outcast Reversal**

Social Outcast Reversal is a very important spiritual tool for people who have ever felt singled out and rejected by individuals or groups. Maybe your reputation was unfairly tarnished by lies that people told, or an unfortunate situation was made public and ruined your opportunities to be accepted.

Several energy functions are included in Social Outcast Reversal level 1 to assist in removing the imprint of these experiences from your body and reality.

Level 2 of this energy system is particularly wonderful in that it provides Social Skills Empowerments to increase your ability to navigate social situations. There are also empowerments to help you increase your “likeability.”

Your “trustworthy factor” and ability to be accepted is increased in level 2.

*This is an exciting and unique energy system that was conceived as a result of my energy team giving me night dreams in which I was placed in many situations where I experienced being a social outcast.*

*Being in a body in my night dreams where the occupant was considered unsafe to be around, and tossed out of not only a group but also the entire community, was a new experience for me. Nothing like this has happened in my own life, to which I am very grateful!*

*My energy team, the Eternal Beings of Light who bring me these energy systems to channel, have ever interesting ways of helping me to notice the need for these energy systems, and to cause me to want to call them forth.*

*When I awaken from a night dream that feels so very real, and I’m distraught to have been treated in the manner that I was in the dream scenario, it causes me to reach out for help. I always reach out to spirit and in so doing I suddenly realize*

## SOCIAL OUTCAST REVERSAL

*that this was a night dream “sparked” by my team so that I would notice the need for such an energy system.*

*I simply think that they could present the energy system to me while I’m in meditation! But they have pointed out that I feel an urgency to receive an energy system when I have a personal need to receive it. I am very grateful that I don’t have to experience in daily life all that they think I need to feel in order to strongly notice the need for every energy system they bring.*

*I am told that for some energy systems to be channeled and anchored there needs to be a very strong cry for help in order to bring the energies through the veil to this reality. Certainly, being in a night dream where I feel ostracized, and rejected for things that I would never do in “real” life, is a motivator to call for an immediate and complete solution.*

*I have also experienced in this series of night dreams, being rejected by the only society I knew because of lies told to the elders. To be so completely unable to present an argument that would be heard, and to be looked at as if I had desecrated all they held dear, tore at my heart and mind. Upon waking, I immediately called to Source for help and this energy system was born. My compassion has increased for people who are persecuted.*

Please spend a few minutes to invite the level 1 attunement of Social Outcast Reversal to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my level one Social Outcast Reversal attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Social Outcast Reversal energy system arrives unto your body and energy fields, giving you the authority to activate it and all of the energy functions in this level anytime you want to.

Say audibly or in your mind three times: **“Social Outcast Reversal, Activate!”**

Now, pause to activate one of the energy functions in this level 1 of Social Outcast Reversal energy system. The energy function’s name is:

**Outcast Imprint Flush**

ATTUNE TO DIVINITY

*Say with strong feeling to receive, audibly or in your mind:*

**“Outcast Imprint Flush, Activate!”**

**“Outcast Imprint Flush, Activate!”**

**“Outcast Imprint Flush, Activate!”**

*Outcast Imprint Flush assists in flushing away the physical and energetic imprints resulting from any outcast experiences and feelings of being an outcast.*

*What is an outcast?*

*Being shun from society.*

*Being pushed away from the people you want to be near.*

*Not being accepted by the groups and people you want to participate with.*

*How can Outcast Imprint Flush help you?*

*Imprints of experiences and the feelings about those experiences, including the feelings arriving from fear of being an outcast, even if it never happened to you, can limit your ability to attract healthy relationships into your life.*

*Imprints tell your body that something terrible happened, and causes you to limit the entry into your reality any situations that could in any way result in a similar bad feeling or experience.*

*This means that any outcast imprints can be a hurdle that is better to flush away than to have to climb over.*

*A hurdle, that if not flushed or climbed over, can serve to make your sphere of reality smaller and smaller.*

*As new opportunities are resisted instead of embraced, the very situations of healthy relationships that spirit wants to bring you, are not even noticed.*



## SOCIAL OUTCAST REVERSAL

***Outcast Imprint Flush easily and gracefully flushes away any imprints that you are willing to let go of; that do not serve your joyful good.***

***You may indeed need to activate this flush often, because one day only the first layer of an imprint will flush away, the next day another one will go.***

***Opinion Changer*** is a Strength Mover of the Light energy being. Strength Movers are various Ascended Masters, Saints, Angels, Elemental and Plant Devas and Eternal Light Beings who you probably already know!

They prefer to clothe themselves in the attribute of Divinity that they are extending to you. ***Opinion Changer*** wishes to be known as the attribute of Divinity he is extending to you. Most people experience Opinion Changer as masculine, others as feminine.

Gender matters not so much in the spiritual realms. What is important is that this Eternal Divine Being is arriving to assist others to change their opinion about you.

This is all done in alignment with your higher self, soul and Eternal Sacred Source. It is for your highest joyful good. Please understand that we are working in a free will zone here on Earth.

That means that Opinion Changer cannot foist its will upon a human. Opinion Changer can however, whisper to the people whose opinion of you, you desire to change for the better!

Opinion Changer will go to and influence on your behalf those people who you lift up in your mind after activating this Strength Mover of the Light!

It is your responsibility to lift up to Opinion Changer, the list of people and/or situations in which you desire change to be forthcoming. I suggest that you restrict your list to about 4-5 persons or situations per activation.

Of course Opinion Changer could attend to more than that, but your part of this activation includes your strong intention for Opinion Changer to shift these people's opinions.

Most students, and even some practitioners, can only hold the intent for 4-5 things

## ATTUNE TO DIVINITY

at once. If you are very skilled at focusing your intention, then the sky is the limit in regards to how many people and situations you can positively affect with Opinion Changer's assistance.

Some guidelines for working with Opinion Changer are:

***Direct Opinion Changer's attention to people and situations that directly involve you.***

To send Opinion Changer into the masses of humanity to shift the opinion of others in regards to politics or public opinion for corporations is not advised.

The reason it is suggested that you work with Opinion Changer to change the opinions of people that directly affect your life, is that it is important to start locally. Start with topics and persons that matter to you personally.

A political decision may indeed affect you personally, but it is wise to clean up your own home and relationships before widening your requests.

Opinion Changer is a real eternal being who will be personal with people.

It may take several times of activation, up to about a month, for Opinion Changer to make the amount of progress that you desire. After about a month, if you have activated Opinion Changer with strong intention daily and are not seeing the results you hoped for, then you know that the other person has "dug in" their attitude, and change may not be forthcoming.

Many people are easy to influence when the influence is beneficial to both persons. In those instances, it just requires the gentle persistent suggestion of Opinion Changer to soften and open up the person toward you.

Say audibly or in your mind: **"Opinion Changer, please activate and go to (name of person or persons) and assist them to (positive statement of the opinion toward you that you desire)."**

Please spend a few minutes to invite the level 2 attunement of Social Outcast Reversal to release fully unto you. Simply say out loud or in your mind:

**"I ask to fully receive my Social Outcast Reversal level 2 attunement as founded**

## SOCIAL OUTCAST REVERSAL

**by Mariah Windsong and made perfect by Eternal Sacred Source, of Social Skills Empowerments, NOW!”**

Social Skills Empowerments is the topic of level 2! We have moved past the previous outcast feelings and imprints, having changed any opinions that could be changed at this time, and are ready to work on our own skills!

Say audibly or in your mind: **“I activate Social Skills Empowerments!”**

You have now become inducted into and have the right to call upon the empowerments in the second level of this energy system!

***Social Acceptance Empowerment*** is our next empowerment and it has two main purposes:

Being accepted by others involves both the acceptance from others, and our own feeling of being acceptable. It is difficult for Source to bring into our reality a relationship that we don't feel worthy of. Social Acceptance Empowerment helps each of us who activate this empowerment, to feel worthy of being accepted by others into the community.

Social Acceptance Empowerment helps others to see past any of their own pre-conceived notions and adverse first impressions about you, to recognize your worthiness to be accepted by them.

Many have heard it said that “It takes two;” this is also true with being accepted. You may not have any conscious reason for, or reluctance to, being accepted by others or into a group or community. The disbelief about your own “acceptability factor” may be in a deep area of your mind unreachable by your daily waking consciousness.

The feelings of unworthiness may be due to genetic or soul history that is similar to a record being played over and over again. The results of this may cause your body language to repel others. There could be ways that you hold your arms or legs, as well as subtle facial expressions that give the message to others that you want to be left alone. They may feel that you don't really want their company and acceptance, and so choose not to accept you.

## ATTUNE TO DIVINITY

I'm sure that you may not even realize it; if indeed you are giving off such messages by physical body language or vocal tonalities and syntax.

Syntax: Way of putting together phrases.  
The underlying structure to language.

Say audibly or in your mind with a strong feeling of wanting to receive:

**“Social Acceptance Empowerment, Activate”**

After activating your Social Acceptance Empowerment it is wise to sit comfortably or recline. It is common for energies that are working at deep levels in your subconscious to cause sleepiness.

Some people literally drift off to sleep for 10 or 15 minutes, others for 1 to 3 hours, after activating this energy system the first time. Generally, subsequent activations will result in less sleep or less sleepiness. Eventually you may only feel a slight movement or sense of spirit or upliftment after activating Social Acceptance Empowerment.

Since it is not known where within you and your physical body the “stuck” areas are that need to be heard or transcended, it is wise to activate this energy empowerment often.

Please understand that deeper self-healing work can be done when your body does not need to support itself (when you are not standing or moving about your day physically). Think of it as etheric surgery.

Please be still, delicate work is happening! This is true even if you do not feel anything.

Some people don't feel subtle energies. That is alright. Beneficial work is still happening for you, and the more respect you give the process the better.

Don't expect to know whether this empowerment is helping others to accept you, or helping you be in alignment with the concept of being trustworthy and worthy of full acceptance. Sometimes the best results happen when we are not looking at every detail.

## SOCIAL OUTCAST REVERSAL

Some affirmations for you may be: “I am a trustworthy and honest person.”

“I am worth being friends with.” “I am true to myself and attract friends.”

“I have honest intentions and will seek counsel if I get confused about what is the correct course of action in any situation.” “I will entertain the opinion of my counsel and then go within, trusting my inner knowing and gut feeling more than any outside or inner voice that speaks to me.”

When people have been in situations where others have spoken untruths about them, it can be difficult to feel trustworthy or good.

Sometimes the lies were spoken not just behind your back, but boldface to your face. Sometimes you were told to admit these false statements or else strict discipline would be done to you. Maybe you resisted saying these untruths about yourself, and then were spanked, or ignored, or made to do long hours of chores. Maybe you were subsequently ostracized from the people who told you just to admit (whatever lie they wanted to hear you say).

When a person is shut out for saying what they are told to say, it becomes easy to believe the lie that was pushed upon them. After days, weeks, months and even years you cannot remember your original truth. You then feel that it is right for you to be treated badly, for you also think badly of yourself.

If the lie was extreme, you might not feel that you are safe to be around. You believed what you were told about what you did to others, and how hurt they were (emotionally or physically), and so feel that you must shut yourself away in order to keep others safe from you.

Social Acceptance Empowerment often works better than some other energy systems aimed at increasing people’s self-worth. This is because it can be difficult to entirely re-make a person’s self-image of themselves without some positive reinforcement of budding new positive relationships.

Stripping away the previous lie doesn’t usually work very well until the person feels accepted once again by others. But how can this person even allow others to enter into their lives when they feel like it is better to keep people away for their own safety and wellbeing?

That is why Social Acceptance Empowerment is such an exciting energy function! It allows acceptance. Acceptance does not say that a person is good or bad or

anything in particular. It says that I accept you as you are. No change of a person's belief about themselves has to be made first.

Now that acceptance has been allowed, and the person feels socially acceptable, Source can work within the person to help them re-make their self-image into an image that is likeable, and worth getting to know and be with. The last empowerment in level 2 of Social Outcast Reversal is the ***Likeability Empowerment***.

Having had the new experiences of being accepted work its way through all of the past negative self-image, why wait until enough time has passed for a person to think that maybe they are likeable?

The ***Likeability Empowerment***, when activated with a strong desire to be likeable, does not attend to whether you already are likeable or not! It simply increases your ability to be likeable by others and yourself! How wonderful!

The ***Likeability Empowerment*** also assists you to be likeable to yourself and others when differences of ethnicity, beliefs, appearances or activities exist between you and those whom you hope will like you.

Say audibly or in your mind three times:

***“Likeability Empowerment, please activate for me!”***

There is another use for the Likeability Empowerment, and it is one that requires more courage to activate. Let us say for example that you have a co-worker or boss who you don't like. Maybe you have a step child who you don't get along with. The mother or father of your spouse or partner may be just very unlikeable thus far in your experience of them.

I'm sure you can think of several people who you encounter on a regular basis in your life, who you do not like. If you can think of even a single benefit that could enter your life, if you happened to like even one of those people just a little, please activate this empowerment with the intention of liking (name of person).

I don't care whether you really want to like that person more or not. I do care that you sincerely want any benefits that could enter your life, or the life of your loved ones, by your liking that person some.

Say audibly or in your mind three times:

## SOCIAL OUTCAST REVERSAL

### **“Likeability Empowerment, please activate for me!”**

This Likeability Empowerment does not require that you act fake or pretend to approve of the lack of qualities in the other person that you don't like.

It is that there will be some likeable qualities you may notice.

Allow it to be alright to notice any redeemable qualities in the person.

#### Using both levels of this Social Outcast Reversal energy system for others:

This is an energy system that you can activate for others with or without their conscious permission. Please understand that all levels, energy functions and empowerments in this Social Outcast Reversal energy system are under the authority of the higher self, soul and Source of you, the recipient, and any other persons involved in the situations the recipient is concerned with.

This simply means that no harm can be done, and any shifts or changes that are brought about as a result of this energy system will be in complete alignment with the higher self, soul and Source of each person involved in the activation of and receipt of this energy system.

This is unlike some other energy systems, and is especially designed so that loved ones and practitioners can be of assistance, even when the recipient is unavailable or too unwell to give their conscious consent for energy work.

If you have already studied energy systems that taught you how to send energies at a distance, then you may activate this entire energy system for other people who are not present in the same room with you. Otherwise, please limit your activations for others to those persons in the same physical space as you, until which time you've achieved at least level 2 of reiki classes.

Please activate this energy system “on the behalf of” meaning “for” the other person, do not channel this energy system. Once it is activated, it will do what is needed in the vibration and energy frequency that is proper for that person. If you do get in the middle of the energy stream, it is possible that you could start processing for the person, or stress your body by being in the midst of energy frequencies that are not currently designed for you.

Please activate this energy system in the order it is presented. There is a very specific order of events that must be followed in order to bring about the best result for your loved ones or clients. Once you have activated this energy system several times, it then follows that you can use your own inner guidance in regards to what energy functions do need to be activated next.

## **Nerve Care**

Nerve Care provides you with healing and revitalizing energies delivered perfectly to you by the CARE Team. CARE means: Calling all Responsive Eternals, and so you have many Eternal Light Beings arriving to you when you activate the Nerve Care energy system. They scan your nervous system to determine its needs, and then send gentle and effective energies to the right areas.

Nerve Care may be felt as warmth and ripples through your nerves.

You will also receive Myelin Health energies that promote regeneration and maintenance for the Myelin Sheath that insulates your nerves. Nerves conduct the messages from our brain to various body parts so that we can move our muscles. Other nerves transmit the feelings of sensations from where they occur, back to our brain so we can feel both pleasure and pain.

The nervous system is divided into two main systems, the central nervous system (CNS) and the peripheral nervous system. The spinal cord and the brain make up the CNS. The main job of the central nervous system is to get the information from the body and send out instructions.

The peripheral nervous system is made up of all of the nerves and the wiring, and sends messages from the brain to the rest of the body.

A neuron, also known as a nerve cell, is an electrically excitable cell that processes and transmits information by electrical and chemical signaling. Chemical signaling occurs via synapses, specialized connections with other cells. See Synapse Care for assistance with your synapse connections and health. Neurons make up a tree-like structure that stretches quite far within the human body, connecting one to another by means of dendrites and an axon.

Neurons are the core components of the nervous system, which includes the brain, spinal cord, and peripheral ganglia. There are specialized types of neurons such as: sensory neurons that respond to touch, sound, or light. These then send signals to



## NERVE CARE

the spinal cord and brain. Motor neurons receive signals from the brain and spinal cord and cause muscle contractions and affect glands.

All neurons are electrically excitable. They maintain voltage gradients across their membranes with metabolically-driven ion pumps.

A key neural function is the synaptic signaling process, which is partly electrical and partly chemical. The chemical part of this signaling is attended to in Synapse Care energy system. The double layer lipid structure around the neuron acts as an electrical insulator, but the protein structures embedded in its membrane are often electrically active. There are ion channels that permit electrically charged ions to flow across the membrane, and ion pumps that actively transport ions from one side of the membrane to the other.

Simply say:

***“I ask now to fully receive my Nerve Care attunement founded by Mariah Windsong and made perfect by Eternal Sacred Source. Thank You.”***

Activate Nerve Care by saying out loud or in your mind: ***“Nerve Care, Activate!”***

Your CARE team Responsive Beings from Eternal Sacred Source will be carefully scanning your entire nervous system. They will notice any areas that require attention, and in accordance with the Will of Eternal Sacred Source, your higher self and soul will administer care as is appropriate.

Some people will notice a smoothing out of their emotions, an ability to think before acting on an emotion. Other people will receive a speedier healing of their physical nerves after injury, whether it is from trauma or caused by the strain of repetitive motions. There may be a lessening of the pain in the affected area, or a sudden return of feeling to areas that had been numb.

Your one attunement to Nerve Care also provides you with the right to activate Myelin Health energy function to assist your myelin sheaths.

Many neurons have insulating sheaths of myelin around their axons. The sheath enables action potentials to travel faster than in unmyelinated axons of the same diameter, but uses less energy.

Please activate your Myelin Health function with strong emotion by saying out loud or in your mind: ***“Myelin Health, Activate!”***

## ATTUNE TO DIVINITY

The myelin sheath in peripheral nerves normally runs along the axon in sections about 1 mm long. There are unmyelinated Nodes of Ranvier which contain a high density of voltage-gated ion channels between them.

An axon is a special cellular filament that arises from the cell body at a site called the axon hillock, and travels for a distance.

Demyelination is the loss of the myelin sheath insulating the nerves.

If this degradation occurs, conduction of signals along the nerve can be impaired or lost, and the nerve eventually withers. This leads to certain neurodegenerative disorders such as multiple sclerosis and chronic inflammatory demyelinating polyneuropathy.

Please activate your Myelin Health function frequently for best results!

There are many reasons you may want to increase the health of your nervous system and the myelin sheath that insulates your nerve cells. You and your higher self, soul and Eternal Sacred Source will be in synergy with the CARE team of Eternal Light Beings to bring you effective nerve care.

You may activate both Nerve Care and Myelin Health for other people.

All energy systems and functions are more effective when activated frequently.

Therefore it is recommended to offer the person who has requested that you activate Nerve Care on their behalf, the option of receiving the attunement.

Once attuned, the person will always have access to Nerve Care directly from Eternal Sacred Source and have the CARE of the Eternal Light Beings.

## **Moxibustion Therapy**

Moxibustion Therapy is an ethereal version of the traditional Chinese therapy using the mugwort herb also called moxa; burned above your body's acupressure points. It warms the acupressure points for whatever body concern you want treated giving increased circulation to those meridians.

Moxibustion Therapy is wonderful in your morning spiritual hygiene routine because the energy arrives quickly and completes in about ten minutes, increasing

## MOXIBUSTION THERAPY

your energy and balancing your body's meridian flows.

Moxibustion Therapy energy system assists to release toxins from your body and increases health. Moxibustion has been used in the traditional medical systems of China, Japan, Korea, Vietnam, Tibet, and Mongolia. It has been used in conjunction with acupuncture. Often acupuncture needles are warmed with the mugwort herb burned atop the needle.

This sends both heat and the vibration of the mugwort herb, commonly known as moxa, into the acupuncture point and the corresponding meridian.

The versatility of this herb's use in acupuncture and acupressure health care, has given those who are uncomfortable with needles another way to receive meridian therapy. Although it may seem to have widened acupuncture therapy's use, it is only recapturing what was commonplace in many countries by those people who used it for centuries prior.

The Moxa (mugwort herb) can be set upon little rocks, or more commonly on charcoal wafers so that the heat transfers to your body; yet the burning Moxa never actually touches your skin. This is referred to as non-scarring Moxibustion therapy. Some people really want the herb burned directly upon their skin and this is called scarring Moxibustion therapy.

***Moxibustion Therapy*** energy system brings you the benefits of Moxibustion Therapy ethereally, in the best way for you each time you activate Moxibustion Therapy with your intention, after you've received your attunement. If you are sensitive to ethereal, subtle energies you will probably feel warmth or tingling at various points around your body, and in the meridian pathways that correspond with the reason for which you activated Moxibustion Therapy that day!

Please spend a few minutes to invite your ***Moxibustion Therapy*** attunement to release fully unto you.

Simply say out loud or in your mind: ***"I ask to fully receive my Moxibustion Therapy attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!"***

Then activate your Moxibustion Therapy when you have a few minutes to relax and receive it. Say out loud or in your mind:

***"Moxibustion Therapy, Activate!"***

## ATTUNE TO DIVINITY

Moxibustion Therapy is administered ethereally by many helping healing guides of Eternal Sacred Source who have been here in bodies on Earth at a previous time, or by Angels whose specialty is Moxibustion Therapy.

Think of all the skilled acupuncturists and workers of Moxibustion Therapy in so many countries, over the centuries, who do want to help humanity now. They may not necessarily want to come back into body on planet Earth, nor really want to be a 'personal guide.' Their specialty is healing and healing with the energies of the moxa (mugwort herb). Moxa's Western scientific name is *Artemisia Vulgaris*.

All that is done physically has a corresponding energy signature. When there are skilled ones who have been in body, and who have gained the ability and been granted the freedom to assist us here who are in a body; those Beings of Light are able to positively affect our physical bodies with energy.

They direct the energy of Moxibustion to be present on and enter our acupuncture and acupressure points. Your job is to lift up in your mind, as a prayer, whatever body related topics you wish assistance with.

If you only have a few minutes and want a quick 'tune up' and energy boost by having more energy flowing in a balanced way through your body, say so. You speak directly to your Moxibustion Specialists as you would any medical specialist who has asked you what your concerns are today!

If you have a serious body or health concern for which you wish to receive a more in depth Moxibustion Therapy Session, please allow more time than just ten or fifteen minutes. Please recline for an hour for this intensive work.

Moxibustion Therapy is under the authority of your higher self, your soul and Eternal Sacred Source. The work that the Moxibustion Specialists do is either freed or limited by the direction of those higher authorities. So please, do ask for what you want done, and be grateful for all that the Moxibustion Specialists are able to bring you by way of Moxibustion Therapy. They are simply working within the parameters that they are allowed to work within.

If you don't feel subtle energies, no worries, you will still benefit from Moxibustion Therapy. Those who don't feel the subtle energies will notice positive benefits either that day or within a week usually. Some benefits are so subtle that they are not easily discernible from the other good things you are doing for your body and therapies you are receiving. Other times, it is very obvious that it was the Moxibustion Therapy that gave a feeling of well-being and increased energy that day!

## PROPER PERSPECTIVE EMPOWERMENT

Toxins are often released after you receive your Moxibustion Therapy, so please be good to yourself and drink plenty of fresh water.

Any benefits you have heard about or can research from acupuncture or Moxibustion Therapy may be experienced from Moxibustion Therapy. Eternal Sacred Source is not limited, and it is often amazing how much good can be received by simply asking for the session to happen, and giving your Moxibustion Specialists time to administer your Moxibustion Therapy.

You may indeed activate a Moxibustion Therapy session for another person.

The effectiveness of this is highly dependent on whether you are accustomed to activating energy sessions for other people, and the openness of the other person to be worked on by Beings they probably can't see.

Sometimes that is disconcerting to people. Many people are well with receiving rays or energy streams, but less open to receiving energy from actual guides or Beings of Light that are not so very perceivable.

Please be sure that the person, if they do want a Moxibustion Therapy session, is relaxed and reclined when they intend to receive their session.

Moxibustion Therapy can be activated and sent as a chi-ball session, to be 'called in' when convenient by the recipient. It is then that the Moxibustion Specialists would actually 'do' the session for your client or loved one.

## **Proper Perspective Empowerment**

Proper Perspective Empowerment provides you with the mental perspective that is proper for you! "Proper" is different for each person!

Proper Perspective Empowerment is designed to be activated even while you are in the middle of an emotional crisis. It will help you rise above the emotions to look at your situation from the perspective that is best for you.

Proper Perspective Empowerment gives you the ability to immediately be in the perspective that is most advantageous, even if your body and emotions are

## ATTUNE TO DIVINITY

screaming from another perspective. You can function and make decisions that are proper for you, right now. Then you can heal your emotions, and the rest of who you are will align to your chosen perspective.

Proper Perspective Empowerment arrived in 2009 and has helped me on many occasions. It is very effective at helping your mind know the proper perspective to think from when your emotions or body has other opinions!

This means that if you are emotionally struck with news or a situation that has you wanting to react immediately, yet you know that might not be the best choice in this moment, simply activate your Proper Perspective Empowerment. It can help you utilize that “shut up switch,” so that you don’t say or do things that would have adverse consequences for you.

The Proper Perspective Empowerment does not reduce the emotional impact or feeling of a situation, but does cause you to see from the proper perspective for you. Then, thinking and seeing from the perspective that is most beneficial for you in this now moment, you can “compartmentalize” or “box up” your emotions long enough to “get through” the next few minutes.

In this way you can appear calm, and people will hear what you DO say instead of discounting your words due to your emotional state of being.

People will actually listen better if you are calm and speak firmly and clearly rather than in an emotional rant. You are not stuffing your emotions for very long, and there is no cause for concern about losing momentum.

Many people feel that emotions such as anger or pain are the fuel for motivation of following through on actions or tasks that are difficult. Those people are reticent to accept options that could remove or lessen uncomfortable emotions. The reality many times, is that when you speak from within anger or pain emotions, people pick up on that emotion and recoil from you.

If you really want to be heard when you speak, it is wise to speak from a place of calm no matter the emotions roiling inside of you. Activating the Proper Perspective Empowerment can help your mind think clearly so that your words can be heard and taken seriously.

Proper Perspective Empowerment is also useful for when you first receive “bad news,” or someone says something that hurts your feelings. It helps you to be able to see the best way to approach ‘right thinking’ about the situation. If you only think

## PROPER PERSPECTIVE EMPOWERMENT

with your emotions or say whatever pops into your mind, you may later regret your words. You will be able to think from above the emotions after activating your Proper Perspective Empowerment.

Please spend a few minutes to invite your *Proper Perspective Empowerment* attunement to release fully unto you. Simply say:

**“I ask to fully receive my Proper Perspective Empowerment, direct from Eternal Sacred Source! NOW!”**

As you think about a situation, the proper perspective for you will “rise” or “light up!” It will stand out from the others and make sense or feel “right.”

Now that you have accepted your attunement to your Proper Perspective Empowerment, you have a spiritual tool that you can use anytime you want or need to. In order to get your mind accustomed to this new way of sorting and sifting through ways of looking at situations, I advise you to activate this energy often for the first few weeks after your attunement.

Thereafter, if a situation occurs where you have a slight sense that the perspective you are currently within may not be the most useful perspective for you; that is the time when you can activate your Proper Perspective Empowerment.

A clue for when to activate this empowerment is when you feel that you are wanting to or ready to react based on your emotions. And also if you haven’t slowed down long enough to consider other perspectives or just can’t think of any other perspectives right now. The Proper Perspective Empowerment is also wise to activate when you find yourself planning to say something just to alleviate your pain. I speak of this because sometimes saying something doesn’t make the situation better or cause the other person to respond better to you. It can often make the whole relationship or situation worse.

There are many good energy systems and breathing exercises that can help calm a person and also to heal your heart and emotions of wounds.

This empowerment is designed to help you step momentarily out of thinking from within your emotional state so that you can speak and act in a manner that is most advantageous for you. There will be time to go and attend to your emotions and also to dwell within them and honor how you feel.

The Proper Perspective Empowerment can help you get through your day and

## ATTUNE TO DIVINITY

function around people who have said or done hurtful things. This way you are not running the risk of making the situation worse by saying what is currently top in your mind. You can attend to the work that is in front of you, and discern at a later time if there needs to be any words or actions in regards to what caused your upset that day.

The Proper Perspective Empowerment is also wise to use while you are in your healing time later in the day or on another day. When thoughts about a situation or conversation are overwhelming emotionally, activate your Proper Perspective Empowerment. This will help you to keep your thoughts aligned with your goals while your emotions are felt and allowed to heal.

It is as a rudder to keep you going in the right direction amidst turmoil.

When emotions of life, yours or other people's, impede your ability to think in the way you are accustomed; the Proper Perspective Empowerment is there for you! It is ***YOUR PROPER PERSPECTIVE*** - no one else's, and as such the perspective you notice may not be one that would work for anyone else! That is what is so wonderful about this empowerment, its energies are specific for you, in each now moment! Simply say out loud or in your mind:

***“Proper Perspective Empowerment, Activate!”***

You can now easily choose the room in your mind or the perspective you wish to go into, and from which to look out at the world. Walk down the hallways of your mind and step into various perspectives until you notice yours!

Most people find that their perspective will just “light up” and be where they are as soon as they activate their Proper Perspective Empowerment. Sometimes it will not immediately present itself to you. Maybe some time will need to pass before you will know the Proper Perspective for you. Some days there is benefit in noticing many perspectives.

You don't have to respond from the perspective that is proper for you, but at least you will have a sense of what that perspective is. Then, at a later time, you can go and explore your proper perspective. We are not perfect and don't always have to respond in the best possible manner. It is beneficial to have tools that can guide us, to know the perspective that IS most beneficial, so that we can visit it and choose if indeed we want to choose it!

It is my observation that this empowerment is useful for all people, no matter



## MY WAY HOME

whether such people feel subtle energies or not. This empowerment, once activated, gives you a location within your way of thinking that guides you to a more elevated perspective. To be able to rise above the emotions of the moment in order to actually choose how to respond, rather than being so immersed in your emotions that there feels to be no choice, is a skill that is beneficial. Proper Perspective Empowerment offers your mind that skill.

I suggest that you write the words, Proper Perspective Empowerment somewhere that you will see often. Sometimes when you need this empowerment's energies the most, its name could be furthest from your mind. This is an energy system that requires activation; you do need to consciously think of the words, "***Proper Perspective***" in order to activate these energies each time you wish to benefit from this empowerment.

## My Way Home

My Way Home energy system is the answer to many prayers of people who have been trying to get a better sense of where they came from.

This energy system's attunements provide you access to the energy streams from your preferred home, the home you originally came from, and from your Eternal Home of Divine Will. The energy of these 'homes' are fantastic!

***My Way Home*** connects a person to 'home.' Home has very different meanings for each person. Many people feel that they had an existence somewhere before they arrived into this physicality.

Some people believe that they lived here on Earth for one or more lifetimes.

Those and other people often believe, whether they've lived on Earth before now or not, that they originated somewhere else.

They may have memories of life somewhere else or just a vague feeling of being from somewhere not of Earth.

So many people over the years attribute some of their restlessness to the fact that they just don't feel fully at home here on Earth.

## ATTUNE TO DIVINITY

I think Earth is beautiful and fairly enjoyable. But I too know that I am from somewhere else. Gratefully the gut feeling that I'm from somewhere else has not kept me away from my life purpose nor kept me awake at night.

Some people have such a longing for their original home that they look forward to when they will no longer be living in a human body here.

I find that very sad because it was shown to me that all that is required for most people who have a longing for their original home, is to have a current connection with it. It is the feeling of being completely cut off from where someone lived when their soul first knew embodiment, which makes them feel so lonely and long to leave Earth. So a special and simple solution is to gain a connection with the energy of the place you originally lived.

It is possible that could be somewhere here on Earth, or it might not be.

A connection with Eternal Sacred Source conceivably has the energy of that place in it also, but it might not be so easy to isolate and immerse in it.

To have access to a stream of energy that has the current energy frequencies of the place where you originally lived, gives a “shoring up” feeling.

It provides you with the support energetically that tells you that you are exactly where you are supposed to be, and that you are not alone.

The current energies from “where you lived” will also have the beneficial familiar home feeling of “when” you were, to provide you with comfort.

***My Way Home*** energy system is the link to the energy stream that is your own personal energy stream for the aspects of your soul which are in physicality at this time. That might change some if you are consciously aware of other aspects of your soul. If that is so for you, then you'll need to be more specific about what personality composition you are asking on behalf of, when you activate your “original home” energy function.

This energy system is overseen by your soul and by your helping healing guardians in the Light of Eternal Sacred Source who are in charge of your soul lineage, soul contracts and incarnation archives.

They are the ***“My Way Home Team.”***

## MY WAY HOME

My job has been to co-create an attunement that will bridge you to them. They will, once you've received your My Way Home attunement. The *My Way Home Team* creates the links from each person to their original home and their preferred home.

This energy system is very personal and individualized. If you do ask for a link on behalf of another person, while preparing or doing a healing session for them, you will not be allowed to fully enter into the energy stream from their original or preferred homes. You may indeed feel an energy flow begin or be on the outer edges of it, but it is not for you to immerse within because it is not yours! You are only to activate and send.

“My” is a keyword of a series of energy systems designed to link you to your “My Team” and the individualized assistance granted to you.

In this energy system the word “Way” is also a keyword. Keywords are infused with directions that give you access to energy streams and functions.

“Way” is known as a path, a street, a route, a highway affording passage from one place to another, or a considerable distance away. The word “Way” is also known as an opening to a passage. “Way” can also mean a series of actions taken to achieve a goal or progress along a course.

In the *My Way Home* energy system, “Way” is designed to afford passage of the energies you desire or need from your original or preferred homes.

In this manner you are not utilizing *My Way Home* to return to either of those homes anytime soon, but instead to receive support and assistance from those homes for your life and purpose here on planet Earth.

Please spend a few minutes to invite your My Way Home level 1 attunement to release fully unto you. Simply say out loud or in your mind: **“I ask to fully receive my My Way Home level 1 attunement, founded by Mariah Windsong direct from Eternal Sacred Source, NOW!”**

My Way Home level 1 provides you with the ability to activate the general energy of this energy system, or to further specify your choice to enter into an energy stream from your original or preferred homes.

To begin, simply activate the general energy of “*My Way Home.*” Your attunement has brought you connection with your “*My Way Home Team*” and they have prepared access for you to these energy streams. This is a team of spiritual beings

## ATTUNE TO DIVINITY

who know you and your soul, and are in alignment with Eternal Divine Will.

Say audibly or in your mind: ***“My Way Home, Activate!”*** Recline, allowing your muscles to relax and your mind to invite the optimal energies from any place you’ve lived previously in any incarnation or form, to arrive.

This energy system is beneficial to everyone who is open to receive energies from places they have lived prior to now. You don’t have to feel subtle energies for this energy system to be useful for you. True, those people who do feel subtle energies may notice and dwell consciously within the energies faster than those who have to activate energies completely on faith. For all people who are sincere seekers, this energy system of My Way Home is a great answer to many prayers over the ages of time and space.

The general energy stream of My Way Home is comprised of exactly the supportive energies you need at this time. It may be from several places you have lived, in more than one form.

When you are ready to further explore the energies streams of My Way Home, activate the next energy functions. If you do not feel subtle energies I suggest that you only activate ***“My Original Home”*** energy function for eight minutes once a week, until you gain a sense of how your body is integrating this flow of energy. You, your spirit and personality may find the energy to be a welcome support; your body may be less thrilled with this influx.

Often a body’s consciousness can feel threatened when it feels energy from a place that is not here. It may worry that if you like the energy of that place too much, you may leave it and go there. Bodies know that without an incarnated spirit within them, they die. If you don’t feel subtle energies and are activating this system totally on faith, it is wise to consciously tell your body that you intend to stay here, and that the incoming energies are just to help and that you are not leaving.

Usually, after the third time that you’ve activated the energies of ***“My Original Home”*** the body will shut off the alerts and relax into the assistance that the energy is bringing for you and it.

If you are sensitive to subtle energies and can feel them, the experience of ***“My Original Home”*** can range from delightful bliss to a cathartic cleanse.

Your original home may not have been the one you liked the most. The energies may be those of a tonic rather than dessert. Yet there are important energy frequencies

## MY WAY HOME

and signatures within the energy stream that are useful.

Your original home will have beneficial energies that are as an anchor for you in all realities. They are as key codes that will give you access to the places and spaces in the spiritual realms. Access to these places may be required in order for you to proceed on purpose easily and quickly.

No one energy system or code is necessary for a person to gain enlightenment or further their awareness of spirituality. There are many ways to grow spiritually and live the purposes we came on planet to fulfill.

***My Original Home*** energy function is like a star-gate opening and energy streaming in to you. It is from another place and exactly what you need to jump from one level of awareness to another. Some people find it to be soothing and refreshing. Others say it is a heavy-duty magnetic anchor.

Still other people say they cry with the realization that “Home” really existed and wasn’t just in their imagination! They are so happy to know that they are not cut off from the energy of their original home! Most people felt that they would have to live in longing of their original home until death.

Everyone who has accepted this energy system has gained a sense of relief or closure upon activating the “***My Original Home***” energy function.

I do not know what it will do for you. I do know that it is to be entered into with a sense of reverence and with moderation, for it is strong medicine.

With any energy system that brings you in contact with primordial energies or those places and beings who created us, there will be change here in this reality within your body and energy fields. Therefore, it is likely that clearing symptoms may be experienced.

Everyone experiences clearing symptoms differently.

Some people experience congestion or diarrhea. Others have more intense dreams. Clearing happens when we are in the presence of an energy that automatically causes our body and energy fields to drop away dense energies or old patterns that no longer align to our purpose and beliefs.

Say audibly or in your mind with feeling: “***My Original Home, Activate!***”

## ATTUNE TO DIVINITY

Relax for about eight minutes. If you do feel subtle energies and you like what you are feeling, you can stay in that energy for as long as you want to.

If the in-flow of energies is stronger than you or your body is comfortable with, you can slow the energy stream of “*My Original Home*” by saying or thinking as a command: “*My Original Home, Slow Flow, Now!*”

Or if you are ready to stop this experience for today, say:

“*My Original Home, Stop Flow, Now!*”

Sometimes just a short exposure to the energies of your original home can have profound effects! You are in a human body right now.

It doesn't matter what physical or non-physical form you existed in previously, this current physical form must adapt to being immersed in the flow of energies from another time and place.

If you did not have a physical body in your original embodiment and existed in a gaseous nebula type of world where you were light and sound, those energy vibrations are very different than those of the body you have now.

It may take a while for your body to receive the energy flow from your *Original Home* as welcome and desired.

Please understand that although your spirit may be totally happy and thrilled to be in the energy of your Original Home, you must take the energy in small doses until your physical body is also happy about this energy flow.

Remember that it only takes an instant, a moment for a great amount of information and energy to be received.

Short experiences with *My Original Home* gives you all your spirit needs while acclimating your body at a rate it can handle.

*My Preferred Home* energy function is an energy stream that is altogether wonderful for everyone. It is possible to remain longer within it than your body is ready for; so it is wise to limit your time to 8 to 20 minutes the first time. If you do feel subtle energies, you can remain within the energy longer if your body is giving you the “go ahead” signals. If you are unsure, it is better to receive a short immersion and

## MY WAY HOME

activate the energy again soon.

***My Preferred Home is the energy stream from the home you prefer most.***

While it may still require some integration for your body to be completely comfortable with, your spirit and complete being will be delighted!!!

Usually a person's body will adapt to this energy stream easily and actually want to linger in it for quite a long time!!

The energy stream of My Preferred Home is a place of respite.

It is a sanctuary that you can dwell within anytime you want to.

Your My Preferred Home may be a place you visit in your night sleep and are not aware of it! It may be, that on those mornings when you awaken knowing you've been somewhere that you did not want to return from, that you were visiting your My Preferred Home.

Many people felt that they had to go their entire lifetime cut off from the presence of their preferred home. This is the place you enjoy the most.

It could be a place you lived during an incarnation or between incarnations.

It is the place you feel most at home within. A place has its own energy.

Much of that energy is comprised of the people and beings that dwell within it also. Your My Preferred Home may have love and the presence of others who you prefer to be near. My Preferred Home helps you make the most of your life here on Earth because you are not without your favorite home.

Say audibly or in your mind with strong feeling and invitation:

***“My Preferred Home, Activate!”***

***It is as a star gate opens and the presence of your  
My Preferred Home pours out to you.***

*(You can say My Favorite Home if that feels better for you).*

## ATTUNE TO DIVINITY

Both *My Preferred Home* and *My Original Home* energy functions will bring you into contact with the energies you most need from those locations. You might not get a “name” intuitively of “where” these homes are. You might not get to “see” the place or its inhabitants.

You will receive the energy. Depending on your skill of observing during a spiritual “journey” or meditation and what your higher self and soul allow you to be aware of, you may indeed catch a glimpse of the place!

These kinds of observations and any detailed information receptivity are between you and your higher self and soul and is not the purpose of this energy system.

In the “test” phase of this energy system, the people to whom I sent the energies have been able to remember detailed accounts of their original home, or fallen asleep and don’t remember anything. Others who can feel subtle energies liked the feeling of a familiar place and that was enough.

Still others that don’t feel subtle energies reported a sense of peace, in the days and weeks that followed their weekly activation of this energy system.

They were more settled and in acceptance of living here on Earth.

### *My Way Home Level 2*

Everyone can learn how to activate these energies for other people, and how to imbue metal objects with the My Way Home energies.

You will be able to activate your *“My Eternal Home of Divine Will.”*

Please spend a few minutes to invite the level 2 attunement of My Way Home to release fully unto you. Simply say out loud or in your mind:

*“I ask to fully receive my My Way Home level 2 attunement direct from*

*Eternal Sacred Source, NOW!”*

Think of a ball of light and energy above your head that opens up and streams down into the top of your head. Be seated or reclined and allow a few minutes to pass, before you rise and continue onward in your day.



## MY WAY HOME

Now, when you activate the general energies of My Way Home, the stronger energies of this level 2 will be the energy flow you receive.

Say audibly or in your mind: **“My Way Home, Activate!”**

Your body is likely ready for the stronger flow that this second level is comprised of, because the level 2 attunement helped your body to integrate the energies and to be ready for these stronger energies.

If they feel too strong, you can always ask that the flow be turned down.

These energies will respond to your conscious request to turn up or down.

Now you may activate your “My Eternal Home of Divine Will” by saying audibly or in your mind: **“My Eternal Home of Divine Will, Activate!”**

***Allow a few minutes to pass as you acquaint yourself with these energies.***

If you don't feel subtle energies, this energy function will still work for you.

You are receiving the energies of the home that is your eternal home.

Your eternal home beckons you to accept ever higher and more refined spiritual energies. These energies increase enlightenment, and help your body to be able to vibrate at its highest potential. Skills and abilities that are from your soul will open and manifest in reality faster, and with more accuracy, for you while you are here living on Earth in your body.

My Way Home level 2 gives you the ability to imbue or infuse metal objects with the energies of your Preferred Home or your Eternal Home of Divine Will. You could imbue the metal objects with the energies of your Original Home, but that is not recommended.

Your Original Home energies are more of a primordial anchor and strong medicine, not necessarily the energies you want permeating your physical home on a daily basis. It is much better to imbue energies of your Preferred Home or your Eternal Home of Divine Will into metal objects in your physical living space for emanation. You can choose what objects you want to imbue with which energy streams.

Metal is the best medium for holding the exact vibration of your Preferred Home,

## ATTUNE TO DIVINITY

and emanating (sending out) those vibrational energies to you and your physical home. Think about a metal candle stick that you may have.

Many crystals that are worn as necklaces are wrapped in metal and this metal can be imbued and infused with your Preferred Home energies.

If you want to, you can imbue the metal in the mattress of your bed with your Preferred Home energies, IF you sleep alone. Otherwise only do your side of the bed, not the entire bed for infusing! You don't want your bed mate to be in energies that are not his or her Preferred Home!

If you don't live alone, please restrict yourself to only imbuing sacred objects that are yours, or areas of your home that you alone primarily dwell within. Such as your own sacred area, your office, reading room or garden.

If all areas are shared, simply imbue your own metal jewelry with the energies of your *Preferred Home* so that they stay in your own aura.

### **Imbuing Metal Objects with the energy of “My Way Home:”**

Be sure that you have activated and visited with the energies of your

***“My Preferred Home”*** or your ***“My Eternal Home of Divine Will”***

at least three times before you attempt to imbue metal. You may decide simply to activate ***“My Way Home,”*** and allow the My Way Home Team to choose what energy streams to send to your items of choice.

Choose metal objects that you want to imbue today.

***Imbue:*** To permeate with a feeling, vibration, presence or quality.

***Infuse:*** Instill or fill a quality into something.

Both words can work for this action, yet I prefer the word imbue, for it is more often used when one speaks of a spiritual or magical quality or presence being sent into something. Then that object vibrates with the same vibration of the energy that was sent into it. Often the object will emanate or send out from itself the energies or presence that it was imbued with.

## MY WAY HOME

Your ***“My Way Home”*** energies that you can imbue into the metal objects of your choice, usually emanate out about three feet from the object.

You may with practice, increase the range of energy emanation from three feet to the entire room, if you are the only dweller of that room.

Metal that is on your jewelry and imbued with your My Way Home will usually only emanate out within your immediate aura energy field. Some people are accustomed to extending their energies up to 55 feet around them and wider. If that is true for you, specify clearly when you are imbuing your jewelry, if you want the energy of your My Way Home to emanate out to the edge of your energy field or not.

Metal objects that already have a purpose, such as statues of Goddesses, Saints, birds, fish or animals may not be appropriate to imbue with the energies of your My Way Home, My Preferred Home or My Eternal Home of Divine Will.

Always check with both the sentient energy that is already residing in such an object, and your own inner guidance before proceeding to imbue it with other energies.

People are asking me whether they will be able to infuse crystals with the energies of My Way Home. Crystals have both their own intelligence and a general purpose. They often have a specific purpose when working with you. If your inner guidance says that a particular crystal would like to hold and emanate the energy of your My Way Home; then please infuse it.

Maybe your Preferred Home has a binary sun system! Some people feel more comfortable with a horizon view that includes two suns. Think about what is around your home or office that is metal. Any type of metal will hold and emanate (send out) the energies you imbue it with.

Is your clothes rod in your closet metal?  
Is the hook you hang your hat upon metal?  
Is your bicycle metal?  
Is there an exercise machine that only you use?  
Is the desk you use your computer on metal?  
Do you use a metal cane?  
Do you have any jewelry whose chain is metal?  
Are the frames to your eye glasses metal?

Think about various areas of your home and the items you use regularly that contain metal. Identify the items that you want to imbue today.

Instructions for imbuing an object or objects with this system’s energies:

## ATTUNE TO DIVINITY

- 1) Identify the objects you want to imbue.
- 2) With intention, activate the energy stream you want to imbue the object with. Say: **“My Way Home, Activate!”**  
Or **“My Preferred Home, Activate!”**  
Or **“My Eternal Home of Divine Will, Activate!”**
- 3) Say the activation sentence three times with feeling.
- 4) Then hold or grasp the metal object and say the activation sentence three more times.
- 5) Now say the name of the energy stream you are imbuing into the object or objects three times to seal it, adding **“You Are!”** to the beginning of the sentence.

Such as: **“You Are My Way Home!”**  
Or **“You Are My Preferred Home!”**

Or **“You Are My Eternal Home of Divine Will!”**

The energies usually stay active, emanating out from the object for about three days. After three days they may not be as strong. Energies here on Earth are dense and it is not easy to keep higher vibrations emanating for many weeks.

When you are ready to imbue the same object again, it is a shorter process.

You simply touch or hold the object and with intention activate the energy stream you want to imbue the object with.

Say: **“My Way Home, Activate!”**  
Or **“My Preferred Home, Activate!”**

Or **“My Eternal Home of Divine Will, Activate!”**

**Say or think the statement three times and the imbuing is complete.**

If you have a very sacred space, or are very dutiful to do your spiritual hygiene

several times a day, you may find that the strength of the imbued objects remains

constant for up to a week or longer. Most people do not live in such a clean sacred space and so must imbue their items again in a few days.

## MY WAY HOME

### Sending energies of this My Way Home energy system to others:

This energy system is very personalized and as such, even when you activate My Way Home and any of its energy functions for other people, you will not be marinating, immersing or channeling the energies through your body.

This is very important. As energy systems become more and more specialized for the individual client, it becomes imperative that you only activate the energy functions and consciously direct the energy to the person.

Many practitioners have had the practice of channeling through their body every energy that is for the client. This practice can be confusing to the practitioner's body. Yes, channeling by nature is simply being the pipeline for energies. However, we were taught with Reiki that the energies are beneficial for us as well as the client. As you advance and bring through more specific energies for the client, this is not true anymore.

It will not overtly harm you to run the energies that were composed for a client through your own body, but it will tax it. Think about this, you would be running currents of energy that are vibrating with a set of instructions or presence that is for someone else, not you! Your body has to encounter this energy and then dismiss it.

Yes, it can be done. Yes, it takes some energy to do so. Other than the “wow” factor of having felt the intensity, there is no reason to run energy that is designed for someone else, through your own body.

Clients, friends and loved one are wise to get accustomed to receiving their own energy and not rely on the previously acclaimed interpretation factor that their practitioners usually provide for them.

Energies such as these are different than a “reading” session.

You are not to seek information within these energies to answer such questions as “where am I from?” The energy contains within it all that the person needs to know, without your interpretation.

You activate with intention, “*(name of person's) Way Home*” and then bounce it directly to the person if it's a real-time session. If the session is being co-created to be called in later by the client, you should intend that the energies go directly into the light sphere (chi-ball) that will hold the session energies.

## ATTUNE TO DIVINITY

Please only provide “call in at your convenience” or long distance real-time sessions if you are accustomed to doing so. These are strong energies and activating energies to send long distance requires practice.

“Call in at your convenience session” means that you are sending a healing session or the energies of an energy system into a sphere of light similar to how you would send an attunement. The recipient can “call in” the energies to release to them anytime they are ready to receive them.

If you are accustomed to sending energies long distance for “call in at your convenience sessions” please include all of the energy streams in the chi-ball or Light Sphere. Tell your client, friend or loved one that they can call in the energy streams by name anytime they are ready for them.

They do not need to accept them all at one time. This is very important.

If you are activating these energies in person, you should direct the person to be seated or reclined. Put your hands on their shoulders or near their head, just inside of their aura, and activate “*My Way Home.*” You have done your part now, step back and simply intend that the energies will continue to flow to completion (or set forth a certain number of minutes in your mind).

When the person indicates to you that they are ready for the next energy stream, step near to them, and either put your hands on their shoulders again or hold them near, and activate the next energy stream. As soon as you’ve started the flow of energy, move away and sit down to relax until they are ready for you to activate the next energy stream. Some people will only be able to comfortably handle one or two energy streams per session.

When you activate these energies for a person, you are able to do so because you are attuned to both levels of this “My Way Home” energy system. You are simply the point here in physicality that has gained the right to call upon the My Way Home Team, asking them to open and provide each individualized energy stream for (name of person).

You do not find the energy streams yourself. You, because you’ve received the attunements and are in a physical body, have the right to ask that these energy streams be open and sent to (name of person).

This next energy system is another “My” energy system and thus a deep and possibly important journey. Please allow a few days to pass before you accept and activate

“*My Eternal Love*” after you’ve worked with the “*My Way Home*” energy system. You may return to any of the energy systems to which you’ve already accepted attunements, and re-activate those if you’d like to continue with your spiritual energy activation practice today.

## My Eternal Love

Many people have an unanswered longing for a love that they have not found here on Earth. Others are with their Eternal Love, yet here in physicality that person is not healthy enough to connect with them at the level they need and want. Some people’s loves have passed on as their body died. Now there is a way to connect with your Eternal Love in a safe and healthy way for everyone involved.

You gain access to dance and merge consciously at the soul level with your Eternal Love. This creates completion rather than longing. You gain access to the place in your and the other person’s soul who is your Eternal Love.

Any romantic relationship you have here will be entered into and lived with an openness and depth of connection that was not possible prior to working with this energy system, because your soul won’t be tugging you in another direction. *My Eternal Love* energy system grants you a guide and the energetic commands which you may use to gain access to the place in your and the other person’s soul who is your Eternal Love. Your heart center can be complete and whole.

You may have more than one “My Eternal Love.” This energy system will guide you to “the one” who it is for you to dance and unify with today.

Another day you may find yourself with another “My Eternal Love.” When souls dance and unify soon after creation, the quanta essence of their souls are imprinted with one another. This means that forever thereafter there is an attraction and yearning to re-unite with the one with whom they originally paired.

Each pairing with another soul, after the initial pairing, is subsequently substantial in the imprinting and merging that occurs.

There is something unique and strong about that first pairing. When a soul is new and has not gained firm shape and it unites with another soul, the two literally share each other’s essence and being. Thereafter, when separation for incarnation occurs,

## ATTUNE TO DIVINITY

there is an awareness of someone being missing.

This longing can manifest in many ways. Some people never anchor fully here on Earth because of their desire to be someplace else, with someone else. People have lived pain-filled lives in search of “the one.” Sometimes “the one” is not even here in body. Some people have committed suicide because the longing was so strong that they could not bear to be away from their Eternal Love.

Others seek attention and love wherever they can find it, often putting themselves into situations that are not healthy.

Some people find true love here on Earth and yet are not ever able to fully “give” themselves to their mate because they still long for someone whose name they don’t even know.

My Eternal Love energy system is a grand way to regain completion within, by joining with your Eternal Love and returning here to live a deeper, healthier life with your wife or husband. Marital discontent evaporates.

Any romantic relationship you have here will be entered into and lived with an openness and depth of connection that was not possible prior to working with this energy system, because your soul won’t be tugging you in another direction.

My Eternal Love energy system actually helps you to be more grounded in reality by anchoring more of your soul here into your body. The aspects of your soul that has been tugging you toward “away” and longing, shall be fulfilled. This frees you to live fully here and in the “now.”

This is healthy and actually provides you with more personal power to manifest blessings here in your life, in a real, quantifiable way. When a person is longing, they are reaching out with their essence and life force.

This reduces the concentration of their life force in the here and now.

It is in the here and now that we draw to ourselves, all that we want and need from the universe. Longing tends to be counterproductive in that it reduces our effectiveness in every area of our lives.

Some people feel that longing is a motivation to achieve and do well while they are living here on Earth. It may be a negative motivation, as in motivation by discomfort



## MY ETERNAL LOVE

and need, but that is not the most exalted nor effective form of motivation.

The most powerful and swift manifesting of ones' needs and wants occurs when the person is fully present and stands firm in his or her Divinity. Yes, we are Divinity Embodied in humanity with the ability to connect with that eternal divinity even while we are incarnated in a body here on Earth.

The game of separation from Eternal Source does impede the ease with which we are able to feel unity with Divinity. However, with practice and mindfulness, it is indeed possible to gain an ever increasing awareness of your constant connection with the energy that made you and supports you.

My Eternal Love energy system is part of the “*My Way*” series. This series of energy systems works from the infused language of “My.” “My,” referring to something that belongs to a person is an English language term that specifies personalization and ownership. If English is not your first language you may wish to substitute another word that means “My” and ask that it be fully infused with the same Eternal Divine Power to assist you.

Level 1 provides you with the authority to use the various commands that are necessary for you to gain access to the area within your soul in which you can commune and merge with your Eternal Love.

Level 2 provides you with a stronger connection to the My Eternal Love energies. This is very important because it will make it easier to energetically find and connect with your Eternal Love on subsequent visits. You'll also have the ability to facilitate My Eternal Love sessions for other people; after you've worked with the energies long enough so that you are comfortable with each command.

Please spend a few minutes to invite the first level attunement of *My Eternal Love* to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my *My Eternal Love* attunement direct from Eternal Sacred Source, NOW!”**

My Eternal Love arrives, providing you with the authority and keys you'll need to gain full access to dance and merge with your Eternal Love. Simply be receptive to being granted permission and access to one whom you were one with at another time, and who you miss.

*My Eternal Love* is an energy command that aligns you with the eternal love that

## ATTUNE TO DIVINITY

is most appropriate for you to connect with at this time. This is usually a being. That is to say someone who is differentiated enough from the Source of all that is to have a soul. This is also someone who chooses eternal life and is of a high enough vibration frequency that is healthy for you to merge with. This being may or may not have ever incarnated into physicality or maybe has not incarnated into human form.

At the level of creation in which you originally merged with this being, neither of you had form at that time. Or if you did have form, the form was not three dimensional physical. Or, if it was, I would say that the merging occurred at a level of your soul where all is spirit. There is not a good English name for the “stuff” that comprises a soul and what “stuff” of you at that level interacts with another soul. I like the term “*quanta*” and shall use that term for the duration of this explanation. In physics it means: a quantum (plural: quanta) is the minimum amount of any physical entity involved in an interaction.

Therefore, even if the being who is your Eternal Love has never incarnated into physicality, obviously you have, and there is at least a part of you - a quanta of you, that will be involved in this interaction.

Some people refer to the term “Twin Flame.” I’m not entirely certain of the full meaning of “Twin Flame,” therefore I’ve used the words “Eternal Love.” There seems to be a lot more power in that because it is possible that there is only one “Twin Flame” and I’m confident that there is more than one Eternal Love for each person.

Now this is where we need to assure your current spouse or mate, (if you are in a relationship) that this energy system is going to give the opportunity for the two of you to grow closer. This is very important because he or she is here right now, and your “Eternal Love” that you are going to go visit in this spiritual journey, may or may not be the soul of that person!

There is a longing that needs to be filled. This is not a journey for sex or to strike up a romantic fling with anyone! This is a sacred re-uniting at the soul level with someone who you’ve already been one with, and who has something that you need! There can be several purposes to the spiritual journey to your “Eternal Love.” Many people look at these journeys as a variation on the soul retrievals that have been recently popularized.

Think about when you sit on a metal or plastic chair in the summertime in shorts or a skirt that is not long enough to cover the back of your thighs.

## MY ETERNAL LOVE

When you rise, and peel your skin off that chair, some skin cells are left on the chair! You can think of this journey as retrieving some parts of your soul that peeled off when you and your Eternal Love got separated.

Ok, so that was not a very romantic example! There are times when these spiritual journeys can be traversed for the express purpose of growing your Eternal Love connection. That is for when you are single and not in a romantic relationship. When you are in a marriage or committed relationship, your “My Eternal Love” spiritual journeys are to be undertaken with the intention of retrieving your quanta, while returning to the other being, their quanta. It is as a medicine trip that an exchange needs to be made at that level of your soul, in order for each being to be healthy.

When these journeys are made with clear intention and purpose, they are very special and proper for people who are in relationships and those who are not. It is very interesting to me that some people who don’t realize that they are actually already living in physicality with their “Eternal Love” find out later that they are! There are so many couples where one or both partners are not at a place in their emotional and spiritual development to connect with the other at the level that is desired.

I speak of this to say that if you, a married person, embark upon this My Eternal Love journey and suddenly find yourself in total ecstasy with the being you encounter, do not resist it. The merging of quanta shall not betray your marriage. It may indeed be your husband or wife at the higher levels. You may simply not recognize them because the connection does not have the usual baggage and frustration that your relationship in this reality might!

You might have a great relationship in this reality, yet still feel that you are longing for someone that you are sure is not your mate here. There are reasons why it is acceptable and right to go on this spiritual journey.

At those higher levels of your soul there is rarely the individuation of gender. Merging quanta is as a swirling of light and vibration. When you know such unity, unity as was only known prior to when you were one with the Source that made you, then there is a longing for re-connection. The beauty of this kind of dance and merging is that it is free of the confines of physicality.

Your “My Eternal Love” merge shall complete parts of you, so that you can live much more fully and in the moment with whoever you are with here.

If you are not in a relationship, you can confidently arrive unto your “*My Eternal*

## ATTUNE TO DIVINITY

**Love**” without worry that you will be pulled further away.

This kind of merging and exchanging of quanta gives you what you need to be ready and open for in a relationship here in this reality.

If you do not seek or want a relationship here in this reality; I’m happy to tell you that your **“My Eternal Love”** sojourns will answer the longing which has existed prior, so that you are free to engage in your ministry or other projects single mindedly.

There is a belief that one merges with others soon after they are created.

The waves, light and beingness of each soul may be exchanged. Even if there wasn’t anything that was exchanged in the merging, being completely immersed, one with another has been imprinted on each soul.

***Much of your soul essence was imprinted with longing and attraction to this initial pairing and merging. Part of this is due to the way some souls were separated. If they were still merged at the time of incarnation, the separation may have been swift and disorienting at many levels for both.***

Forever more thereafter, each soul misses and longs for the one with whom it was imprinted. I asked for an imprint release function for this energy system and was told that there is true need for ones to touch each other again. That touching at the soul level serves the purpose of completion.

It is a release in and of itself. If both souls choose to continue the dance, they may, but now that they have touched once again, the dance may be complete. This is something that is decided at the higher levels on an individual basis during their soul dance and re-unification.

The beauty of this is when you and your “Eternal Love” do separate this time, it is done in such a way that each person has all that they need.

The previous imprinting that occurred when the souls were younger does not take place. This is part of the gift **“My Eternal Love”** gives both of you now.

I speak of Eternal Love for two eternal beings that shared something so significant at the higher levels, that your souls reach out to one another even if the persons in physicality do not want this connection.

## MY ETERNAL LOVE

My Eternal Love energy system is a system of freedom.

It can bring you to wholeness so you can live here in physicality without yearning so desperately for that which exists in the higher realms.

It will be easier to thrive, feeling complete inside.

### Directions for your “My Eternal Love” session:

Spend some time getting relaxed (avoid alcohol consumption please), and find a place where you won't be disturbed for at least a half hour. Enter into your inner sacred space in your heart center in whatever way is natural for you.

If you are already attuned to other energy systems, please activate some that will clear you of any interference from the day's events or other people's emotions. Activate and channel energies from Eternal Sacred Source to replenish your body so that it has all that it needs while your spirit travels.

In actuality you will remain conscious of your physical body here, yet feel slightly spacey while your awareness arrives to your soul level of your being.

If you've not been attuned to any other energy system, please call upon any angels, Eternal Deities or nature spirits that you respect and would entrust your soul to. It is important for your body and spirit to feel safe. If you can feel subtle energies, your first time using this energy system may be more consciously eventful than if you don't usually feel reiki energies.

It doesn't matter if you feel anything or not. Each step of the process that you consciously command to happen is real and gets you closer to fulfilling that which your soul has urged you to seek.

Every time you go through these steps, and say these commands while in a meditative sacred mindset, you are likely to feel more and gain a better sense of your “Eternal Love.” If you are doing it for this purpose, three times should be enough. If you are doing this to enjoy the process, rest assured you will enjoy it more each time you intend to travel to your soul and do this.

Now it is time to recline and be in a quiet space. You can have soft relaxing music on if it helps you get into a meditative mindset. You need to say the commands you see here with strong authority.

## ATTUNE TO DIVINITY

Go to that feeling inside of your heart center or mind that is empty or aches with longing for (name of person if you know it), or just push that feeling outward toward your soul. Push the longing and pain or ache outward!

Say: **“My Eternal Love!” “My Eternal Love!” “My Eternal Love!”**

Think of arriving at your soul’s door and entering. It is quite alright for some of this to feel like activate visualization. If you don’t visualize well, no worries, just say the commands. The commands are infused with the energy of this energy system and carries part of your spirit and consciousness with them.

Now it is necessary to clear and complete any karma that has gone before, and could keep you and your Eternal Love apart during this journey.

Say: **“Karma Clearing and Completion, Activate!”**

**“Karma Clearing and Completion, Activate!”**

**“Karma Clearing and Completion, Activate!”**

I’ve instructed you to say both clearing and completion because often, when I’m doing soul contract work with people, I notice they’ve cleared karma, but it was not recorded in all the proper places.

When it is recorded everywhere it is supposed to; it is called “completion.”

Now you are at your soul level, and it’s time to get any barriers between you and your Eternal Love to drop away.

Say: **“Drop Barriers!” “Drop Barriers!” “Drop Barriers!”**

There may still be some contracts of separation between you and your Eternal Soul. Here in this reality it is difficult to read all of those contracts. The beautiful thing is that we don’t need to read them in order to dissolve them. All that is required is the authority to do so, which you were granted when you received your level 1 attunement to this energy system.

Say: **“Dissolve Contract!” “Dissolve Contract!” “Dissolve Contract!”**

## MY ETERNAL LOVE

Now you are ready to receive the key that will open the door to your Eternal Love's soul.

Say: **“Give me Key!” “Give me Key!” “Give me Key!”**

**Hold strong intent that you deserve to receive the key to the soul of your My Eternal Love!**

Now there may still be a contract there within this soul that would keep you two separated. It is time to use your authority to command the dissolving of that contract.

Say: **“Dissolve My Eternal Love's contract of separation!”**

**“Dissolve My Eternal Love's contract of separation!”**

**“Dissolve My Eternal Love's contract of separation!”**

Rest assured that if you are not allowed to dissolve this contract it won't dissolve. So say those commands with authority and trust it has happened!

Now it is time to provide the gift of karmic clearing and completion for your Eternal Love. This being may or may not have known how to do this for oneself, and it is important to have as much completion and clearing as possible done before you re-join with your Eternal Love!

Say: **“Karmic Clearing and Completion Activate for My Eternal Love!”**

**“Karmic Clearing and Completion Activate for My Eternal Love!”**

**“Karmic Clearing and Completion Activate for My Eternal Love!”**

This entire list of commands is what is usually required in order to gain access to, and to be able to dance and merge with your Eternal Love.

If it was quick and easy to do so prior to this, you probably would not have asked for this energy system. So be patient and do these steps in order because each one is specifically designed to bring you closer to your Eternal Love.

Some of you are already good at merging with your Eternal Loves, but want to gain

ATTUNE TO DIVINITY

a deeper connection. These commands will do this for you.

There may be more barriers to drop now that you have gone through your soul, entered the soul of your Eternal Love, dissolved contracts, and cleared and completed karma. I saw such barriers as walls; impediments to passage.

Say: **“Drop Barriers!” “Drop Barriers!” “Drop Barriers!”**

Say: **“Give me Key!” “Give me Key!” “Give me Key!”**

*Now you have gained full access to the interior sacred space of the soul of your Eternal Love, approach your Eternal Love with appreciation.*

*Reach out and offer a dance movement in your mind or heart.*

***Dance! Dance! Dance!***

***Unify with your Eternal Love!***

Say: **“Unify me with my Eternal Love!”**

**“Unify me with my Eternal Love!”**

**“Unify me with my Eternal Love!”**

*Call in Eternal Life energies, say: **“Open to Eternal Life!”***

**“Open to Eternal Life!”**

**“Open to Eternal Life!”**

*Thusly merged in unity, you are affirming eternal life for both of you.*

*The in pouring fills you both with Eternal Life Energies!*

*Now is when the completion within arrives. It is wise to affirm completion.*

Say: **“Completion Within!” “Completion Within!” “Completion Within!”**



MY ETERNAL LOVE

*I found it beneficial to say three times each, the following commands. These commands are infused with those energies and will apply to you both:*

**“Peace Within!” “Peace Within!” “Peace Within!”**

**“Glow Within!” “Glow Within!” “Glow Within!”**

**“Divinity Within!” “Divinity Within!” “Divinity Within!”**

**“Return!” “Return!” “Return!”**

**“Be Now!”**

**“Be Now!”**

**“Be Now!”**

Now you are returning to your physical body and have properly eased out of your Eternal Love’s soul, and are returning to a more every day state of consciousness. This is well and proper as it should be. You can journey to your Eternal Love another time if you want to. All is well. All is well. All is well.

Please spend a few minutes to invite the second level attunement of *My Eternal Love* to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my My Eternal Love level 2 direct from Eternal Sacred Source, NOW!”**

Allow the energies to flow. This will feel different for each person and some people won’t feel anything. A “My Eternal Love” session is facilitated for people who are not yet at the level of their walk in spirit travel to have a feeling sense of their soul. These people may not yet have the spiritual confidence to say the commands with intention and authority.

***People who are not accustomed to doing energy work don’t realize yet how powerful their words said with intention are!***

Newbies don’t know how to speak with clear intention. It is more true that they already speak with intention all of the time, but don’t realize it. They wonder why

they are getting mixed results in their life. Often times it is because they say what they don't want to have happen with strong intent, and forget to say the things they do want to happen with intention and feeling!

You would begin by actually providing this person with an attunement to the first level of this energy system. The goal is to provide the person with the keys they'll need to reach their soul, clear and complete any karma, and reach their My Eternal Love. You will need to go through the list of commands I wrote for the person.

This can be done as in person sessions or long distance. If you do this long distance it can be done over the phone, or as a "call in at their convenience" chi-ball energy session. If it is a "call in at their convenience" chi-ball session, you will direct the person to follow the instructions that you will provide for them. They will still need to say the commands.

They will simply have the confidence that you have already paved the way for them by doing their session with your strong spiritual authority.

## **Heart Root Chakra Synergy with Chakra Back Door Flush and Healing**

Chakra Back Door Flush and Healing attends to the back door of both your heart and root chakras for clearing and healing. Then you will be able to activate the Heart Root Chakra Synergy function which provides a synergy of these two important chakras. When your Heart and Root Chakra are in synergy, there is a strong peaceful energy that flows in an oval flow up the spine, into the back of your heart chakra, out the front and down to your root chakra.

This is a powerful energy flow that, when freed of blocks and is functional, increases your body's natural healing abilities and contributes to inner peace.

The Heart Root Chakra Synergy energy system began with the Heart Back Door Flush and Healing energy. When I activated that, I 'saw' as if on a movie reel, images flashing through my mind too fast to determine what they were. I felt a great emotional release and warmth on my back, directly behind my heart center. I realized that there was not any need to 'process' or go through in detail any life situations to heal that part of my heart chakra.

## HEART ROOT CHAKRA SYNERGY

Each spiritual tradition perceives the energy centers in our body that are commonly called chakras in various ways. Each of these descriptions is correct, yet without a map of each traditions descriptions, all are incomplete.

Many chakras are somewhat conical in shape when fully functional, and span the entire girth of the body; front to back or back to front, especially in the torso region of the body. In reality they are energy centers that change in shape and colors frequently. If we envision our chakras to be just spinning wheels in the exact center of our body, we may leave some areas unattended to. Intention is very important in healing work.

How we perceive the construct of our energy body does determine, to some extent, what healing work can and cannot occur.

In my exploration of the Chakra Back Door Flush and Healing energy function, I initially thought that it would be the complete name of the system.

While using the *Chakra Back Door Flush* on various chakras in the torso (midsection) of my body, I realized that although the energy function worked fine, this energy system was not to focus on all of the chakras individually.

***However, very quickly I was led to use the Chakra Back Door Flush and Healing energy function with the Heart and Root Chakra then activate a flow between them that would synergize their energies.***

This flow is called the *Heart Root Chakra Synergy* and it is the purpose of this energy system. The first step is to accept an attunement to the Chakra Back Door Flush and Healing energy function. Then it will tend to the back side of your chakras. Please know that you can use this function for the back side of any chakra.

Please spend a few minutes to invite your *Chakra Back Door Flush and Healing* attunement to release fully unto you.

Simply say out loud or in your mind:

***“I ask to fully receive my Chakra Back Door Flush and Healing attunement as founded by Mariah Windsong and made perfect by***

***Eternal Sacred Source, NOW!”***

## ATTUNE TO DIVINITY

This is your energetic meet and greet!

The Chakra Back Door Flush and Healing energy flows into the chakras you ask it to help. This is why it is so important to put your attention or focus on the areas of your body that you want assistance with, immediately after activating an energy function.

You may or may not feel anything. It doesn't matter if you feel these subtle energies or not. They are effective no matter whether you perceive them or not. Some people feel warmth or tingling sensations, others notice pulses.

Once again, activate with your strong feeling, and while thinking about the backside or back door of your heart chakra. You may want to simply think about your back directly opposite of your heart center. Now say out loud or in your mind: **“Heart Chakra Back Door Flush, Activate!”** Wait a moment or two if you don't feel the energies, then move on to the next function.

If you do feel a heat, movement of energies or emotional release, give yourself a few more moments before moving on to the healing function.

Now say: **“Heart Chakra Back Door Healing, Activate!”** Hold your intent and desire for healing for your entire heart chakra including its back door for as long as you feel you need to or want to. Then you can move on to doing the same functions for your root chakra. Remember that you can go through each chakra with these functions if you want to. For the purposes of the Heart Root Chakra Synergy, only the heart and root chakra need be attended to in order to get the energy flow between them moving and synergized.

Say: **“Root Chakra Back Door Flush, Activate!”** Give yourself a few moments to receive the clearing, flushing energy in this area of your root chakra.

Now you can move along to saying with strong intent: **“Root Chakra Back Door Healing, Activate!”** Please keep your attention on the lower region of your pelvis, the lowest point of your back for a few minutes. Then move your attention up a little higher and give appreciation to the energies that have helped you today, even if you didn't feel anything.

The beauty of working with the back side or back door of your chakras is that it is an area that is often forgotten in other healing modalities. Both the back of your heart and root chakra are often targeted by people who want your attention, especially if you do not want to give them your time and energy. You may have been tugged at

## HEART ROOT CHAKRA SYNERGY

energetically in those locations before.

Notice if you will, how the ‘commands’ for this energy function are as building a sentence. The core command is “Chakra Back Door” that is the area of the body. Now you need to add either the “flush” or the “healing” to the command. I feel that it may be too intense to receive clearing by the flush and healing of all of your chakras at one time, so this command needs to specify what chakra you want help with right now. You will add the name of the chakra to the beginning of this command, such as “heart.”

The resulting command is as I directed you to activate earlier:

***“Heart Chakra Back Door Flush”*** then you say ***“Activate”*** or ***“On”*** to get the energy to begin helping you. See how useful it is to learn about an energy function and how to build the one you want to receive help from right now!

***It is essential to activate and allow the chakra back door flush and healing functions to do their work with your heart and root chakra, before you accept the attunement to your Heart Root Chakra Synergy.***

***It is never wise to activate a programmed energy flow to move through a body pathway that has not been cleared or flushed and healed. I worked with the heart chakra flush and healing functions for several weeks before adding the root chakra flush and healing function. The same day, I was able to then activate the Heart Root Chakra Synergy. You may have different chakras that need more or less time before synergy occurs.***

***To begin with, your body may not be able to handle the energy flow or it may build up a pressure if you have energy blocks that were not cleared first. So please, activate the flush and healing energies and let them do their work with you, so that you can enjoy all the benefits of your Heart Root Chakra Synergy.***

***There can be no synergy until the clearing and healing work is complete enough to at least sustain the energy flow in that energy pathway.***

Your attunement for the ***Heart Root Chakra Synergy*** is the next step.

Please spend a few minutes to invite the attunement of Heart Root Chakra Synergy to release fully unto you. Simply say out loud or in your mind:

ATTUNE TO DIVINITY

**“I ask to fully receive my Heart Root Chakra Synergy attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Now say: **“Heart Root Chakra Synergy, Activate!”**

***This is when the really amazing energy flow begins to make its way from your lower back at your root chakra’s back door, up your spine, into the back of your heart chakra, out the front and down to your root chakra!***

***You can activate this synergy flow as often as you want to. It only lasted about ten minutes in actual movement the first time I activated it, but the deep sense of peace I felt lasted hours.*** The feeling of ‘it is all going to be ok’ and ‘there is nothing I have to do right now’ is wonderful!

I felt a lot of heat in my lower legs and feet also. This Heart Root Chakra Synergy function felt very centering and grounding.

Heart Root Chakra Synergy energy system works multi and inter-dimensionally to help your heart and root chakra energies to be synergized ‘everywhere’ and ‘every when’ they are.

# Angelic Sealtiel Empowerment

Angelic Sealtiel Empowerment provides you a strong link with Angelic Sealtiel who has been known as both a Saint and an Archangel. Angelic Sealtiel is an angel of prayer, intercession and cleansing powers.

### *“Riding on the Winds from Heaven to Earth”*

Sealtiel arrived recently and is more fully perceivable each day. This is considered an Archangel by most. Old Catholic and Eastern Orthodox church records speak of him, and as a him. I’ve not discerned gender.

Angelic Sealtiel teaches proper prayer and intercedes on our behalf. Catholic teachings of Sealtiel are mainly for priests to pray to him. There is little in the information I researched about Sealtiel being for people who aren’t priests.

***I was shown by Angelic Sealtiel that he wants to work with people directly, not just priests and ministers.***

The first time I received the empowerment of his energy, I saw and felt myself being pulled out of mud by my arm. Well, I hadn’t known I was in the mud! But I had asked to be shown how he *really* can help people rather than just what religious texts say.

In subsequent visits, the main continuity seems to be a quick clearing and much heavenly love. My feet and head both felt hot as they heated up. But he moves through quickly, and then you are left cleared and relaxed, peaceful, content. There are images each time I activate his energy, yet so very much is as a lucid dream that I’m having difficulty recalling them after the encounters!

Angelic Sealtiel wants to help people directly, and if you allow yourself to recline and relax when you call upon his energy instead of kneeling during prayer sometimes,

you will perceive his communications easier. Kneeling is not necessary for him. He sends you messages through the gap between wakefulness and sleep. There is a space that is between meditation without thought and lucid dreaming. It is a journey space where we are aware of what is happening and can interact consciously with the images, surroundings and feelings perceived therein.

I find myself slipping past the spiritual journey state of mind into some lucid dream state frequently when activating Angelic Sealtiel's energy. I am shown that is well, for many messages are for the inner self and subconscious mind. These messages give comfort and encourage faith. You may remember what was shown later if your conscious mind needs the messages. Otherwise you may simply witness a stream of moving data.

Sealtiel's name means "Prayer of God". Also known as St. Salaphiel, Salatheel, Salathiel, Sealthiel, Sealtiel, Selatiel.

I saw the words "***Riding on the Winds, from Heaven to Earth***" while I was feeling Sealtiel's energy. I believe that is a message of his movements.

Archangel Salaphiel, "The One who Prays to God" is perceived as an angel who urges mankind to pray. As Salathiel, he is known as "I have asked God". As Sealtiel, he is known as "Intercessor of God". He is mentioned in the Book of Ezra and the Book of Tobias.

Archangel Salaphiel/Sealtiel is the Patron Saint of prayer. He is depicted on icons with face and eyes lowered and his hands crossed on his chest. An air of humility and deep inner concentration is portrayed.

It is said that through his guidance, you will be able to pray without distractions, lack of focus, or inattentiveness.

Angelic Sealtiel is the name by which I am shown to encourage you to call him by. He is Angelic; that much is agreed upon by all who appreciate him.

Please remember that Angelic Sealtiel wants to assist everyone who calls upon him with a sincere heart, not just for priests and ministers anymore!

As St. Sealtiel, I think he did have a life in physical human form, but I could not find any historical record of that life. It is told to me that what is important is that Sealtiel, more than some other angels, knows intimately what it is like to be here on Earth. Sealtiel knows what it is like to be away from the throne of Eternal Sacred Source and to reach for Heavenly Love. From here, oneness can be unthinkable; from Heaven, separateness can be unthinkable.



## ANGELIC SEALTIEL EMPOWERMENT

Sealtiel, for whatever reason, was given the knowing of living here in a dimension in which Heavenly Love can be illusive. Feeling separate and devoting himself to prayer in order to feel the oneness that it his Birthright is why his gift to you is effective prayer.

Angelic Sealtiel's energy can be called upon to intercede for you before the throne of Eternal Sacred Source and to help you resist temptations of any kind. Any sincere seeker can receive Sealtiel's help.

Please spend a few minutes to invite your *Angelic Sealtiel Empowerment* to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Angelic Sealtiel Empowerment as anchored by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!”**

Now that you have paused to receive your empowerment, you have the right to call upon Angelic Sealtiel anytime. Please do so when you have a few minutes to dedicate to your prayers of faith. Activating Angelic Sealtiel Empowerment with your intention - a strong feeling of wanting the energies that its name represents is all that is required to begin the energy flowing to you. Simply say out loud or in your mind: **“Angelic Sealtiel, Please Activate your energies for me, this day!”**

Usually it is necessary to keep your mind lightly resting upon the fact that you want this energy to continue flowing for it to remain active and his presence to be close to you. By moving your thought to another topic, Angelic Sealtiel receives that as a message to cease his flow of energy.

Even after your thoughts are no longer concentrating on your prayers or contemplating Angelic Sealtiel, he will continue to intercede for you before the throne of Eternal Sacred Source.

Here are some of the many reasons you can call upon Angelic Sealtiel to assist you. You are not limited to these topics. If you feel the want to call up Angelic Sealtiel for other reasons in your life, please do so frequently.

Angelic Sealtiel can help you in your prayers, because when you call upon him to activate his energy, he will move his presence through your body and energy fields. This immediately lifts you to a higher state of mind that is more compatible with the activate communication of prayer.

You will learn how to pray better by Angelic Sealtiel's presence lifting you out of

## ATTUNE TO DIVINITY

any worry, frustration or limiting beliefs, fears and temptations. Dense energies that keep us stuck are left behind as Angelic Sealtiel's energy invites us to new heights of awareness and appreciation of what we do have in life.

Simply say out loud or in your mind (in your own words or primary language works perfectly too): ***“Angelic Sealtiel, give me the mind of prayer so that I can pray more effectively!”***

***“Angelic Sealtiel, lift me out of the mud and mire of gossip and daily life frustrations. Cleanse me of all stains and impurity from any mistakes, or unwanted experiences, purifying me to be the worthy person that I AM!”***

Angelic Sealtiel will help to heal and open your heart center so that you can more easily feel Heavenly Love. Simply say: ***“Angelic Sealtiel, heal my heart and pour Heavenly Love through my Heart. Teach me how to send Heavenly Love out to other people.”***

Angelic Sealtiel is very good at quick clearing for your spiritual hygiene. By this I am speaking of the left over emotional energy that sometimes sticks to you after you have been around other people. Sometimes just talking with a person, even over the telephone, opens you to their emotions. Especially if you feel compassion for a person and want them to feel better, you may pull in their pain in an attempt to free them of their pain. Usually the other person will feel much better, and you then bear the weight of their pain. Please ask Angelic Sealtiel to remove any energies or burdens that are not yours.

Say: ***“Angelic Sealtiel, I want to be healthy; please remove from me any burdens or pain that are not mine. ANY emotional burdens that are not in my highest joyful good to carry, please lift away from me, NOW!”***

Angelic Sealtiel Empowerment will help you resist temptation.

Simply say as often as you need to: ***“Angelic Sealtiel, give me the strength and motivation to resist this temptation. Please show me a proper use of my time, skills, and resources, NOW!”***

Or you could say: ***“Angelic Sealtiel, please exalt my mind and desires! Cause me to want all that is good and healthy for me!”***

## **Drop-In Care**

Drop-In Care is especially helpful for people who are dropped into other people's bodies during their night's sleep time. There are many people who have the special gift of providing drop in services for others who need to go and get some "rest and relaxation". If you have vivid dreams of being in a body that is not familiar, living hours or days "for" another person you may be a "drop in". Those experiences can be good or traumatic. Drop-In Care is designed to assist both you and your body to be healthy after the experience.

The "Drop In" experience may be consciously remembered or simply indicated by memories or feelings that did not happen in any lifetime.

Dance into every experience you have fully present, returning to your every-day reality completely. Ready for your day's events!

### **Drop-In Care**

*Provides continuity for your life line.*

*Promotes Healing for trauma which occurred while your spirit is in a body that is not the one you regularly live in.*

*Retrieves all of you from "where" you were during your night sleep or spiritual journey experience.*

*Teaches your body that trauma sustained while you were in another body did **NOT** happen to your body.*

*Provides ease of mobility between any body you dropped into and the complete return into your own body.*

*Integration into this body for Drop-ins who may be new to this body and are now the permanent resident of this body.*

**Drop-In** definition and example situations:

A 'Drop-In' is when you, your spirit, drops into a body.

## ATTUNE TO DIVINITY

You experience living in that form suddenly having to continue in whatever situation you find yourself in.

You may find that the person who usually lives in that body made agreements that you never would.

Now you are required to carry forth. You may feel disoriented. Usually the body does not feel familiar. You may find yourself "looking" back into that person's memories to discern what your relationship to various people who you encounter are.

You are doing activities that are unfamiliar to you, yet very familiar to this body you find yourself in and the person whose life you are filling in for.

Drop-In is filling in for another person, animal, bird, fish or other life form.

The most common reason for a Drop-In situation is that a person needs rest and relaxation. There may be a reason that they need to be taken out of their body and transported to a healing temple.

If the healing literally needs to take more time than their physical sleep time allows, a Drop-In is needed to fill in.

If one of your spiritual roles is that of a Drop-In, then you will indeed arrive into that person's body while they are not there, to carry on for them.

These decisions are not usually made consciously. As such, when you go to sleep at night or day, whenever you sleep, you become "available" to drop-in to a person's body when that person needs healing.

If you are overzealous in your role as a drop-in, you may, at a soul level, accept too many assignments. You may not know anything about this consciously. However, when you physically awaken, you may be so very exhausted.

It is true that many other sleep work experiences could cause you to be tired also. Spirit and our own souls are usually very ambitious and lead us to do more while we are asleep than is wise.

Being in a body is not something that our soul takes into consideration when we are

## DROP-IN CARE

doing our spiritual work. In other words, there are times when our spirit needs rest also. Our own body needs us to be rested to function daily.

If we are mentally tired from "doing" while our body slept, it can adversely affect our concentration while going about our day.

There is much to speak about on this topic. For the purposes of this manual, I choose to direct this explanation in regards to how the drop in experience affects our waking life and how to accept healing.

If you live in a body as the second resident, rather than the person who was born into the body, your life could be adversely affected by the body's memories and reactionary records of the first resident. If the person born into the body you are currently living in is not present, you are, your body may need to be taught how to let go of the past memories and learn about you.

Please spend a few minutes to invite your *Drop-In Care* attunement to release fully unto you. Simply say out loud or in your mind: **"I ask to fully receive my Drop-In Care attunement as anchored by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!"**

Your Drop-In Care flows into your body and energy fields, assisting you to be completely here. It will teach your body what pertains to you and what does not apply. If you have been in another body in your night dreams or during a shamanic journey, your body will learn that it need not receive an imprint of anything that occurred to you.

Now that you've spent a few minutes receiving your attunement, you can activate your Drop-In Care energy system. When you are ready to spend a few minutes to a half hour relaxing and receiving the assistance of the CARE Team, all Eternal Beings of Love, Light and Life who are responsive to your call and whose specialty is helping Drop-Ins shall arrive and assist you.

Say audibly or in your mind: **"Drop-In Care, Activate for me, This Day!"**

*If you are sensitive to subtle energies, you may feel a concentration of your own spirit more strongly in your body. You may feel a sense of safety and freedom as your body is educated about certain experiences your spirit had. Your body will learn that those experiences did not happen to your body and that it is unlikely*

***that anything like that will happen to it!***

It is quite alright if you don't feel anything. Drop-In Care will still work for you at all the levels you need it to.

Here are some examples of being a drop-in during your body's sleep time.

Basic during the sleep time drop in experience entails you dropping into a person's body as they are lifted out of it to go to a healing temple for some much needed rest and relaxation. If you remember your dream upon waking back up in your own body later or in the morning, you may recall the feeling of disorientation.

1) You may remember that you, a Caucasian adult female, found yourself in the body of an Asian teenaged girl who was a cook. She has helped her family from the time she was young and was expected to be fast and expert. You, arriving into her body in the middle of a busy kitchen, don't know what to do. You are able to look back into her memories and realize that this is what you are expected to do and were good at it.

You then review the recent memories to get a sense of who the people around you are and their relationship to you. You notice certain agreements she made that you never would have; however, you are here now, in her body and everyone thinks you are she. You even catch a glimpse of your face in a shiny pan that is hanging from the wall and your hair is black and your eyes brown. In your daily life body your hair is blonde and your eyes green. You are here, in this body, and must move quickly to make this food! You may be in that body for what feels like hours or days, yet when you wake back in your own body, the dream occurred in less than an hour.

This is often the way it is with dreams. The time lived in the dream is often much longer than the time you were physically sleeping. Time is strange!

I experienced being the Asian girl as a drop-in experience a few years ago.

Now I shall explain a few other drop-in experiences I had so that you can get a sense of the range of experiences you could have. There are many others I've heard about, but I will only share the ones I have known personally so that I can give you the details. In every drop-in experience I've had during night sleep, I am suddenly

## DROP-IN CARE

just “in” the person’s body. I “come to” or come into consciousness in that body, often in the midst of action. I do not remember having ever arrived into a drop-in situation while the other person is sleeping. Maybe that happens, and I only remember the ones that were a bit more jolting to arrive into!

2) I suddenly am running, guiding a group of people through a mountain pass and helping them to evade other people who want to steal our food. I feel strong in this body and touch my face, only to realize I have a beard! I, upon needing to “relieve myself” (urinate) am quite surprised to find body parts appropriate to a man and well, I don’t have to squat outdoors to pee!

3) In another situation I am in an older woman’s body, and there are many children that I am responsible for. I look into her memories to learn the names of the various children and why I am taking care of them.

4) Now, in another drop-in situation I find myself a very slim young lady who is dressed promiscuously and who has apparently, promised herself to more than one man! The men do not know this, and I am now in the situation of trying to keep each man from learning about my involvement with the other one. I see how very much each one would be hurt if I broke up with them.

I would never dress like this, and I would never promise myself to more than one man! I can sure see why this young lady needed healing, but in this moment all I want is to get out of this situation. I’m embarrassed and don’t want to do the things that either guy wants me to do, because I’m not in love with either of them. She is enamored of both, interested in both, but not in love with the second one. How she got herself into this situation is in her body’s memories, and I am not impressed with her lack of wisdom. I must choose whether to end one or both of the relationships or carry on in the manner she has set forth. It is obvious that I cannot allow myself to be with more than one man.

(Even when you are in another person’s body and participate in activities that are in the agreements already made by the person whose body you have dropped into, there is a responsibility to clean up the situation. You, being conscious of being a drop-in, in a body that is not yours, realize that the person will be returning into this body and have to live with whatever choices you have made while you are here ‘filling in’ for them!!!)

So, I quickly break up with the guy that I knew she was not in love with and secure

## ATTUNE TO DIVINITY

the relationship with the one she is in love with. I see that she would not have had an easy road with the one she was not in love with, for he was not the best man for her to be with. But, looking into her memory banks, she would not have let go of the one she did not love. She was simply being cruel to other guy and the relationship needed to end for his sake as much as hers.

5) I am a woman and come into consciousness riding the back of a man as he and others are running to safety. I have been injured and then pass back out again as I am jostled around as he is running. I come to consciousness again in the same woman's body, in great pain as my leg is only attached to my body with some skin. The people around me are sure it can be re-attached, and I pass out again. I awaken some time later and see concerned faces all around me. It is clear to me in this situation that the woman would not have been strong enough to handle the idea of possibly losing a leg and would not have wanted to live. My presence was in her body, because I knew I was not going to have to live without a leg. I was only here to give her body a strong spirit to fuel its healing for a while. I had to make the appropriate caring noises of appreciation while my hand was held by people who love this woman.

6) I am coming into consciousness suddenly swimming in an ocean. I am swimming in a training course up, around, down with a monitor tag upon me. I am a dolphin and not on planet Earth. I am a dolphin who has practiced much, and I do not know if I am doing very good on this, his special race day. Those around me wonder why the scores are not good.

7) I awaken with my back to the trunk of a tree, high up in a tree, upon a branch. I am very still. I look down and am watchful of this one bridge. I am peaceful, content; this is who I am and what I do. I wonder what type of body I am in. I can barely see the other beings that I am with. I think we are what are called Dryads. We are spirits in the trees. Now it makes sense why the bridge we watch, and the people crossing it do not see us. They never see us.

Being in a Dryad form is one of the most enjoyable drop-in experiences I've had. I do not know if I helped any Dryad spirit by being in that form, but I am grateful to awaken within my night dreams as a Dryad and have done so many times. It is not a place I can get to in meditation or spiritual journey, and so it is only when Source chooses to drop me there that I get to enjoy it.

As you can see by the few experiences I have relayed to you here in these pages,



## DROP-IN CARE

that if your human body receives imprints of where you were and what happened to you, it could lead to complications.

Take for example that drop in experience where I filled in for a woman whose leg had been nearly severed. If, upon my return to this body and my awareness still being full of the emotional pain that imprints also as physical pain, my body could react as if my leg had really been severed!

This is also true for any night work experience where you are out and about in spirit, out of body and experience anything traumatic. But this particular energy system is designed to help with the unique concerns of drop-ins. Drop-In Care, after that drop-in experience, helped me to tell my body that our leg is fine, nothing is wrong. That really did *not* happen to you, body; we are whole and healthy.

The unique quality of the drop in experience, which is different than a dream or anything that happens to your astral body while you are out of body, is that you are indeed in a physical body.

You are in a physical form for a period of time. Therefore your mind and brain imprints the experiences differently than a night dream. A night dream where your mind is simply sorting and sifting, making up scenes to place you in as part of its making sense of the previous day's events is not as real.

A night dream where you are out and about in your astral form or other light body form is not so very corporeal. When you are in a form you've had in another time and place, in another reality, there is still a sense of it being you, and somehow your body can put that experience into perspective.

The drop in experience, when you are wired into another body for a short or long period of time, seems to be received as more "real" by your physical body. Physical or emotional experiences have a more lasting effect after a drop in experience, be they positive or negative, when you return into your own body.

It doesn't matter if you remember your drop in experiences you had during sleep or not. You can activate Drop-In Care as a maintenance care program just in case you happen to be dropping into other people's bodies while you sleep.

Do these drop-in experiences happen in this reality or other realities when you

sleep? I think it can be either. The effect is the same.

You may simply ask yourself a few questions in order to discern if you really need to be activating Drop-In Care first thing upon waking from your sleep time.

- 1) *Do I feel as if I was in a strange place?*
- 2) *Do I feel like part of me was far, far away working hard?*
- 3) *Do I feel like all of me is here, or do I feel like I'm still traveling?*
- 4) *Do I feel like I was wearing someone else's life?*
- 5) *Do I have memories of being in a body that is not mine?*
- 6) *Do I feel extra grateful to be here in my own bed?*
- 7) *Do I look in the mirror to be sure I recognize my face?*
- 8) *Do I notice memories that just don't seem to belong?*
- 9) *As the night sleep fades, do I physically feel tired?*

Even if you don't remember your sleep dreams, it may be wise to activate Drop-In Care by simply intending it to be active for you:

***"Drop In Care, Please Activate and Help Me!"***

Just give the Drop-In Care a few moments to start working on you. Then you can continue with your regular morning spiritual hygiene routine. Activate the other energies you normally would in the morning to connect with Source and prepare yourself for your day.

There is another kind of Drop-In experience that is truth for some people.

In that experience, they do not go elsewhere to be a drop in, they already are a drop-in. The body they currently find themselves in, here in this reality on Earth, is one that they have been dropped into. This means that they were not born into that body. If you are a life drop-in, the experiences the born-in, now walk-out experiences can be complicating your life.

It means that at some point, based on a soul agreement with the one who was born into the body they now reside in, the first person was lifted out, and they were dropped into the body. Some people call this a walk-out, walk-in situation. You can research that term on the internet if you would like to.

I prefer to speak of it as a drop-in situation because no one actually walks into a

## DROP-IN CARE

body; they are dropped into it. If, here in this reality, you arrived into this body sometime after the body was born, you are a drop-in (or walk-in).

I'm not asking you to believe in this. For those whom this is their reality, this section of Drop-In Care will be answer to prayer. For others, you may simply want to scan or skip this section completely.

If, you are a spouse of someone for whom being a Life Drop-in is reality, you may wish to read this section carefully. If your spouse has had a sudden change in likes, dislikes, personality and being, he or she being a drop-in is one possible explanation.

Let us say, for example, that someone was born into their body with an agreement with Eternal Sacred Source that they did not want to live the entire body's lifespan here on Earth. This agreement was made prior to their birth with Eternal Sacred Source. These decisions are not made from here.

Usually the life purpose has been completed, and the physical body is still able to sustain life. Most of us know that suicide is not a promoted practice in any faith or religion. Life is sacred. What happens when a person has completed their life purpose? Usually, the most common answer is that a new life purpose drops down from their soul, and now they have purpose!

For someone to be lifted out of their body, never to return to it, that decision has to be made from a place much higher than here, in full agreement with the person. Usually it is a joint decision with the one born into the body and the one who shall be dropped into the body when the born-in is lifted out.

The born-in is usually gone for good, up in Heaven, moving forward as if they had died. But in some rare instances, the drop-in that arrives is only holding space for the born-in. I have known many people who were born into their body and who were lifted out years later. A drop-in arrived to live in their body during the difficult teen years and was subsequently lifted out at age 19. The born-in was then dropped back into the body to continue life.

Drop-in situations that last many years or the remainder of the body's lifespan are usually due to the purpose of the life of the born-in being reached. Ones that are dropped in for only a few hours, days, weeks or years usually arrive because of intense trauma. These drop-ins are there to hold space and carry on while the born-

## ATTUNE TO DIVINITY

in receives healing at the soul and personality levels.

What is important to understand here is that most drop-in situations are about you, here in this body, yes born into this body, being a drop-in during your night sleep. You then arrive back into your body here on Earth upon waking from your physical sleep. Occasionally you are the drop-in here in this body and will live in this body for the remainder of its natural life. The born-in has been lifted out, and you are here. I call these Life Drop-Ins rather than just drop ins. What are the clues that you are a 'life-drop-in' or as some people say, a 'walk-in'?

The most prominent clue is that when you look back at the memories in your brain, before a certain date, nothing feels like it happened to you! You may see the memories, but it is as you are looking at a film with the emotional sound turned off. You can sense pain or joy or connection with others, but it does not feel like any of it really happened to you.

Yes, it happened to the body you are in, the body that is now yours, and thus anything that you find in those memories can be affecting your body positively or negatively. Drop-In Care can help your body sort through this. Let us speak now about some of the things that can happen when a person completes their life purpose. The first and most common is that another life purpose simply drops down from your soul. Makes sense, right?

Or you could have a descension. Descensions are beneficial, because they are additional soul parts arriving here to be with you, here in this body. A descension can happen to a life drop-in or to a born-in person.

A descension can arrive just with a new life purpose and usually additional skills and abilities to help you achieve that life purpose. A difficulty with descensions is that this new soul part may or may not have different personality traits. Not another personality entirely, simply new likes and dislikes, moods and opinions and beliefs.

Now I speak here of determining the difference between a descension and a drop-in (walk-in) experience. The clarifying difference is about whose soul it is! The descension arrives from the same soul as was there just prior to the descension. It is the same energy signature - the same soul, just additional parts.

You, as a life drop-in, can have a descension. Maybe only a certain amount of your soul arrived when you first got dropped into this body. Now that you are here and

## DROP-IN CARE

are adapting to living in this body, more of you wants to arrive.

If you are trying to simply determine if you are a life-drop-in or if you were born into this body and have just had a recent descension, now is when you may want to think about the soul energy signature. Some people really just had such a prominent descension that they feel so different than they did a few weeks or even years ago, and they wonder if they are the same person!

Well, you might not be the same person, but if the soul parts that arrived are from the same soul, then you are not a life drop-in or walk-in.

You have simply grown, and that is wonderful! You might be a drop-in during your night sleep for other people, for those short times when Source wants to lift someone out of their body to help their spirit heal. So this energy system may still apply to you even if you were born into this body.

Think about memories that happened to this body. Think about them in chronological order from now, back in time. Is there a time when you start to notice that the memories just really don't feel like they are yours? Yes, they happened to this body, and you can access the details, but it is likely that they are not yours. If this is true, combined with various personality changes, different likes, dislikes and beliefs, then you might be a life drop-in.

Descensions can occur for life drop-ins too. Remember now that descensions, whether they occur for a life drop-in or a person who is a born-in, also can arrive with personality additions, different likes and dislikes, additional skills, abilities and life purpose changes. If you are trying to determine if you, here in this body, living this daily life are a life-drop-in, think about this. The important clarification that makes it a life-drop-in, not just a descension, is whether, at any point in the past, you were not living the life your body was living. If you discern that you were not in this body during those experiences, then your body may need Drop-In Care to help it.

Life-Drop-Ins experience unique body frustrations. Human bodies are very loyal beings. Yes, beings. They have consciousness and are intelligent. Human bodies learn from the womb into life outside of the womb, together with the born in person, what the needs of that incarnated soul are.

They are a team. If the born-in person leaves, whether it be for a night during sleep

time or is lifted out of the body and traded for a drop-in, the physical body is very protective. This is natural. When you are asleep, you know that your body will be there awaiting you and only you when you return to it as it physically awakens. There are safeguards spiritually so that you are the only one who can enter it upon its physical awakening from sleep. Some people call this the silver cord which connects your spirit to your body. Now, the only time a person is ever lifted out of their body and another person dropped into it is by sacred agreement. Usually trauma or a near death experience has already occurred. This is something that is wanted and alright for all parties involved. This is a sacred exchange and a great freedom for the one who is lifted out, who has already felt that they did not want to be here on Earth and that they were ready to go onward to Source.

Think about the body when it receives the new person, the drop-in. You are in a place the body thinks you do not belong. Similar to organ transplant, there can be rejection by the body. That is why some life drop-ins get auto immune concerns or simply a lot of allergies.

***The most common problem is that you, the drop-in will find that your body reacts to outside stimuli or situations in ways that you would not!***

No matter how much you try to explain to your body that you are not afraid or worried about (fill in the blank), your body remembers what happened to the born-in and is determined to keep safe. You, with your own unique skill set and personality would not have the same bad experience even if you found yourself in a similar situation. But your body does not know that and is determined to keep you safe, thus giving you reactions that will steer you away from situations that were uncomfortable or hurtful in the past for the born-in.

This can be rather disconcerting as you, the drop-in, try to grow relationships and friendship. Your body is giving you reactions of nervousness to terror when you attempt to get close to even a safe person if they remind the body of someone who caused emotional or physical pain to the born-in previously.

That is when Drop-In Care can be most effective. It can firstly applaud your body for being such a good caretaker. Drop-In Care can also attend to the low level mourning that the body may be doing. It may be holding space for the born-in to return. Any adversarial relationship you may have with the body you are currently residing in can be alleviated by Drop-In Care explaining to your body that it does not need to be loyal to the born in anymore. It can learn that the born-in simply

## DROP-IN CARE

moved on and that it did nothing wrong. The body needs to know that it is not to blame for the born-in leaving. The body may not know that the born-in got lifted out; it likely feels like the born-in simply stepped out, which is why such a person is usually called a walk-out. The body feels that abandonment and loss even though you are here so that it did not die but can live and thrive for years!

Maybe if you are a life-drop-in, you never considered that you aren't here just for you but so that the body can live! Sometimes the born in was so tired, especially if there had been trauma prior to the 'walk-out', or 'lift-out', that if they had stayed, the body may not have been able to sustain life.

The body knows that it requires an incarnated soul that is strong enough to stay otherwise the body dies. So to have you here is actually a gift to the body, yet it may feel that it let down the born-in (walk-out) in some way.

Furthermore you may experience intense abandonment issues that are not yours, nor are they the born-in (walk-out's), but your body's emotional issues!

Drop-In Care is here for you to call upon for assistance in these matters.

Giving the body a message about what memories are yours and which ones belong to the born-in, now walk out, is an important role of Drop-In Care.

In this manner, it provides your body with a blueprint about what likes, dislikes, beliefs and experiences are yours and which ones can be dropped away, never to be reacted to again!!

You can gain a new cooperative relationship of trust with your body with Drop-In Care's assistance. Many life drop-ins reach a point where their body does not want their spirit to travel at night. This can be further complicated if their body tethers them and does not allow them to travel in spiritual journeys or deep meditational states.

This is due to the body's fear that you may leave just like the born-in, now walk-out, did. Our bodies are smart and do want to live. They know that they must have a spirit (incarnated soul) in them in order for them to live. They do not want to die.

Drop-In Care promotes communication with your body so that you can regain the

## ATTUNE TO DIVINITY

spiritual freedom of mobility that is your birthright while giving your body the confidence that you will return to it, you and no one else!

I highly recommend a simple, yet comprehensive, writing exercise for you to do for the next 55 days if you are a life-drop-in. Write 55 times a day for the next 55 days why you want to be in this body, on Earth in this reality.

You may write some of the same reasons each day, but you must have some reasons that are different each day also. I assure you that after 55 days of writing and activating Drop-In Care for you, that your body will no longer hold you back from your spiritual journeys.

You will have any amount of mobility that you have spiritually grown to and matured into available to you. As you continue to grow spiritually, your spirit's mobility will not be limited by your body's worries or fear.

Your own fear or worry may need further attending to by lifting it up and giving it to your helping healing guides and angels.

Drop-In Care may be activated for others as its activity is under the authority of the person's soul and so can only be beneficial to them.

## Injustice Flush

Balance your internal scales with the Injustice Flush! When you feel that you or others were treated unfairly, you feel injustice.

The *Injustice Flush* will flush away the energies that block happiness, health and peace. The Injustice Flush provides freedom by lifting away the weight of the injustice so that you can now function and live well. The Injustice Flush moves away the energy of being harmed so that you can feel better.

I think that each of you reading this has felt the weight and dense energies of injustice one or many times in your life. It doesn't matter whether the injustice was done intentionally to you or not, it doesn't matter. If it was personal or if you are



## INJUSTICE FLUSH

feeling the injustice done to other people; it still hurts.

The injustice can be something little, such as being denied credit and therefore an opportunity alludes you. You may have been denied a job because of something a previous boss said, or you were told that you don't yet have enough experience in the field you've trained years for already.

You may have witnessed racial injustice or experienced it yourself. Maybe because of your gender, you were not taken seriously enough on a topic or worse, denied work or a position of authority.

Maybe, because of a loved one's relationship with a previous spouse, you now have additional responsibilities or are cleaning up a 'pile' of debt.

Someone did not listen when you had your meeting and had finally gained face time with him or her. Now you feel that the opportunity is gone, and it is no fault of yours!

At other times you witness the unjust treatment of children or minorities. You see that some elders in the community are looked down upon and treated worse than children rather than revered for their wisdom. Worse yet, you may be that wise elder who is not listened to nor consulted on topics that you are expert in. The Injustice Flush will flush away the weight of these feelings of being treated unjustly.

Sometimes there are things that you see need to be done, but in truth it is not your responsibility to do them. Yet when these things are left undone, you are adversely impacted. You feel the injustice of your life quality diminishing because of the irresponsibility of other people.

At some work places, your privileges are revoked because of the disobedience of one or more persons, not you. In many establishments all persons of a company or group are punished if one person does or does not do something. Many people feel injustice in those situations.

Many people hold on to the feeling of injustice, because they feel that the injustice must be acknowledged before they can let go of the feeling.

Feelings of Injustice, personally or on behalf of others, are often used to motivate

## ATTUNE TO DIVINITY

people unto action. Emotion filled words and actions are disregarded by many in positions of authority. Any action you take or words that you do speak in regards to the injustice will be much better received when you aren't carrying the energy of Injustice within your body and cells. The Injustice Flush records the injustice at a higher level. Please allow life to balance the scales.

It might not be your burden to make others pay or acknowledge the injustice. The Injustice Flush provides freedom by lifting away the weight of the injustice so that you can now function and live well.

Injustices occur on all topics in life, and I've not even mentioned the biggest Injustices of personal rights and freedom until now. Even if you are not able right now to change any of the situations that you feel injustice about, the Injustice Flush will flush away energies that are only clogging up your connection to Spirit, Eternal Sacred Source. Yes, being motivated to act positively is important, but please hear that you will gain more effective energy for action by allowing the energies of injustice to flow away.

When you feel injustice, it is in the same band of energies as victim energies are. Those energies close a person in on themselves until they are so in pain that they may lash out at other people. Most of us agree that such actions do not cause others to want to join our cause in a rational, agreement gaining way. Please lift up your thoughts and mind, being willing to let go of any energies of injustice that you may be carrying for yourself or others.

You will be a much more effective advocate, if that is for you to do when you allow the energies of injustice to flow away. Don't worry, you won't forget or not care; you will simply be able to see more positive options.

Please spend a few minutes to invite your Injustice Flush attunement to release fully unto you. Simply say out loud or in your mind: **“I ask to fully receive my Injustice Flush attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!”**

Activating this flush with your intention – a strong feeling of wanting the energies that its name represents – is all that is required to begin the energy flowing to you.

Say: **“Injustice Flush, Activate and Flow to completion”**

## VIRUS INHIBITOR FIELD

Usually it is necessary to keep your mind lightly resting upon the fact that you want this energy to continue flowing for it to remain active. You may or may not feel any sensations; it doesn't matter if you feel these subtle energies. Now you are less likely to experience injustice in the future!

You don't need to be reclined or stay in one place in order to use the Injustice Flush. It is extremely versatile and easy to use no matter where you are or what activity you are engaged in at the time.

The Injustice Flush is most effective when activated for personal self-healing use. If you are accustomed to activating energies for other people, you may activate the Injustice Flush on behalf of another person if you have their permission and request to do so.

## **Virus Inhibitor Field**

***Purpose:*** To restrict virus replication and thus reduce the possible damage within a physical body.

Re-activate the ***Virus Inhibitor Field*** every 36 hours for maximum benefit. This is an energy field gifted to us by Source to reduce the harmful effects viruses can wreak within physical bodies.

Less replication gives our own immune system a better opportunity to fight the virus and either eliminate it or keep its effects minimized.

The ***Virus Inhibitor Field*** is especially useful for health care workers who are routinely exposed to viruses through various forms of accident and airborne contact.

There are many instances where people come into contact with viruses that lodge in their bloodstream. Often they are not aware of this until their body's defenses are compromised by stress, bacterial infection, other illness or environmental influences.

Then the virus, which has been there yet unable to make enough copies of itself

## ATTUNE TO DIVINITY

to cause a person illness or damage the skin tissues or other membranes within the body, makes prolific evidence.

It is important to assist your body's immune system to easily reduce the virus cell population by activating the Virus Inhibitor Field every 36 hours. This field makes your body and energy fields a less hospitable place for viruses to live. Each physical body is such a galaxy of variables that there is no way to tell how effective the Virus Inhibitor Field will be for a particular person.

We do know that it will do something beneficial for everyone who seeks health. Please spend a few minutes to invite your Virus Inhibitor Field attunement to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Virus Inhibitor Field attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!”**

***Working with the energy field:*** You may activate the Virus Inhibitor Field for other people. It will only be as effective as their desire to be well, combined with what is allowed by their Higher Self. You may notice, however, that continual reactivations may not be as effective for people who are old enough to understand this type of work if taught. This is because there is a necessity for people to be responsible for their own health. This field is not programmable to reactivate by itself. Conscious choice and will are required.

## Future Reality, Background Matrix Synergy

***Future Reality, Background Matrix Synergy*** causes your intentions to be congruent in both your outer life and your background reality matrix.

The gap between these two realities is the one of the most common reasons people struggle to manifest prosperity and healthy relationships in their life.

This synergy is to be activated and “run” like a program with intention.

Your current foreground reality is who and what is in your life now.

## FUTURE REALITY, BACKGROUND MATRIX SYNERGY

It is where you interact with the world around you in a physical way and is your linear timeline of events moving forward. Your future reality becomes your foreground reality in each new now moment. This is why we are working with your future reality in this energy system, to synergize your background reality with what you want to have arrive into your life in the next moment. This changes the “allowances” in the background reality.

Your Background Reality is the matrix that upholds your physical reality.

This matrix must be in synergy with the intentions and beliefs by which you plan to co-create your Future reality.

When there is a gap between these two realities, it can be difficult to attract and retain the people and things you want into your life.

So many people dutifully work on themselves. They do so many clearings and try to let go of all beliefs that are not in alignment with their current intentions. That is a gigantic part of being in the right alignment with prosperity. There is a piece that most people are not even aware of, and I believe that piece is changing your background reality to allow for the prosperity and health you want in your foreground reality.

When what has been holding you back is not just personal “stuff”, how does one transcend it so that you can attract into your life all that you want?

You call in high powered assistance from Eternal Sacred Source. We are meant to progress spiritually and have the ability to cause our physical foreground reality to reflect the abundance and health we have inside.

Future Reality, Background Matrix Synergy changes the matrix, the filters in the background so that they allow prosperity and healthy relationships to thrive in your foreground reality. (In your daily life with family, friends and work.)

***Future Reality, Background Matrix Synergy***, when activated, is as an energy program that is full of movement. This is because it is taking the intentions you’ve set forth in your Foreground Reality and making changes in your Background Reality so that your intentions are congruent and supported.

## ATTUNE TO DIVINITY

When your Background Reality “allows” for the intentions you’ve set forth to be considered “possible” and “safe”, then they can actually emerge and be known in your Future Reality. In other words, you set intentions from where you are in your foreground reality.

***For your intentions to come forth and be made manifest, the background matrix must allow them to pass from the invisible to the visible to exist in your future reality.***

***The background reality is the support, the web or matrix through which all that exists in your future reality must arrive. Furthermore, in order for good things and healthy relationships to stay in your current foreground and future reality, they must be anchored in your background reality.***

Many good relationships, situations and things may slip through the adverse positioning of a scarcity and survival only oriented background reality, but without a matrix that supports these positive things, they will slip away from you. That is part of why people just don’t understand what they are doing wrong. They don’t understand why, despite doing everything right, good people and situations slip away from them.

Many times the answer is in the fact that their background reality is not supporting the healthy and good situations, relationships and things that they’ve attracted. Think about the type of “rules” that supports survival of a species rather than the thriving of individual members of that species.

The dangers of people who had to spend most of their day collecting or killing their food, and then protecting it from others who did not do so, was supported by a background reality that promoted distrust of people’s motives and hoarding of supplies. There was a feeling of never knowing when the next meal would arrive or if your own supplies would be taken. The warriors and ruthless ones stayed alive and bred, reinforcing behavior.

Yes, over time, the arts, knowledge based pursuits and the finer things in life did happen. They were either defended by the warriors or isolated enough so that the ruthless ones did not notice the existence of these peaceful societies.

Some of the initial program of karma was designed to provide challenges by which the overcoming of these challenges would bring spiritual growth.

## FUTURE REALITY, BACKGROUND MATRIX SYNERGY

As humanity grew and changed, and Eternal Sacred Source came closer to its creation, awakening within the very matrix of the hologram of this reality, the gap between the original plan and the plan which was implemented became obvious.

The creator lords who had been granted the privilege of setting forth the creation that Eternal Sacred Source meant for Earth and her inhabitants, thought that they could improve upon it.

They made some “improvements” which when made manifest only served to limit the background reality that supports Earth and all who live within it.

Some very specific divine geometric codes were left out of the background reality. Whether the initial creator gods were trying an experiment, trying to control humanity’s growth, or just honestly thought they were improving on what Eternal Sacred Source set forth, I am not trying to guess.

It is that when Eternal Sacred Source sends out the transmissions for humans to receive updates so that they can live every step and every breath in the most healthy, abundant and gloriously thriving life possible here on this beautiful planet, the implementation of these upgrades don’t anchor correctly.

It is because the codes for life situations to get better and better, life getting easier and more enjoyable, are not supported by the background reality.

I believe that concept of "original sin" is the conscious wrong that the creator lords made when they disobeyed Eternal Sacred Source's instructions for the creation of the matrix which supports our physical reality on Earth.

We live in an imperfect world. The consequences of the "sin", the disobedience of those who were entrusted with the creation of our world; is that which we encounter every day in the difficulties we live with constantly.

It was originally intended that there be a karma game on this planet, yes.

It was also intended that people, as their challenges caused them to grow, would easily access the divinity within them and beyond this time space reality. The missing codes of divinity that were supposed to be in our background reality matrix are the codes necessary to transcend limitation.

## ATTUNE TO DIVINITY

Eternal Sacred Source is loving and will redeem us. We are not stuck forever going around and around in a world that feels separate from the rest of creation. We can receive the updates from Source. That is already happening.

The difficulty has been that the background matrix is still missing the codes to securely support ascension. Ascension is happening, but it has not been a graceful process. Eternal Sacred Source only allows beings to be separate from itself for a few seasons, and then there is a calling for a return.

There is also a choice upon planet Earth for the inhabitants to transcend the limitations of the initial karma game plan, here in physicality. As more and more people consciously cause their background reality to align to their future reality intentions, the missing codes are received and activated.

This is a very important energy system because it is the granting of creator-like abilities to you, for your life! You are being given the ability to transcend the limitations of the background matrix of this reality!

Rather than changing the background reality of this entire Earth hologram and forcing something upon ones who have free will about whether they want this change or not, we activate this energy system individually.

The more individuals choose to fortify their background realities with the acceptance and support of divinity from within this reality hologram, the more avatar abilities and prosperity will be known in our day to day lives.

We were not meant to be restricted from real co-creation; it is our birthright.

Please spend a few minutes to invite the attunement of Future Reality, Background Matrix Synergy to release fully unto you. Simply say out loud or in your mind:

***“I ask to fully receive my Future Reality, Background Matrix Synergy anchored by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”***

Your Future Reality, Background Matrix Synergy arrives unto your body and energy fields ready to begin synergizing your background reality to your intentions for your future reality.



Using Future Reality, Background Matrix Synergy:

It doesn't matter whether you believe my version of the events, which caused the background matrix of this reality to be resistant to supporting all of the good and wonderfully healthy relationships and things we want in our life, or not.

I simply ask you to think, "What if one reason I've had to struggle and work so hard to attract and keep good things and people in my life is that my background matrix is not synergized with my future reality?"

"What if a key to my health and happiness here on Earth is to activate this energy system for every area of my life?"

"What if there really is a matrix, or web, in the invisible realm that supports everything I see around me here in the physical?"

"What if that matrix is imperfect?"

"What if that background matrix is powerful enough to determine what stays in my life and what drops right through it, away from my life?"

"What if I really can cause this background matrix to synergize with my intentions for my future reality?"

Say, audibly or in your mind with strong intention:

**"Future Reality, Background Matrix Synergy, Activate Now!"**

"Add into my background reality any permissions and codes necessary to allow for and support all that I've sent forth in my intentions for my future!"

It is important to think and speak of your future. This is because your future becomes your now in each next now moment! It is easy to lose faith in a good and easy future when we've listened to the media. Listening even to friends and family can be a depressing experience some days!

I purport that for whatever reason, the matrix which supports this reality, all that we know, see and experience in this outer reality of daily life, is flawed.

## ATTUNE TO DIVINITY

The best way I've been shown to correct those flaws, to make a better life for ourselves and those around us, is to purposely synergize the future reality we have intended to manifest into the matrix codes of our background reality.

In other words, if for whatever reason, be it mass consciousness, karma game parameters, mistakes in the original creation of this universe's matrix, our own genetic or soul lineage historical imprints of fear or experiences, if our background reality has been too limiting in what it has allowed to arrive and stay in our life, then something needs to be done to update it!

Background realities have been notoriously difficult to update with the regular "divinity updates" that are transmitted from the Heart of Eternal Sacred Source. It has been found that a much more effective manner is simply to synergize your future reality intentions of prosperity and health with the background reality. In this way, the parameters, the reality that is intended and "allowed" in your future reality intentions, will mix with your background reality. When your background reality matrix is mixed with and spun together with your future reality intentions, limitations are dropped.

What was not previously allowed to exist (for whatever reason) now can be!

The future realities that were restricted because of past negative experiences are now able to come forth and be lived in all manner of joy and delight!

It is that our background reality held certain limitations that we have had difficulty transcending due to their binary nature. Things were seen as good or bad, proper or improper, with little allowances for the new or strange to be embraced. Now the very polarity which has caused so much strife on Earth and limitation in each of our individual lives has been synergized.

Synergy means that two or more things are functioning together to achieve a result that would not be independently obtainable. In order for your future to be better than your past, something about the good you want in your future needs to touch your past. It needs to be introduced so that the matrix, which has not yet allowed that particular good relationship or item into your life, will be familiar. When it is familiar, then it can't be labeled dangerous or unobtainable. Familiar means that it is possible, likely and will be welcomed by all parts of who you are as well as supported by your background matrix.

## FUTURE REALITY, BACKGROUND MATRIX SYNERGY

This Future Reality, Background Matrix Synergy can be run as a program energetically for every area of your life. I know that you can activate it as already directed, in a general way. I've tested this energy system thoroughly and amazed at how much more effective and quick the results are in my near future and then current reality, when I activate this system for each area of my life individually. Think about the various segments of your life. Do this in the way you naturally think!

When you think about the landscape of your life, what does it look like? What are the various topics, areas, parts of it? Do you think about your marriage or love life, then your friends, relatives and home? Do you think about your pets, your work, your spiritual life and health? Any area of your life that you can name is an area or topic that you can activate this Future Reality, Background Matrix Synergy for!

Some people can feel the subtle movement of energies when they activate an energy system. Some signs of such are a lightheaded feeling, being a little bit spacey or feeling expanded. Other people feel like their body is spinning even though they are sitting in their chair or reclined in a bed. Other people feel tingling sensations in various areas of their body or their attention is drawn to certain areas of their life or body. Some people don't ever feel anything. The energies will work for your highest joyful good no matter whether you feel anything or not.

If you are able to feel the energies move, then keep your mind lightly resting upon positive intentions for your future within the area of your life that you activated this Future Reality, Background Matrix Synergy for until they stop. If you don't feel any movement, that is alright; allow 1-15 minutes to pass while you do mantras or simply think about what you do want in that area of your life. Always do intentions with the mindset of 'this or something better.' This allows for Eternal Sacred Source to bring you exactly what you want, even if you don't know what that is right now!

***Continue to activate this Future Reality, Background Matrix Synergy for each area of your life that you want to stay healthy or be improved!***

Say audibly or in your mind: **“Future Reality, Background Matrix Synergy activate for (name of area of your life or your intentions).”**

Some common topics that you can activate this energy system for are:

## ATTUNE TO DIVINITY

My Health  
My relationship with (name of person)  
My work  
To meet new people who will be healthy friends for me  
My studies

The list is as long and varied as are each of you. Please use this energy system at least once a week for each area of your life that you want improved. Eventually you can reduce use down to about once a month unless there has been a decline in any area of your life's health or joy!

This is a self-use system. I can't say that a practitioner can never use it for another person, but it is much more effective with the active participation of the recipient.

## Responsive Meridian Flush

This energy attunement brings you the clearing energy of Guan Yin and the fulfilling energy of *Lifelight*. You will also be granted the Lotus Jewel of Freedom whose dispensation is Sovereignty.

There are many, many documents that extol the benefits of having your meridian energy pathways attended to in order to keep the energy flowing smoothly. This manual is designed to educate you on what type of energies will be working with you and what your responsibilities are when you activate Responsive Meridian Flush.

The function of this *Responsive Meridian Flush* is to clear away any blockages or less than pure or dense energy from your body and Lightbody and then to refill those pathways with the most exalted energy.

This Lavender Rose energy of Guan Yin is a gentle, yet effective, lovingly clearing energy that can feel warm and cozy, or intense like a Baptism of Divine Holy Fire.

Lifelight energy is comprised of the energy of the Ascended Masters. As you might imagine, the very fact that Lifelight energy is composed of the energy of the Lords and Ladies of Shamballa (Ascended Masters) means that there is a very wide range

## RESPONSIVE MERIDIAN FLUSH

of Divine Attributes and dispensations that can be brought to you by their presence within your body and energy fields.

While you might be thinking, “Oh, this is wonderful!” I encourage you to think from the 5<sup>th</sup> dimensional and higher perspective. The very fact that they are ascended means that they have not been limited to the 3<sup>rd</sup> dimensional physical body awareness for quite some time. For you, this means that they are not acutely aware of what things feel like from within this system NOW, with the magnetic, gravitational, and electrical fluctuations as they are on Earth. These are very EXPANDED BEINGS!!

When you call upon them to enter your energy fields (Lightbody) and physical body by way of your subtle energy pathways, you are asking for their very high vibration which is, by nature, vibrating faster than yours. This is because they are Ascended, so it is wise to clarify your intentions and their parameters.

Why would you really want to give an Ascended Master a limitation within your energy field? If you are concerned about staying comfortable, it is a wise choice!

They may see this invitation as an opportunity to expand your energy so widely and vastly that you begin to grow at a rate that is very pleasant to your Spiritual body, and maybe even your mental body, but which might be intimidating to your emotional and physical bodies.

The Spiritual and Mental bodies may find freedom in dropping unhealthy relationships, feeling the total support of the Ascended Masters, whilst the emotional body may find the sudden gap in support from people around them to be very frightening.

When the body starts vibrating at even higher rates and when even the physical eyes begin to see walls shimmer and spaces between the molecules of the floor, the body can feel unsafe. Nobody wants to feel as though they are going to fall through the floor. It is important to re-assure the body that it is simply seeing more, not that its reality is falling apart.

Much positive mental talk, reinforced with support from the Ascended Masters, is necessary to cross through these new delightful experiences of reality as you flow between various states of awareness in relation to your perception world. It is vital that our body’s consciousness is taken into consideration as we increase our Light Quotient and live healthier lives while here in a physical body. Do we not look

## ATTUNE TO DIVINITY

forward to taking this body with us eventually?

Boundaries provide structure for manifesting. Freedom to navigate those boundaries and change your own rules anytime you wish is indeed true freedom.

How much change in one day is acceptable while you are ‘in the world’ earning a living, raising your family and taking care of various tasks?

Is this Responsive Meridian Flush simply for you to clear basic energy blocks and fill you again with Light and Love and amplify various Divine Attributes of which you are already aware of?

Are you ready for the next level of consciousness, and do you wish to ask that this Responsive Meridian Flush awakens Divine Attributes that are currently dormant within your body and fields?

If so, what attention to noticing and letting go of fears, related to such an expansion of consciousness, are you ready for? Will this be a slow and steady awakening to those fears and the obsolete pictures of reality that can drop away during night sleep or through simple affirmations a few times per day? Or are you ready for a major change that may require you to be unavailable for your job or family care for several days while old perceptions of reality drop away and you become familiar and secure in your new beliefs?

Your responsibilities:

***Choose when to activate this renewal.***

***Choose how long you want its function to run.***

***Choose when to activate the Lotus Jewel of Freedom.***

***Choose the Ascended Masters’ limits whilst with you.***

When you want to activate this renewal you will say or intend:

***“Responsive Meridian Flush, cleanse now with the Guan Yin’s energy and then fill with Life Light Energy. Run for a total of \_\_\_\_\_”(minutes or hours).***

***“I receive and activate NOW the Lotus Jewel of Freedom!”***

## RESPONSIVE MERIDIAN FLUSH

Hold out your hands in front of your solar plexus, physically or in your mind's eye, and receive the Lotus Jewel of Freedom. Its dispensation is Sovereignty. It is a sphere of Plum and Spring Green edged in Lilac and Rose. Breathe it into your solar plexus. Most people feel an ease immediately. Others simply trust that it is working at whatever level is appropriate for them at that time.

Choose the Ascended Masters' limits/boundaries whilst with you, or ask your Higher Self to choose for you, with a parameter of:

***“For the Highest Level of ease and grace at all times” or,***

***“This flush is for physical comfort, health and replenishing only” or,***

***“Full permission to expedite (hurry along as fast as possible) me into my next highest Step to fully live the most exalted option in each now moment, embracing my divinity within and bringing all of who I AM that is appropriate to be here now, HERE, NOW, Thank you!”***

As you can see, this is a multi-dimensional system and can be of assistance to you in many ways. The only reservation I have to give you is what this Lotus Jewel proclaims, i.e. Sovereignty to choose your rate of growth and reality in each now moment and to be as comfortable as possible physically!

I will say that despite your best efforts to modulate your speed of growth while here in a body, spiritually, emotionally, etc, YOU at the higher levels can override your current choices. This has been particularly frustrating for many of us who arrived here on the planet with strong mission or purpose orientations. We may attempt to live ‘normal’ lives, but feel pushed from within and without.

This Spiritual growth may be at a pace that is uncomfortable for not only our bodies and our loved ones (other people in our lives) and is meant to be eased by this Responsive Meridian Flush.

For those of you who are already clearing and growing at an accelerated pace, this Responsive Meridian Flush will likely provide an incredible amount of ease, comfort and assistance.

This is because it will bring those from the Higher Dimensions, whose assistance

## ATTUNE TO DIVINITY

previously may have been accessed with only our Spiritual Bodies and consciousness but not often experienced physically or directly, i.e. The assistance of the Lords and Ladies of Shamballa, The Ascended Masters.

This assistance will be within our physicality and give us immediate access to levels of support we have only reached for before or glimpsed or experienced in fleeting ways!

## Orchid Empowerment

Orchids bring delicate gentle uplifting and personalized healing. Orchid Empowerment is a result of this plant's beckoning of me for several months. Orchid has arrived in my meditations thereafter.

Orchid Empowerment is a meet and greet to the spiritual energies of the Orchid plant and especially the delicate energies of Her flowers.

Please spend a few minutes to invite your Orchid Empowerment to release fully unto you. Simply say out loud or in your mind:

***"I ask to fully receive my Orchid Empowerment as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!"***

If you are accustomed to noticing images and colors in your meditations or spiritual journeys this may be true with Orchid.

Rather than simply activating Orchid's energies, it is suggested that you consider your attunement to be a meet and greet of Her beingness.

If you are sensitive to subtle energies, you will feel her gentleness and high vibrational purity. She uplifts those parts of you that need to be brought into wholeness. Orchid helps you forgive the parts of yourself that you would hold separate out of embarrassment or shame. She purifies and shows you the way to allowing yourself to know your worthiness to connect with the Divine in a more whole way. She invites and heals the places within you that you may have walled



## ORCHID EMPOWERMENT

off or forgotten were even there. Trauma impact is lessened and an ability to breathe deeper into life is known.

Orchid's assistance to you will be exactly what you need in this moment. It is important that you leave your expectations at the door, and pass through the threshold to visit with Orchid in simple appreciation of Her. Acknowledge Her intricate beauty as proof of the detailed perfection of Nature and the Divinity within it. Simply allow yourself to be quiet and be with Her for ten minutes to a half hour.

You may not even remember all that happens in that time, or feel that time has stopped for awhile! She will be with you and tend to you. It is ok even if you feel like nothing has happened! The experience will be different for each person. She will need more than one visit with you to help you completely. Think of this as a relationship to cultivate.

You are only required to be present with her and appreciate Her.

There have been reports of people feeling warmth in their root chakra. Then they felt an elongated feeling of their consciousness being lifted up through a pillar of Light to a very enveloping sweet Love feeling 'up there.'

Upon their return from this 'visit' people feel more grounded and sure about the interconnected of Life and their worth and purpose here. See the detail in Her flowers and how it could be seen as an entrance into another realm or a passageway to visit a throne or inner sanctum.

Know that the loving intelligence that created this flower with such attention to detail also created you and wants to tend to your needs also. ***Orchid Empowerment*** is meant to be used often as a bridge to enter into the presence of and spend time visiting with the Orchid plant.

### **Full Presence**

Full Presence invites more of who you are from your soul to arrive here into your body and provides the proper integration assistance.

Full Presence is an energy system that is comprised of 5 Strength Movers of the Light who will also help you more fully return from your night journey dream work. Anyone who has ever felt only half here upon waking from their slumber in the morning will love this energy system! We are multi-dimensional beings.

Long before we become consciously aware of existing in alternate or parallel or multiple realities, during our sleep time, we leave our body and travel. Usually these travel times consist of us fulfilling our soul's purpose in other places and time lines, as well as here on Earth in this time line.

If this is too much to wrap your brain around, let me ask you this, "Have you ever woken up and felt that a dream was very real? Have you ever awoken having used skills in a service manner that you are not aware of here in this reality?" It is very possible that so much of whom you are that you've not yet become consciously aware of is online and activate while you are sleeping.

Since it is easy for your spirit to travel when the conscious mind is asleep, you do so regularly. Your guides and guardians in the light of eternal sacred source are with you while you go help people, animals, the Earth, or any other place or purpose that is in alignment with your soul purpose.

Is it so inconceivable, that when you are thusly engaged in such important tasks, that when your physical body awakens and you are needed here, in this reality, that it is difficult to pull all of yourself back to here?

Maybe you aren't working in service for others. Maybe during much of your physical sleep time, your spirit is receiving training or healing! There are many

## FULL PRESENCE

things that you can be engaged with during your body's physical sleep which you may feel require your attention, even when your body awakens.

I believe that because we are such vast beings that when our physical body sleeps, we feel a freedom and urgency to be fully engaged with whatever is in alignment with our soul's purpose. It doesn't matter if we are fully living our soul's purpose consciously while awake, Source and your own spirit is opportunistic and wants to make use of every moment of life!

Sometimes we don't go anywhere while we are sleeping. We are simply immersed in scenarios that our subconscious mind proffers up to us. It can be just as difficult to fully return to conscious awareness after a dream or sleep time in which you are in the middle of your mind's sorting and sifting of information from the previous days and weeks! Additionally, some sleep time is spent processing information that causes you to learn a lesson or otherwise work through karma. Chances are that those topics are not entirely comfortable and it can be easy for us to mentally revisit them as we begin our day instead of being fully present here and now!

Any of these examples and a multitude more can be causes of not being fully present as you begin your day. Full Presence is designed to help you be fully present no matter the reason why you weren't completely present.

Many people time travel. Oh yes, I'm sure you've done it! If you think about the past or think about the future you are projecting part of your awareness and conscious self into that time! The result is less of you here and now.

***Any place you put your attention is your consciousness traveling there!***

This isn't such a bad thing so long as you completely return to this time and place as soon as your thoughts aren't wandering to where ever you were.

When it becomes more of a problem is when part of who you are lingers wherever you were such as night dreams where I situation matters to you.

Full Presence is a simple way to fully retrieve you back to here.

After you receive your Full Presence attunement you can activate its energies. When you want to an even more comprehensive Full Presence session or feel that

## ATTUNE TO DIVINITY

doing each step consciously will be more effective, you would call upon each of the Strength Movers of the Light who do this work.

Please spend a few minutes to invite your ***Full Presence*** attunement to release fully unto you. Simply say out loud or in your mind: **“I call upon the Strength Movers of the Light to release perfectly unto me my Full Presence attunement which Mariah Windsong founded.”**

Relax and give the energies a few minutes to arrive and introduce themselves to your body.

The Strength Movers of the Light who arrive will familiarize themselves with your energy signature so that they can properly do their job of retrieving you when called up. Some people feel a warmth or tingling sensation when they receive an attunement, other notice pulses.

Now that you have paused to receive your attunement, you have the right to call upon and activate each of the Strength Movers of the Light listed here.

Please do so when you have a few minutes to marinate in the energy stream that will open for you. It is valuable to give this energy system a try even if you don't particularly feel like any part of you has lingered elsewhere.

Say out loud or in your mind: **“Full Presence, Activate!”** Then, go through and say the name of each of these Strength Movers of the Light, pausing for a moment or three between activating each one. Just by saying their name with the intention that they activate their energies on your behalf works well.

***Withdraw Extraction*** is the Strength Mover who extracts you from wherever you were. ***Withdraw Extraction is very good at persuading whatever part of you feels like it needs to stay and finish a task, there, to withdraw from there and to return to you, here.***

Withdraw Extraction hands you to ***Glider*** who carries you to you here in physicality, gently gliding you back into your body. ***Glider*** is the Strength Mover who does the bringing you back, through time, space, realities to arrive here, to your body, in this time, space reality.

## FULL PRESENCE

***Heralded Arrival*** makes a big celebration about the return of you to here in this time, reality and physicality. ***Heralded Arrival*** is the appreciation of the part of you who returned, so that it knows you are glad it returned.

***Glorious Reorganization*** joins this energy system in order to properly reorganize and gloriously align you with all of who you are. This ***Glorious Reorganization*** spans from you here in physicality on up through your higher self and soul to Source! Glorious Reorganization integrates the part of you that has returned in the most exalted manner possible.

***Resurgence of Calm*** provides the pearly smooth upwelling of peace and centered calm as all the parts of who you are know their place and are at home within you as one. Resurgence of Calm previously did the integration and has moved to its next highest expression as a wellspring of calm.

Resurgence of Calm gives a blending effect that calms the body for each part of you to feel a part of one another. This helps you know that the various parts of you are still you. You have many different aspects of who you are and some of these may seem not fit quite so well after the parts of you that you most often dwell in have grown and changed.

You may call upon these Strength Movers of the Light when you wish to assist others to return to their day. It is your intent and request that will call them to action.

***Using Full Presence to bring more of who you are here from your soul:*** Think of this as a session whose purpose is to invite any aspect of you from your soul, which is applicable for where you are now on your path of living, growth and enlightenment! Why might this even be necessary or beneficial to embark upon? Bringing more of you here? What is this idea?

For many people, you arrive with the personality aspects and attributes of your soul that are applicable for the life plan and purposes originally set forth for you. There is a belief that you have helped set forth your lifetime parameters before incarnation and then your soul releases unto you the parts of who you are that are beneficial to the tasks and experiences you are likely to encounter while here in a human body.

After much time of growth and learning, it is possible that additional parts of who you are at the soul level would be beneficial to have with you here in your physical embodiment. These parts would arrive in a descension where they drop down from

## ATTUNE TO DIVINITY

your soul level and your helping healing team in the light of eternal sacred source would integrate this aspect with you here.

Sometimes this happens naturally. There are times when a person suddenly feels different and new skills and abilities seem to be there, accessible overnight! At other times this new soul part has its own likes and dislikes which may vary from the 'collective' agreed up likes and dislikes that you know to be true about you. There is a time of adjustment with this.

When someone such as yourself has set out purposely to grow spiritually and awaken your awareness perceiving and knowing with more than your regular 5 senses, receiving more of your soul here is beneficial!

It is likely that you've grown and aspects of you from your soul level that would not have been willing to arrive into physicality now will feel comfortable here. We are vast beings. Often times the beginning decades of a person's life is when they've lived out any karma or completed life lessons. In this and recent decades children are being born who don't have life lessons to work out, they are here to explore and to be of service to humanity and Divinity.

Even if there is not a specific attribute or aspect of yourself that arrives, it is likely that a stronger concentration of yourself will arrive and that means that you have more life force to live your life with!

I recommend that you recline and relax. Please activate any clearing, balancing and replenishing energies that you are attuned to so that you've completed your regular spiritual hygiene prior to inviting another soul aspect of you into physicality here. Think of it as housecleaning.

Then simply say out loud or in your mind: **“Full Presence, assist to identify, motivate, transport and integrate any aspect of my soul that it is in my highest joyful good to receive here with me in physicality, now!”**

Say the names of the various Strength Movers of the Light who carry out your requests. You may want to say the names several times or just once.

***“Withdraw Extraction! Assist!”***

## DEPRESSION ECLIPSE

***“Glider! Assist!”***

***“Heralded Arrival! Assist!”***

***“Glorious Reorganization! Assist!”***

***“Resurgence of Calm! Assist!”***

Give these beings of eternal love, light and life a few minutes to flow.

If you are sensitive to subtle energies you may feel energy movement while you are relaxed and allowing the Strength Movers to work for you. You might not feel anything. Sensations are not necessarily indicative of whether ‘something’ is happening or not. It is wonderful that you asked for more of who you are to be present with you here in physicality.

***Your life will be richer. It is easier to attract the people, help and finances to your life that you want when there is a higher concentration of you here in physicality.***

***Increase your Light Quotient so that your body can hold higher and a full octave range of energies is easier too, when more of you is here in body!***

## Depression Eclipse

Depression Eclipse is an energy system which eclipses depression and fosters self-worth through-out all the places and times you are.

My Body Integration for your body to better thrive in with you in a co-creative way. My Atomic Healing is an energy function that works at all levels of your physicality and body’s energy fields to restore your energy.

My Zero Point Symmetry works with the waves and particles which hold resonance to your soul, anywhere and everywhere they are.

My Inner Portal of Communion is a portal you will use to commune with those who

you love, no matter where they are in this or any other world.

Depression has many causes and displays its symptoms in many ways. These are different for different people. Here in Depression Eclipse some of the underlying causes for depression are dealt with in ways that are likely new and unfamiliar. This is because there are places in which records of events exist which are fueling your current depression.

There is need to release those records so that the information is not adversely affecting you anymore. Many people are out of sync with their body.

Some of us have energy signatures which seem to be in constant agitation with our own body. I can see where this is confusing to many people, especially those of you who were born into your body. We expect that the wisdom that made us would have taken such things into consideration.

You and your body's conscious awareness do need to get along and like one another in order for you to have a comfortable and healthy life here on Earth.

Many times there were agreements prior to your arrival into this body, and you were expected to have the ability to gain agreements with your body, and cohabitate well. Once we are here, in this reality, some of our abilities are forgotten. Skills we use with ease in the higher realms are not even thought of from within this dense reality. That is why there is a need for an energy function call "My Integration". Sometimes all that it is needed is for you and your body to integrate more completely.

Depression can also have many physiological causes that prescription medications can help overcome. This energy system does not attend to those particular causes of depression. I will say, however, that those of you who are skilled at co-creating energy essences from physical substances may want to try calling forth an ethereal version of whatever medication you have been prescribed. This method has assisted people to reduce or eliminate certain medications from their life. Usually this works best when the person making the ethereal medicine has physically taken the prescription medicine because they are more acutely aware of its energy signature. However, someone who is very skilled at journeying to the energy of a pharmaceutical medicine and bringing forth an ethereal link to it, can do so quite accurately.

It is always wise to involve your doctor when you reduce your medication.



## DEPRESSION ECLIPSE

Please spend a few minutes to invite in your Depression Eclipse attunement and all of its energy functions to release fully unto you.

Simply say out loud or in your mind: **“I ask to fully receive my Depression Eclipse attunement founded by Mariah Windson and made perfect by Eternal Sacred Source, NOW!”**

Your attunement will easily arrive to you because Eternal Source is not limited by space or time. Depression Eclipse arrives to your body and energy fields, providing you with what you need to activate these energy functions and shift into health.

Anytime you want to receive the flow all of the energy functions of and dispensed by Depression Eclipse energy system you may activate this system by saying its title with strong intention to activate the energies.

Say: **“Depression Eclipse, Activate for me, Now!”**

Depression Eclipse energies will be most effective for you when you are in recline and give the energies several minutes to flow and assist you. These are the broad Depression Eclipse energies. To best use this energy system, please activate each of the following energy functions.

If you are at work and unable to recline, yet feel depression creeping in, please activate Depression Eclipse with full intention to receive. Please speak to your helping healing guides as you would pray and ask that the energies fully flow while you are doing (whatever task you are engaged in).

The “My” energy functions take the basic energy function which has been channeled and anchored into this reality and your energy team tailors it especially for you when you add the keyword “My” in front of it.

This instantly personalizes the already effective energy function, perfectly.

***My Body Integration*** is an energy function that will really help your body to be more seamless with you, your being, and your spirit. Say out loud or in your mind: **“My Body Integration, Activate!”** There are times when you’ll want to use this often, and other times when it isn’t applicable for you that day.

## ATTUNE TO DIVINITY

Give it a try and see when it just flows and when it doesn't. I'm told that My Body Integration is an important tool for you.

***My Atomic Healing*** is an energy function that works to heal you all the way through the atomic levels of your physicality.

This is about your physicality to the waves and particle levels and your body's consciousness. It is best activated as a session. This means that you recline and relax, sending forth the intention to receive your complete Atomic Healing Session. This will take 20-30 minutes usually to complete.

This works within the local area of your body's fields and how it interfaces with you here. To activate My Atomic Healing, you would say audibly or in your mind with strong feeling: **"My Atomic Healing Session, Activate!"**

***My Zero Point Symmetry***: This energy function works in simultaneity to clear records of lies of worthlessness everywhere you have ever been told such and ever shall be. This works through time and space.

We seek to find the discordant vibrations which have destroyed your peace and joy in this and other lifetimes and bring them back into symmetry.

For other lifetimes and situations that are particularly difficult to clear because the waves and particles which hold the records wink in and out of existence. Often times someone will send healing and "where" the records are held do not seem to exist anywhere or any when.

Thereafter they will show up and we are back to having problems again with the same topic. My Zero Point Symmetry sets a wave through all dimensions of time and space, including the non-existing places and times.

This sets a tone which other waves and particles carrying the records we seek to address respond to and suddenly appear. ***My Zero Point Symmetry*** sends a tone out into the universe and the call is responded to in symmetry.

As those waves and particles gain symmetry with one another, the undesirable records of reaction and pain are dropped away.

## DEPRESSION ECLIPSE

Say out loud or in your mind: **“My Zero Point Symmetry, Activate!”**

Give this some time to flow, maybe all night.

There is a great healing that happens for you after activating this.

Symmetry can be defined as an imprecise sense of harmonious or aesthetically pleasing proportionality and balance. There is also the well-defined concept of balances self-similarity. For your Zero Point Symmetry energy function this means that a record of events that occurred to you anywhere at any time can be made right. Dropping away all that no longer serves your highest joyful good.

That means that a symmetrical patter of self-similarity will happen throughout all of time and space. That is a good way to clear old out dated records anywhere and any when they may have existed.

***My Inner Portal of Divine Communion*** is an energy function that first needs to be built within your energy fields. Your “My Inner Portal of Divine Communion” is a very special energy function that bestows upon you the ability to communion with whoever in the spiritual realms is in your joyful highest good at this time.

Your first activation of this energy function will run a few minutes to a half hour as this energetic structure is built for you.

Its purpose is to give you a real way to consciously visit with those who you love at a soul level. It looks similar to a star trek transporter. Imagine stepping upon round flat floor awaiting transport.

The first 3 times you use this, it is important to simply activate it as:

**“My Inner Portal of Divine Communion, Activate!”**

The first time you activate it, the structure will be created for you. You may feel the energies run and flow, a slight to major movement in your heart center. If you don't feel anything, that is alright.

Each time you activate the energy it usually runs about 8-10 minutes.

The next time you want to activate your “My Inner Portal of Divine Communion”,

## ATTUNE TO DIVINITY

can be in the same sitting or another. It is preferred that you recline when you activate this energy function. If you'd like to run your second and third activations immediately after the first one, please simply repeat the activation affirmation as a mantra. The energies will flow again.

Who you visit with the 2<sup>nd</sup> and 3<sup>rd</sup> visit will be chosen for you. This and the third time you are communing with the beings who your soul feels it is more appropriate for you to commune, visit with. You may not be given any visuals or names of who you are in communion with.

What you may be given is a deep sense of unity and peace. A feeling of wholeness may move through you and your body could feel real heavy and tired.

This is alright because it shows you that much of your physical body is being involved in this merging, this visit and it is receiving the healing it needs. You are receiving what you need in regards to visiting with beings that are important to you. There are many beings that we miss when we are here in a body and we don't even consciously know who they are. This energy function gives you a way to directly commune with them perfectly.

I found this energy function to be pure ecstasy!!! I was not shown who I was visiting with. It felt like the heart of mother/father God and was fantastic for me! Waves of energy poured through me and I felt a swirling sensation in my chest. My limbs got weighty and I felt to meld with the couch I was reclined upon. Hours later I still felt to be in the middle of stillness. That feeling of expansion and unity with all that is good and pure.

It is a most wonderful feeling. It arrived upon the third activation of this energy function. This is important for you to know so that you will be patient with the process. Your guardians must have time to prepare the energy structure within your being and body, and then you need to get accustomed to using it with your next activation.

It is a way to go direct, heart to heart and by-pass the mind, which wants to know and understand before allowing passage. You will know with your heart instead of your mind on these first few visits.

Now you are ready to activate this energy function with the intention of visiting with specific people, if you so choose.

## DEPRESSION ECLIPSE

***When any other person's proximity or receipt of their affection determines whether we feel good or not, this sets our health afloat upon the tumult of another person's life choices and moods.***

In regards to someone you love, who you know loves you too; both of you are freed when your mental and physical health is not dependent on where they are or whether they are feeling affectionate.

This gives them the freedom to make life choices that are right for them or learn through their own mistakes, without the weight of knowing that you are depressed when they are not near.

***My Inner Portal of Divine Communion*** can bring you to the soul of the person who you are wanting to commune. When there is mutual affection, such as a lover or a child, you may be allowed a further journey to the inner heart center of that person, here in physicality.

This would mean that you would start out in your heart center. You would say: ***"My Inner Portal of Soul Communion with (name of person), Activate!"***

Then you find yourself at the soul level of that person. Proceed by radiating appreciation for their being. Ask for permission to commune at the personality level of the person, the personality you know and love, here in this reality as well.

Then say: ***"My Inner Portal of Divine Communion with (name of person) Activate!"***

***IF THE PERSON GRANTS YOU PERMISSION AT THEIR PERSONALITY LEVEL, YOU WILL FEEL A DROPPING DOWN AS YOUR CONSCIOUSNESS IS DROPPED DOWN FROM THEIR SOUL LEVEL TO THE PERSONALITY LEVEL TO VISIT THERE.***

It is not wise for a person's self-worth to be linked to whether someone appreciates them and recognizes their value. It can be difficult to be thrilled with life when you miss someone or feel unappreciated by them.

This My Inner Portal of Divine Communion energy function gives you a way to visit with at least the soul level and possibly the personality level of that person if

## ATTUNE TO DIVINITY

they are willing.

If a person's self-worth can be swayed by others' opinions of them, it is difficult to be independent of the whims and agendas of others.

Depression is amplified by feelings of unworthiness and helplessness.

When people feel unworthy and helpless, they often feel hopeless.

This Depression Eclipse energy system is designed to assist mainly with the feelings of unworthiness. This helps to find their cause and heal it.

Then the feelings of helplessness can be dealt with easier.

When your feelings of worthiness are restored, then you may have the energy to take any actions you can to overcome feeling blocked in or helpless. Sometimes the feelings of being helpless (not being able to do anything to help your situation) are really just an illusion.

Once worthiness is restored, often you have the mental acuity to notice the one, two or three things you can do. Then after you have done those, more opportunity arises and you are on your way out of the tight box you previously lived within. Soon, hope will be noticed and shine for you.

### **Activating Depression Eclipse for other people:**

***Depression Eclipse*** is an energy system that helps people do what they cannot do for themselves. Therefore it is appropriate to activate and send these energy functions out for people, AFTER you've asked permission on a soul level. If you are a Reiki or Seichim Master Teacher you are well aware of how to do this.

If you are not, please acquire a prayerful state of mind and activate Depression Eclipse energy system.

While within the energies, lift up in your mind, as speaking TO the person's soul who you want to activate and send the energies to, showing them these energies. If you are sensitive to subtle energies, you will notice a "go ahead" or "yes you may proceed" energy or you would feel a "no" or a "blocked wall".

## KIDNEYS AND BLADDER CARE

If you are not perceiving any answer, that is alright, you may activate the energies and send them out, clearing intending that any energies that are not wanted, please drop away and be transmuted for exactly what the Earth needs.

For people who have asked you for a healing session or specifically want you to activate these energies for them, the above steps are not required. Zero Point Symmetry works through time and space simply by the nature of its function!

Please always be aware of when you send these energies to others. If your friend or client is at work and texts or calls you to say that he/she is feeling depressed: You may activate and send Depression Eclipse, the general broad energies, but please don't activate the individual functions.

Several of the energy functions described in this manual will make a person spacey. That is to say that their mental awareness will shift as their perception of time and space will be inaccurate for this reality.

This may last up to an hour after engaging in any of the energy functions individually. The shifting of a person's perception of this reality is more pronounced with the My Inner Portal of Divine Communion.

Look at its title: Portal! Your spirit and much of your awareness is going through a portal. That means that less of you (or whoever the function is activated for) will not be HERE. Please be cognizant of that for others too.

## **Kidneys and Bladder Care**

Kidneys and Bladder Care is a comprehensive energy system that brings you the individualized assistance of the Eternal Beings who specialize in caring for human bladder and kidney function, healing and optimization.

Your one attunement to Kidneys and Bladder Care you are gaining access to several other energy functions which provide more focused care for very specific areas of your kidneys and bladder so that you may offset the effects of disease or injury. Anyone may use this energy system that is attuned, but only Reiki or Seichim Master Teachers may pass this attunement to others.

Kidney and Bladder Care includes a special Shakti that helps dissolve kidney stones so your body can excrete them with less discomfort.

Kidneys and Bladder Care Team attends to Kidney and Bladder Meridians.

Your kidneys are approximately the shape of a bean and about as large as your hand, when you have your fingers curled into a fist. They are located near the middle of the back, just below the rib cage, one on each side of the spine. The left kidney is approximately at the vertebral level T12 to L3, 4 and the right one sits just below your diaphragm, behind the liver. The left kidney resides just below the diaphragm behind the spleen.

The upper parts of the kidneys are partially protected by the 11th and 12th ribs, and each kidney and adrenal gland are surrounded by two layers of fat and the renal fascia. The word “*renal*” refers to the kidneys. The terms “*renal function*” and “*kidney function*” mean the same thing.

Doctors and nurses use the term “*renal function*” to talk about how efficiently the kidneys filter blood. Serious health problems occur when people have less than 25 percent of their kidney function. If a person’s kidney function drops below 10 to 15 percent, a person needs some form of renal replacement therapy ~ either blood-cleansing treatments called dialysis or a kidney transplant ~ to sustain life.

*Kidneys and Bladder Care* energy system is a spiritual response to a deep desire to repair, heal, maintain and enhance your Kidneys and Bladder. This is accomplished by receiving the attunement and then, with your own conscious intent, “*activating*” this energy system and the various functions that are included. In much the same way as light or sound energy frequencies in certain octaves can benefit the physical body, so too can the energies of Kidneys and Bladder Care. You also receive the expert care of many Eternal Light Beings and Angels who work with your body, assisting it to receive these energies in the best way.

Kidneys filter your blood and while doing so will also send back into the blood minerals such as sodium, phosphorous and potassium as well as electrolytes. These and other blood components are required in precise ratios for each person to be healthy and to function at their best!

It is essential that the kidneys do their job well. Otherwise waste products from the use of nutrients as well as muscle function and many other bodily functions would



## KIDNEYS AND BLADDER CARE

continue to circulate in your blood. If the kidneys can't do their job at a high enough efficiency, the concentrations of waste builds up in the blood and damage occurs in many places throughout the body.

Kidneys and Bladder Care energy system brings you the right energy frequencies to help your kidney and bladder cleanse, repair themselves and operate at a better efficiency. There are some diseases that won't reverse. Even in those situations Kidney and Bladder Care can help the kidneys and bladder function better for longer.

Your bladder is where the waste products from your blood are stored until it is "full" enough to signal you that excretion is required. Strengthening the muscles that line your bladder walls and also its valves is very beneficial to bladder health and your short and long term comfort!

Sometimes calcium will calcify and create 'stones' in your kidneys that can create excruciating pain if they migrate toward your kidney exit in an attempt to flow down to the bladder. The Kidney Stone Dissolver Shakti assists to break apart and dissolve the physical stone into smaller pieces so that a person can pass them out of their body with urine, yet without pain.

Please spend a few minutes to invite your *Kidneys and Bladder Care* attunement to release fully unto you. Simply say out loud or in your mind: **"I ask to fully receive my Kidneys and Bladder Care attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!"**

The Kidneys and Bladder Care attunement flows into your body and energy field, as a "meet and greet" to your body of this new energy assistance to help these important organs function better.

Your attunement energy flows for about 3-12 minutes maybe awhile longer. Now that you have paused to receive your attunement, you have the right to call upon and activate your Kidneys and Bladder Care energy functions.

Your first energy function that you now have the privilege of activating with your intention is called: ***"Renal Function Enhancement"***

Say out loud or in your mind: **"Renal Function Enhancement, Activate!"**

**Renal Function Enhancement** has been designed by Eternal Sacred Source to enhance all aspects of your kidneys' physical and energetic function. Use this energy enhancement as often as you'd like. It lasts about 1-3 hours.

***Waste removal occurs in tiny units inside the kidneys called nephrons.***

We've created several energy functions for those of you who wish to work in a more focused way with your nephrons to help them filter your blood.

These functions are called:

***“Kidney Nephron Cleansing Wave”, “Kidney Nephron Healing Ray”  
and “Optimal Blood Filtration”.***

***Nephron (from Greek νεφρός - nephros, meaning “kidney”)*** is the basic structural and functional unit of the kidney and each one has about a million nephrons. In the nephron, a glomerulus ~ which is a tiny blood vessel intertwines with a tiny urine-collecting tube called a tubule.

A nephron eliminates wastes from the body, regulates blood volume and blood pressure, controls levels of electrolytes and metabolites, while regulating blood PH. Activate your ***“Kidney Nephron Cleansing Wave”*** by saying out loud or in your mind: ***“Kidney Nephron Cleansing Wave, Activate!”***

It is wise to do activate this cleansing wave 3 to 4 times a day if you feel that you are healthy. If you have a major concern with your kidneys or are genetically predisposed to kidney failure, then please activate this function daily.

A physical exercise you can do to assist your kidneys: You can also help loosen any actual particles that may be in this filtration system by balling your hands up into fists and lightly tapping your lower back over each kidney, three times. PLEASE DO NOT do this physical exercise without first checking with your doctor if you have a history of kidney stones or are under the active care of a doctor for illness or disease currently.

Now you may activate the ***“Kidney Nephron Healing Ray”*** by saying out loud or in your mind: ***“Kidney Nephron Healing Ray, Activate!”***

This energy ray from Eternal Sacred Source is fantastic for encouraging your

## KIDNEYS AND BLADDER CARE

body's kidney nephrons to repair and heal while providing the appropriate energetic atmosphere for healing.

***A complicated chemical exchange takes place, as waste materials and water leave the blood and enter the urinary system.***

Assist your kidney nephrons to filter your blood perfectly for you by activating the ***“Optimal Blood Filtration”*** energy function.

Say out loud or in your mind: **“Optimal Blood Filtration, Activate!”**

This is important because there are so many different minerals, components and nutrients that are still useful to your body, contained in your blood.

The interstitium is the functional space in the kidney beneath the individual filters called glomeruli which are rich in blood vessels.

***The interstitium absorbs fluid recovered from urine.*** The kidneys generate 180 liters of filtrate a day, while reabsorbing a large percentage, allowing for only the generation of approximately 2 liters of urine. The kidney and nervous system communicate via the renal plexus, whose fibers course along the renal arteries to reach the kidney. Sensory input from the kidney travels to the T10-11 levels of the spinal cord, so pain in this area may be radiating out and transferred here from the kidneys.

A Shakti, (Divine Intelligence, sentient being) has arrived to assist people to dissolve and break up any kidney stone no matter where they be in your kidneys, bladder or urinary tract. She is called ***“Kidney Stone Dissolver Shakti”*** and will arrive to assist whenever you call up on her. If you are sensitive to subtle energies, you will likely feel her energy in the areas of your body that she is tending to.

Please say out loud or in your mind:

**“Kidney Stone Dissolver Shakti, Activate!”**

Consider each time you ask that you are in receipt of one treatment from this helpful Shakti. She will be able to do more if you are reclined and in one position for a while after activation.

If, however, you are unable to stay put in one place, this Shakti can be effective for you while you are up and about doing your daily life activities.

Your bladder is a muscular sac that has three layers of smooth muscles. When it is empty, it is only 2-3 inches long because it folds up on itself. It expands as urine is collected from the kidneys and a moderately full bladder holds about a pint of urine and is close to 5 inches long. It can expand much more than that if need be. One of the most important qualities of the bladder is its muscles. Both the muscles of the bladder wall and the ones that comprise the sphincters of the urethra are essential to its function.

Thus the one energy function that came through to this reality to assist people's bladder is the ***"Bladder Muscle Strength Enhancement"***.

Please say out loud or in your mind: ***"Bladder Muscle Enhancement, On!"***  
Or you can say: ***"Bladder Muscle Enhancement, Activate!"***

There is a plant that has come forward to assist your bladder health and it is the barberry plant. Its botanical name is berberis vulgaris. The main constituent of Barberry bark and roots is berberine, a yellow crystalline and bitter alkaloid. For the purposes of Kidney and Bladder Care it is the berberine alkaloid whose essence is to assist your urinary tract system.

Say out loud or in your mind: ***"Berberine Essence, Activate!"***

The barberry plant has been used for centuries for bile and urinary conditions as well as many other conditions.

Berberine has been shown to inhibit the growth of bacteria in test tubes, and also may help the immune system function better. Barberry is used to ease inflammation and infection of the urinary system. If you choose to consume this plant's supplements in tea or extract form, please research first to see if it is appropriate for you. While it is tolerated well for adults, the physical supplement does interfere with some medications and is counter indicated for pregnant women and infants.

One of the beauties of working with the spiritual essence of Berberine is that it is safe for everyone and will only arrive to you in the concentration that is appropriate for you, every time! Since there are many common uses for the berberine alkaloid in addition to the bladder and urinary tract, I suggest that you research its other benefits. You may find yourself activating this ***Berberine Essence*** much more often and for more purposes than this energy system's manual has room to describe!

## KIDNEYS AND BLADDER CARE

***Berberine Essence*** is anti-microbial in nature and shall assist your body to fight the intrusion of many kinds of microbial pathogens.

### ***Kidneys and Bladder Care Session***

Your Kidneys and Bladder Care Session is your comprehensive session that you can ‘call in’ your CARE Team and activate an energy session anytime you want. The difference between a Kidneys and Bladder Care Session and activating the Kidneys and Bladder Care energy is simple.

When you activate your ***Kidneys and Bladder Care energy system*** you are causing to flow, the energies of this energy system to assist your body in a way that is best for whatever activity you are currently engaged in. You will be able to resume your daily life activities within moments of activating this energy and your body will continue to receive general care energy for 1-3 hours.

When you activate your ***Kidneys and Bladder Care Session*** you are requesting an intensive session that will attend to any underlying issues.

It is important to realize that when you activate your ***Kidneys and Bladder Care Session*** you need to stay put, in one place and imagine that you are undergoing etheric surgery.

***Please, it is important to remember that you are calling forth actual Eternal Beings of Light and Love to arrive and assist you.***

It is only respectful to stay put and be reclined and receptive to receiving their complete focus and care to you for the duration of the session. Please “tell” your CARE Team as you would pray to an Angel, God or Saint how much time you have available to give so that you can receive a complete session. This session works not only with your physical body, but also with the underlying energetic layers; the etheric organs and cells. Any emotional causes of dis-ease or any imprint of dis-ease that may reside energetically can be tended to and resolved before it manifests physically. This does not always produce an immediate result in the physical of symptom ease.

There are many layers to a person’s body and being, energetically. There are many places that previous emotional trauma or disappointment can lodge and eventually cause problems in the physical body. This is true for all areas of a person’s physicality, not just the kidneys and bladder region.

***Please be willing to give at least 22 minute to an hour for your Kidneys and Bladder Care Session.*** Sometimes they may only need to work with you for 12 minutes. But these shorter Kidneys and Bladder Care Sessions are usually for maintenance after you've spent several to many longer sessions under the care of your CARE Team.

Most people find it beneficial to allow 3 days to a week between sessions for any energy shifts made by your CARE Team to integrate with you and your body. Begin your ***Kidneys and Bladder Care Session*** by reclining and being ready to stay in one place for the length of time you designated.

You will be asking the CARE Team to provide this energy session for you individually and perfectly for your needs and optimal health, this day.

Say out loud or in your mind:

***“Please begin and complete my Kidneys and Bladder Care Session, Now!”***

***Think about your blood having exactly what it needs in it while being free of any cumbersome wastes!***

***Your Kidneys and Bladder Care Session also attends to the Kidney and Bladder Meridians. If you are sensitive to subtle energies you may be able to feel energy flow activate and balance in those specific meridians during your Kidneys and Bladder Care Session.***

According to traditional sources the ***bladder meridian*** is in charge of storing and eliminating fluid waste. It receives chi from the kidney meridian and uses it to transform fluids for eliminating. If there is a problem with the bladder meridian the difficulties with your body are not limited to the bladder and urinary tract, they can extend to headaches, nasal congestion, and neck tension. If you have issues in your lower body; such as pain in your buttocks, calf muscles, lumbar, groin or tight muscles around your knees, your bladder meridian may need help. Kidney and Bladder Care Session will attend to these concerns.

The kidneys are said to “grasp the chi” and are the residence of yin and yang. According to traditional sources the kidneys also rule the teeth, bones and adrenal glands. Therefore if there are backaches, ear problems, constant fear, dry tongue and hot mouth, spinal or thigh pain, feeling drowsy or having constipation, the ***kidney meridian*** may need help. I also noticed while researching for this manual that even diarrhea is a symptom of a person's kidney meridian being out of balance

and lack of proper nourishment. As you can see, many areas you might not think of as being related to the kidneys really are. Please call in and allow your Kidneys and Bladder Care Team assist your Kidney and Bladder Meridians to health!

## **Angelic Elim Empowerment**

The language of the angelic realms

*Angelic Elim Empowerment* helps your mental body decode the Angelic musical, color, tonal and mathematical languages of creation. The Elim inspire musical, art, transformational teachings and creative expressions. The Angelic Elim bring you the love of conscious spiritual understanding.

Gain the ability to understand Angelic languages by being attuned to the Angelic Elim's energies! You may immediately find that spiritual data download will start 'making sense' or the information will rise up into your consciousness slowly in the days and weeks after a meditation or dream.

For many of us, going on about our daily life tasks, we can start to feel a little 'spacey' and know that 'something' just happened. These experiences have been called spiritual downloads. You may have felt a tingling in your scalp or a warming somewhere in your head. You might feel like you've just been daydreaming yet have no idea what the topic may have been!

Over time, even without the Angelic Elim Empowerment, any information that you consciously need would eventually be decoded and somehow spirit will get the message to you! The Angelic Elim Empowerment provides ease of decoding these spiritual download messages of Angelic Language data.

Angelic Languages build, create, and destroy structures as well as express emotion and worship, and have many other communication purposes. Sometimes they are called 'light languages.' These are comprised of tones, geometries, motion, music, colors, and emotions. I am told that they are made up of much more than that, but that in the two-dimensional written language, it is too difficult to describe.

Because of the association with emotion, the Elim inspire us to the love and at-one-

## ATTUNE TO DIVINITY

ment of our innate connection with Divinity. When I use the word divinity I use it interchangeably with the term Eternal Sacred Source.

When I feel the energy of the Angelic Elim, I tend to feel it as warmth that arrives up through the soles of my feet. In this way, the Elim, in all of their inspiring to lofty expression, do so in a very grounded way. They will indeed arrive unto you and move through your body and energy fields in the way that is best received by you.

What would at-one-ment feel like or be described as for you? Each of us relate to divinity differently. Therefore, the Elim will inspire and strengthen our connection with and our expression of Divinity in different ways.

Being here on planet Earth can be a lonely experience for many people who feel cut off from where they were before this incarnation.

Even if you don't remember where you were, the loneliness is indicative of a connection that you long for. Whether that connection is for another being that fits our mental image of a person or for the sentient awareness in other life forms, there is a longing to connect.

***The Angelic Elim help us to better connect with others by gaining the ability to express your inner creativity.***

Sometimes this is a direct result of being better able to express yourself through music, art or teaching. Other times it is that your own resonance with Love, the energy that holds this universe together, gets stronger.

Then it is easier to notice and trust others with whom you can interact with in commonality and respect.

Love can be felt inwardly or can ride outward in our own unique soul expression through many art forms. When we are in the flow of expression it is easier to accept love because we are in movement and open rather than closed and stilted.

Please spend a few minutes to invite your Angelic Elim Empowerment to release fully unto you. Say audibly or in your mind: ***“I now call to fully receive my Angelic Elim Empowerment as anchored by Mariah Windsong and made perfect by Eternal Sacred Source.”***



## ANGELIC ELIM EMPOWERMENT

It will flow into your body and energy field, into all of you, providing you with a “meet and greet” to the Elim.

Now that you have paused to receive your attunement, you have the right to call upon and activate the Angelic Elim’s energies. Please do so when you have a few minutes to marinate in the energy stream that will open for you.

***Working with the Angelic Elim’s energies:*** There are several specific functions that the Elim have and ways they can help you. Here are some of the many ways you can ask for their assistance. It is always respectful to give the Elim your gratitude and stream appreciation to them. They are angelic beings and do appreciate gratitude for spending time with you.

Simply say, out loud or in your mind, each of the energy activation sentences, with strong emotional intent to receive. Spend some time in quiet reverence relaxation for a few minutes for each topic you want help with.

Imagine and know that you are receiving an energy session for each topic for which you ask for help. So, just as you would lie down to receive a massage or a chiropractic treatment or go into meditation, so also be present to receive.

***“Angelic Elim, please activate your energies and help my mind translate the appropriate information and experiences that have been downloaded from Eternal Sacred Source or any being with whom I am in spiritual alignment.”***

***“Angelic Elim, please infuse me with your energies of creative inspiration for the pleasure of creating and to help myself, my loved ones and others!”***

***“Angelic Elim, pour your music through my being so that I may better know myself and be filled with the love of myself, accepting my divinity and embodying the language of creation!”***

***“Angelic Elim, please bring your energy to me and give me the experience of at-one-ment with \_\_\_\_\_”***

This is helpful if you are trying to compose a musical score, do artwork or other creative endeavor. To become one with the expression of creativity is a very powerful experience through which you will be able to bring it forth here in this

## ATTUNE TO DIVINITY

reality. You may wish to fill in the blank with ‘this music’ or ‘the colors’ or ‘love’ or a plant or animal’s name. Possibly you may wish to be one with a landscape you are trying to paint. Other people may want to be at one with the topic they will teach or lecture about. Still others want to be at one with their poetry while it is still in their mind, to understand it more fully.

***“Angelic Elim, teach me to connect with the vibration of love that made me and wants to sustain me”***

***“Angelic Elim, help me to access the entire range of colors, sounds, mathematics, and dimensions that resonate with me so that I may be all I can be while here in physicality”***

***“Angelic Elim, show me the freedom of mastering sound patterns and moving from one dimension of creation to another, returning here into my physicality a more whole being, ready to be here in my day, completely.”***

***“Weaving chromo colors to translate my awareness in meditation from here to my next highest heaven, Angelic Elim, guide me and prepare me!”***

***“Angelic Elim, cause my body to know your energy and be well with your vibration of heavenly love so that I may feel safer here on planet Earth!”***

***“Angelic Elim, show my path, this day, so that I may enjoy my embodiment here in this reality!”***

***“Angelic Elim, I feel challenged by \_\_\_\_\_ and seek your motion and creative inspiration to free me from my own limitations”***

***“Angelic Elim, I seek to know you better, please be present with me and help me understand all you seek to show and teach me, this day.”***

***“Angelic Elim, how may I be of assistance to you, this day, from here in this reality of light, color, sound, tonal zone?”***

Pause and see if anything comes to mind or in your feelings. The Elim are from a very different reality whose vibration moves much faster than here.

## ANGELIC ELIM EMPOWERMENT

Simply experiencing existence from within the hologram of Earth's reality is unique to the Elim. Many wish to move through your body and energy fields in order to better understand what it is like to be in a human body.

If so you could say: ***“Angelic Elim, I invite you to merge with my energies and body”*** This is well, they are very loving and respectful beings and I've always been lifted and inspired by their presence. They are safe beings to interface with energetically.

At any time you can say: ***“Angelic Elim, leave now and separate out from my body and energy!”*** and they will step out.

I recommend only a few minutes of merging if you choose to invite them. As always, use your own inner guidance and personal comfort with any merging, of energies with other beings. The very fact that their energies are of a higher vibration may make your body feel dizzy and nauseated if you completely merge with their energies. You may do better with just asking them to help with the things I've listed above and activating their energies as a stream of energies, rather than to fully merge with them.

The difference is that with a full merge is that they get to feel what it is like to be human here on Earth. You have a much stronger concentration of their energies within your body than if you are simply getting a 'flow' of their energies.

If you were to simply say:

***“Angelic Elim Empowerment, Activate!”***

You would be 'running' or 'activating' their energies just like you would do with reiki or golden light Seichim.

The energies flow from the being into you or your life experience.

If you were to ask to 'merge' with an angel or light being, their energies would arrived fully and concentrated and could be intense enough for you to pass out or faint. By asking to activate the Angelic Elim Empowerment you get the full benefit of the skills and abilities and wisdom they can bring you in a safe and healthy way.

## **Barley Green Elixir**

Barley Green Elixir is the spiritual life force energy and intelligence of the Barley plant's tender green sprigs of grass. Barley has been used since ancient times both as a grain and for the potent nutrition of its green juice.

Barley Green Elixir is an exciting, simple way to bring vibrancy to your body and mind! Many of the foods we eat are cooked, and lack essential enzymes that help maintain vigor, internal health and a youthful appearance.

Barley Green Elixir assists to balance a person's PH and promotes release of toxins from the blood and cells. It helps a person feel better and increases mobility of joints. Barley Green Elixir heals your heart chakra.

Barley Green Elixir assists with the following, but is not limited to:

*Immediate clearing of dense “sludge” negative emotions.*

*Mental clearing for ease of adopting a more exalted perception.*

*It brings refreshment giving vigor and a deep breath in!*

*Healing for your heart center on all level and in all dimensions.*

*Barley Ultra Green Elixir encourages human bodies to release toxins.*

*Seeks to balance your body’s ph. (alkaline/acid balance)*

*May cause you to seek out best foods for a more long lasting ph balance.*

*Increases benefits of physical barley juice when activated while consuming.*

## BARLEY GREEN ELIXIR

### *Gives wisdom of the barley plant.*

Grasses hold together the soil and so too can Barley Green Elixir help hold together relationships. Barley Green Elixir is representative of the raw vibrant enzymes that physical barley juice contains and so supports your body's enzyme functions. When activated daily, the range of motion within your joints are increased!

Barley Green Elixir contains the coiled spring like energy which propels the barley plant's growth and so too can propel your healing.

This vibrant, refreshing propelling energy, bursting with all of the ethereal nutrients you and your body needs is brought to you in this Barley Green Elixir you need only to activate it after your attunement and think of the project or healing topic you want propelled/quicken!

Barley Grass Juice contains many nutrients.

When you activate Barley Green Elixir while drinking barley green juice, you are activating the physical barley juice to provide you with the spiritual and higher light qualities of its nutrition.

This makes an already incredible physical nutrient rich juice activated in such a way so that your body integrates the entire spectrum of what this plant's tender little new leaves have to give you.

If you don't have access to Barley Green Juice either because of where you live or your current budget doesn't allow such luxury today, Barley Green Elixir is an ethereal (spiritually energetic) way for you access Barley Green's spiritual essence and to amplify the positive effect of and lengthen the life of the enzymes you already have in your own body.

Enzymes are catalysts and as such continue to perform their function for quite a while until they get tired and the body excretes them. That is why enzymes must be replaced from time to time.

This Barley Green Elixir energy system is an incredible way for your body to get the most out of the physical barley green juice you do drink while making the enzymes that you receive in that physical juice more vibrant and long lasting. This

## ATTUNE TO DIVINITY

saves you money so that a small amount goes a long way for your health. If you have never tasted barley green juice rest assured that this ethereal Barley Green Elixir will benefit your body, emotional, mental and spiritual bodies greatly.

Energy systems give people direct access to the spiritual energies of the topic of the energy system, including any energy functions therein. Once you've made your initial purchase, there is no additional financial outlay. You can re-activate the energies for yourself or others with simple thought intent.

What a simple and spiritually responsible way to help yourself and others!

Please spend a few minutes to invite your Barley Green Elixir to release fully unto you.

Simply say out loud or in your mind:

***“I ask to fully receive my Barley Green Elixir as founded by Mariah and made perfect by Eternal Sacred Source, NOW!”***

Barley Green Elixir arrives to your body and energy fields, bringing you the intelligence of the grasses, their healing wisdom and botanical life force.

You may re-activate this energy anytime you want  
by saying audibly or in your mind:

***“Barley Green Elixir, Activate!”***

Barley Green Elixir is a quality of energy that is ‘melting in’ feeling and moves through your body, guided spiritually by your own soul and higher self, together with the spiritual intelligence of the Barley Plant Deva.

If you are sensitive to subtle energies, you may notice your feet get warm and it may travel up your spine to move through you brain. It doesn't matter if you feel the energy of Barley Green Elixir or not. It will respond to your thought intent for it to activate and work for you at many levels of your body and being. Barley Green Elixir does indeed respond to your thought intent.

Use that quality of this energy system to direct Barley Green Elixir to assist you with whatever healthy concerns or life projects you have.

## BARLEY GREEN ELIXIR

Say: “*Barley Green Elixir, please activate and assist my body to (fill in blank with what you want help with, in the positive \_\_\_\_\_).*”

Or, “*Barley Green Elixir, propel me into action this day for (name of project).*”

Keep in mind the list earlier in this manual of Barley Green Elixir’s known benefits and what it is already known to assist with for you.

Think about areas of your own life and or body concerns that Barley Green Elixir will certainly be helpful for.

Then fill in the blank of your own activation affirmation with exactly how you want Barley Green Elixir to help, always remembering to say, “this or something better” at the end of your activation affirmation.

For example:

**“Barley Green Elixir, please activate and balance my body’s PHand help me feel healthy and my skin appear vibrant and healthy.”**

Barley Green Elixir may be activated for other people with their permission.

It is to be an activation of this energy system for “on behalf of” a person, rather than a sending or “channeling” of Barley Green Elixir. Barley Green Elixir, when it is activated for a person will flow for them for about 10 or 12 minutes per activation.

It is not wise to channel this energy through your body for another person, for it will arrive to them at the proper frequencies for them and that is not the most comfortable or healthy for you to run through your own body.

You can set the intents for the Barley Green Elixir when you activate it for the other person, just as you would for yourself.

Simply say:

**“Barley Green Elixir Activate for (name of person and think of the person) and please (fill in health or motivational request for the person) Thank You!”**

It is always magical and sacred to say the activation affirmation 3 times. You may of course vary what you say for each person or session. Be creative and appreciate the Barley plant's intelligence and wisdom.

## **Ascension Vibration**

Ascension Vibration reconciles the separation between matter and spirit, here, and beyond. Freedom of movement through the dimensions in spirit and possibly through the increased vibration of your physical body into a lightbody is enhanced with Ascension Vibration.

Ascension Vibration is unity through the balance of polarities that exist in this reality, realities beyond and inside you. Ascension Vibration's yin yang symbol is utilized to bring into balance inner, outer, upper, lower aspects of our being and our positioning to the world around us. Your Ascension Vibration attunement gives you access to this highly individualized vibration and the power of the yin yang symbols as an activator of your ascension vibration.

Ascension! Ah! The hopes for, and implications thereof are the topic of endless books, workshops, energy systems and scrolls! Ascension can occur after the death of a person's body, if, Source determines that there is completion of Karmic wheel and no further physical incarnations are required to complete the learning that their Soul set forth.

Ascension while you are in physicality, with an alive physical body also has many different descriptions and meanings to various 'Masters' and teachers!

If you shift your physical body into a light-body while you are physically alive, you can take your body with you into other realms. This type of Ascension requires that you return immediately to your daily life here.

There is no 'escape' from this reality, by means of Ascension while in physicality. When someone does ascend while their body is alive, it is a transcending of the previous limitations of their physical form. It is NOT ascension if you commit suicide. A person's body does NOT die if you reach ascension while your body is alive. Ascension is NOT an early ticket out of this reality here on planet Earth! Let



## ASCENSION VIBRATION

us be clear about this!

If a person dies naturally, it is between them, their Deity (Creator, Source) and their Soul whether they will incarnate again here, elsewhere or ASCEND and not need to be within the bounds of the karmic wheel.

Many means of preparation for Ascension, whether in hopes for while you are in a physical body or simply for after your life here is complete, entail a great increase of your Light Quotient. Light Quotient is the percentage of Eternal Light a physical body can hold and radiate, yet retain physicality.

Ascension Vibration assists you to fulfill the requirements necessary for your Ascension by vibrating at both physical and non-physical frequencies.

Each of us has our own initial potential parameters for perception of reality and perceiving beyond this reality! These are due to our soul and the genetics of the body we incarnated into. Think of this as the benchmarks, or initial growth range that was set forth for us to grow within. Some people are happy to stay within the initial range that our soul expected us to grow within while we are in this physical body, this time around here on Earth.

Life lessons progress us through this growth range and can bring us to the upper end of the initial potential parameter; of our karmic lessons and of our perception of reality. What happens when we get to the upper limit of what was set forth as completion for this lifetime, and we are hungry to know more and be more than what the limitations of physicality allow for? It is as most of us reading this are aware of, the feeling of hitting our head up against the ceiling. We know there is more, and we want to expand and have the mobility to be in more than one place at once, literally, with our body!

We are frustrated with our current limitations of functioning within a 3 dimensional reality when we've worked so dutifully to complete our life lessons and gain increased spiritual awareness and maturity. Many of us are indeed gaining much mobility of our consciousness! We can move our awareness to merge with plants, animals or Angels.

Many of us can be aware of realities beyond this one and witness much that we wish we could travel within, in a bodily form, rather than just with our consciousness.

## ATTUNE TO DIVINITY

Ascension Vibration prepares your spirit and body to transcend the bounds of physicality into the highest potential for your Eternal Life!

We are speaking about reconciling the gap between physicality and the ethereal. 'Here and Beyond' need not be separated by such an impass anymore. This is different for each person!

Some of us are indeed ready to know what it feels like to shift the vibration of our body to such a frequency that it shimmers into another reality!

We are not in Earth reality for those moments and if someone was to peek into our room, they would wonder where we went! We are able to now shift the energy that composes our body into whatever light or physical form is proper for the place our consciousness has traveled to.

We may take our body with us and transform it into whatever form is proper to that local environment. When the Ascension Vibration spins the energy of your physicality in a slight phase shift together with the phase shift of a reality beyond this one, a transition can occur. This is a temporary condition and is not a permanent relocation!

I believe that currently the Spiritual Universal and Cosmic Laws require that you return your physical form here on Earth only mere moments or hours after you transcended it into another form for your travel. However the opportunity for pure delight and joy at having such mobility is well worth the responsibility to continue your daily life here!

How does Ascension Vibration accomplish what so many people have been trying to accomplish for eons?

When you activate your Ascension Vibration, beliefs that seemed to be in paradox with one another will suddenly co-exist! Karmic limitations that were in existence because of inner paradoxes and lessons that were hard to learn because of paradoxical experiences will reconcile. Now Cosmic Law of matter and waves, time and space will be pliable and bend to your will.

Ascension Vibration makes a way for opposites to exist simultaneously so that the paradox can no longer hold us separate from all that is. Paradox was very important

## ASCENSION VIBRATION

to keeping the karma game and the game of illusion in place.

Now it is vital for you to know that while it is entirely possible for you to eventually shift your body's energy frequency into a higher vibration and travel in other realms and places, it may just as well not be for you to do.

It may simply be that Ascension Vibration for you is a way to be at peace within yourself and to move through karmic limitation so that you don't have so many lessons. Ascension Vibration may indeed speed your way through the difficult lessons so that you will complete easily all that is necessary this lifetime. By utilizing the Ascension Vibration now, you will have a much better opportunity after this Earthly life to ascend into Eternal life instead of being required to return into physical form.

Some people really like being in physical incarnation and seek it for higher purposes of Divine Function and rather than for karmic absolution. In this case you will have the freedom of returning into physicality or not. Everyone likes freedom of choice rather than being stuck in a wheel of 'having to' do this or that!

What are some of the paradoxes that are reconciled with Ascension Vibration? The very nature of our being, if you are in a physical body, has paradox within it. We are entwined within the upper, middle and lower aspects of our nature whilst living in a physical body. Many people feel at odds with these aspects. Ascension Vibration causes an ease of co-existence that bring deep peace and awe of your inner and outer worlds.

Being able to believe and 'see' more than one perspective may seem like a beneficial attribute. For some people it only causes grief for they feel that there should be one 'right' way and the seeing of both is frustrating. Ascension Vibration allows for it to be 'ok' and indeed 'beneficial' to see several perspectives. Even opposite points of view and perspective become normal to your mind as you are able to toggle from one to another mentally.

Often times it is a person's mental body that limits the spirit's ability to manifest blessings and abilities here in reality. Once the mental body allows for an idea or perspective to 'exist' to be 'ok' and 'safe', then manifestation can occur! You are freed when your mind no longer fights to hold on to its previous perspectives of reality. You are free when your mind no longer is determined that only one perspective can be right.

## ATTUNE TO DIVINITY

Ascension Vibration allows for the mysteries and paradoxes to exist together and for it all to be ok. Then Ascension Vibration can indeed increase your Light Quotient and you know you are safe within your physicality. You will know that if it is ever necessary and appropriate, you could shift your physicality into another form. You know that you are both one with Divinity and able exist within the boundaries of form. Form gives expression to Divinity that lack of form could not. No longer does three dimensional reality seem to be limiting, it is expanding and fascinating.

Being well with being here in physicality and enjoying the sensations our 5 senses bring is vital to being able to increase our Light Quotient. Thereafter the coming ‘online’ of additional skills and Divine Attributes is normal.

Ascension Vibration gives us the direct line ability to vibrate at an energy frequency that brings more of our soul into our body. This is possible because when opposites merge anything is possible!

I’ve provided several examples of the possible benefits of Ascension Vibration here in this manual. I am sure that none of these are completely accurate for you and that many, many other benefits will arrive for you through the use of Ascension Vibration! This is because your Ascension Vibration is highly individualized to you! It will provide the Vibration that is required for you to reach a higher potential of unity within Divinity.

Accept your Ascension Vibration attunement with an expectant, open heart and mind! Relax, imagine the yin yang symbol in your mind and allow the Highest Divine Ascension Vibration to arrive to and through all levels of you.

Say out loud or in your mind: **“Ascension Vibration, arrive and assist me!”**  
Ascension Vibration will remain active as long as you intend for it to be.

The word ‘Vibration’ is used to identify this Ascension energy because vibration is sound. Some sound cannot be perceived by human ears. Vibrations are utilized by Creator, the Angels and other races to solidify energy into matter. It is also used to turn matter into energy.

Therefore vibration is a very powerful force. It causes change in forms.

Activate your Ascension Vibration and continue to keep a thought of:

## ASCENSION VIBRATION

**“Yes, I want Ascension Vibration to be active”** for 3 to 33 minutes at a time.

Activate your Ascension Vibration anytime you want assistance to:

- 1) *Clear dense or evil energies away from your body and mind.*
- 2) *Accept paradox and gain the ability to hold two perspectives.*
- 3) *Reconcile many levels of who you are and what you believe.*
- 4) *Cause to be recorded lessons you’ve learned clearing old karma.*
- 5) *Increase your Light Quotient ratio by dropping away limitations.*
- 6) *Gain the ability to learn through observation not just experience.*
- 7) *Teach your body to shift its vibration to accommodate environmental and reality changes, for travel or comfort here.*
- 8) *Prepare your body to change fully into Lightbody and back into physicality at will as is directed by your Spirit, Soul and Source.*
- 9) *Fulfill all the requirements of incarnation, so to optimize your opportunity to ascend into Eternal Life when your body dies.*

Each person will respond differently and find different uses for Ascension Vibration. I can only write to you of what I’ve been shown and experienced.

Use your inner guidance and pay attention to when you think of Ascension Vibration. Activate it at those times too. When you are feeling in the midst of other people’s frustrations and limitations, Ascension Vibration can free you from their emotional energy. Now you can more easily live within your own reality and receive energy directly from Source and your Soul easily.

Think of the word Vibration! It can shake things loose! If you are caught in the middle of people’s drama, Ascension Vibration can free you! Think of Ascension as a raising and lifting up! Ascension Vibration can lift you up and out of your own

circular thinking or frustration too! This is a strong energy system and even if you can't feel the Vibration, it works for you.

## **Ekam Consciousness Awakening**

Ekam Consciousness Awakening awakens your consciousness to that which is formless and infinite within your own finite physical body form. The Ekam is known as an infinite state of consciousness that is beyond all god heads. It is a state of oneness and formlessness within which all universes were formed. Individuation of being was born from the constant unity that the Ekam Consciousness is.

Your Ekam Consciousness Awakening supplies your need to be part of the whole while calming your body's anxiety of separation. Ekam is Sanskrit for "one" and is neutral in gender, as a noun meaning "unity". In spirituality it refers to a concept of monism.

Ekam, in the Tamil language means "one", "absolute", "the whole which exists" and "the incomparable". Ayyavazhi is a dharmic belief system that originated in South India in the 19th century. The theology of Ayyavazhi differs considerably from other monistic religions. It speaks of Ekam, the Oneness from which all that exists formed, and also an ultimate oneness that exists behind all differences.

In certain Hindu texts the Sahasrara (crown) chakra has 1000 petals. But in Ayyavazhi symbolism, Saharara has 1008 petals. In Ayyavazhi, there is no scriptural authority indicating the importance of 1000, but the number 1008 is commonly mentioned.

The Ekam, which is articulated as the supreme divine power itself, is supposed to remain as an absolute constant. In theological terms, God is in the highest sense, formless, infinite, genderless and beyond time and space. Ayyavazhi architecture often has an inverted lotus flower of crown chakra (Sahasrara) covering the roof. The Ekam Consciousness Awakening once received then becomes the keyword "***Ekam Consciousness***".

Your Ekam Consciousness Awakening will have been received on a deep level and will open up at rate that is appropriate for you. Please spend a few minutes to invite your ***Ekam Consciousness Awakening*** to release fully unto you.

## EKAM CONSCIOUSNESS AWAKENING

Simply say out loud or in your mind: **“I ask to fully receive my Ekam Consciousness Awakening as anchored by Mariah Windsong, awakening my infinite, formless being, NOW!”**

Think of a ball of light and energy above your head that opens up and streams down into the top of your head. Your attunement will easily arrive to you because Eternal Source is not limited by space or time. The Ekam Consciousness Awakening attunement flows into your body and energy field, into all of who you are.

There are energy functions that your attunement to your Ekam Consciousness Awakening gives you the right to access.

Sometimes a person’s spirit is ready to fully delve into the depths and breadth of the Ekam Consciousness while the energy flow and experience thereof may be a might intense for your body. If after your initial awakening attunement, you feel any pressure or intense tingling in your feet, please activate the ***Ekam Consciousness Integration*** energy function.

Simply say: **“Ekam Consciousness Integration, Activate!”**

Any pressure or “too” intense energies will dissipate as your body integrates this new energy that it now is awakened to notice and flow within.

Now you can feel free to activate your ***Ekam Consciousness Meditation*** energy function when you next spend time with your own spirit and want to connect more fully to the infinite, formless, supreme consciousness that is not limited by form or personality.

Stretch and relax your muscles, drink some water or fruit juice and give thanks for the air you breathe and any freedoms you have. Set your alarm clock for 20-30 minutes. The Ekam Consciousness is known as an extreme state of consciousness.

If you do not have a buddy, a person right there with you that will be fully present and plan to bring you back to your everyday state of consciousness within 30 minutes, an alarm must be set the first time you do this meditation.

It is possible that you could feel lost your first time to be in the midst of such unchanging formlessness that feels to go on forever without any landmarks. There

## ATTUNE TO DIVINITY

may not be the familiarity of a personalized deity to reach out to, for you will be amidst the infinite consciousness that is beyond individuation. Now recline and relax to the best of your ability.

Say: **“Ekam Consciousness Awakening, Activate!”**

Then say out loud or in your mind:

**“Ekam Consciousness Meditation, Activate!”**

Enter into a state of meditation or activate and run Reiki or other divine energies. You may wish to activate an empowerment to a Goddess, a plant deva or an animal group soul spirit.

You may wish to pray to or otherwise enter the presence of the deity of your choice. Let it be one with whom you find particular ease to be in the presence of and desire to commune with.

The purpose of this is both to have present with you a deity or guardian that you and your body trusts and to cause you to gain access to the space within your inner sanctuary that you usually commune with divinity. Now that you are there, it will be easier for you and your body to enter into a deeper state of awareness of the Ekam Consciousness.

The Ekam Consciousness is such a state of oneness and infiniteness that goes beyond all form that it can be disconcerting or scary to a person’s body if it has not already been surrounded by the usual divine energy it is familiar with. Our regular everyday consciousness is not accustomed to having the walls of limitation drop away so very completely.

It is an odd feeling to “be” beyond form, and in the presence of constant changelessness to such a degree that the individuation of every God or Goddess form you know has been transcended.

In truth it is that you may not be able to feel or recognize various Goddess or God heads once you are in the Ekam Consciousness Meditation.

The personalities and names of deities you are accustomed to calling upon may



seem to be gone because your awareness may be conscious from a level prior to their creation. They are not gone they are simply merged with the oneness of the Ekam.

Ekam is the infinite and ultimate state of existence upon which all of creation is formed from. In this state of consciousness unity is all that is known. Some people are not sure how to shift back your consciousness to an everyday state of consciousness from within that reality. That is why I suggested that you set an alarm if no reliable person is home with you to gently bring you back to here and now after your set meditation time.

Use this meditation as often as you feel the desire or need to encourage this awakening to increase in your consciousness. It may take some getting used to. It may be awhile before you learn when this type of awareness is most beneficial to you. Is this immersion in unity and formlessness advantageous to you when you are in your manifesting meditations? When you want to directly access the formlessness and changeless beyond all that changes and has form, to help bring specific forms of prosperity into your life, activate the Ekam Consciousness Meditation.

There is a certain power in being in the midst of that which is formless and changeless while living in a changing world of form. You can access that part of yourself that is also changeless and formless at one with the Ekam.

In this way you are able to receive rest and rejuvenation as your awareness transcends the troubles of this world. Upon returning to a “regular” state of consciousness you will see solutions to problems that you had not noticed previously. It will be easier to step outside of situation to see another way.

The Ekam Consciousness Awakening may need to be activated on a frequent basis as your consciousness shall only awaken in as much as is appropriate for you in each now moment. The Ekam Consciousness Meditation is designed for deeper experiences within the Ekam.

The Ekam Consciousness Awakening is an awakening that is incremental and will continue to increase your Ekam Consciousness Awakening a little at a time. If it does happen to increase more quickly than your body is ready for, remember to activate the Ekam Consciousness Integration and you’ll feel better quite quickly.

## Angelic Ophanim

An empowerment to the Angelic Ophanim is as a ‘meet and greet’ to their presence. It provides you with the right to have an audience with them. These Angels reside very close to the Highest level of Eternal Sacred Source and we display right thinking by seeking their wisdom on serious life issues. The Angelic Ophanim have authority over the ‘wheels within wheels’ Merkavah configuration for a consciousness to spiritually travel through time and space.

*“You may seek our audience.  
Splendor of Majesty we reveal to you.  
People expect words.  
Words limit.*

*We are much more than words.  
Being in the Presence of Someone Greater and Other-worldly  
gives you a New Perspective – widening your horizons.  
We know not how else to cause you to know the Greater Horizons  
and open you to more Splendor in your lives.  
By Design we hold a Greater Concentration of Majesty than many throughout  
Creation.*

*We seek to awaken your Temple Within.”  
– The Angelic Ophanim, on July 13<sup>th</sup>, 2009*

– Channeled by Rev. Mariah Windsong Napieralski Couture, DD, RGMT

I often go to the Angelic Ophanim for weighty issues, things that need a very high perspective, and they will respond. The communication is usually full of visuals or thought to thought connection.

They often download the information to a person, dropping the data directly into your mind.

I'm not always the most adept at finding where the information got filed in my mind after they drop it in there, but I know that it is there.

They are famous, at least with me, for summarily dismissing me when I've asked too many questions they feel are pertinent at one time!

## ANGELIC OPHANIM

They bounce me back to this reality quite quickly!

There are several orders of the Angelic Ophanim, but we don't need to know all of those details here.

They told us everything they wanted to say for this manual in the above channeled words.

I trust that the Ophanim who are most appropriate to respond to each person who calls upon their energies will receive exactly the needed responses.

Since I'm used to 'traveling' spiritually in journey mode to get to them, it is quite a treat to receive an empowerment to their energy and to feel their energy here. Very wonderful actually!!!

The Ophanim have much to do with the wheels within wheels Merkavah; safe spiritual journey transportation.

Receive your attunement by saying audibly or in your mind  
with strong intent to meet the Ophanim:

***“I call forth to receive my Angelic Ophanim Empowerment as founded by  
Mariah Windsong and  
made perfect by the Angelic Ophanim Now!”***

Please allow 20-30 minutes to commune with the Ophanim while receiving the empowerment to their energies. This is your initial meeting with them, and it is wise to approach it with respect.

Working with their energies: Although you do have an empowerment to their energies, this is not provided for you to activate and 'run' their energies on other people. It is not likely that you will 'run' their energies on yourself either.

The Ophanim are very specific about how they choose to interact with people. Yes, call them into your presence by the link to their energies that the empowerment attunement has given you. Please have a reason in mind for wanting to visit with them. Yes, wanting to learn about them and learn from them is enough of a reason. You could also have a serious life question that you want their perspective on.

## ATTUNE TO DIVINITY

Simply say out loud or in your mind: **“Angelic Ophanim!  
I seek your wisdom, I seek your presence, please grant me audience!”**

You’ve now made a ‘phone call’, a communication has been initiated.

They get to decide if they will visit you, or if you will travel to visit them.

They will decide this very fast in most instances.

Please do not be surprised to find your consciousness on a spiritual journey to their location if they choose to bring you into their Presence.

Please be aware that they may not appear in the ‘usual’ angelic form that your mind may have formed previously. Remember the passages in sacred texts about the four faces around the Throne of the Father?

The Ophanim have appeared as half man, half animal, Angelic and other species mixed to people as well as simply to look like stars!

We do not know if they like to surprise our brains by such visuals or if it is a true representation of the form they choose to exist in.

You might only be there for what feels to be a brief moment.

They will eject you from their Presence when your time with them is complete. I beckon you to trust that what you received in that moment is exactly what is required for you that day.

It doesn’t matter if you felt anything or saw anything after you invite their presence. Spend a few quiet moments in contemplation and gratefulness.

## **Illusion Buster Shakti**

Illusion Buster Shakti works to bust through and drop away illusions that we believe about any situation, person or thing in our life!

## ILLUSION BUSTER SHAKTI

When you activate this Shakti, she will attend to any area of your life that you lift up to her in your mind. Illusion Buster Shakti dismantles the illusion so that you can see through it to what is true for you. The illusion could have been about people, situations, religions, groups or places.

Illusion Buster Shakti has many applications in your life. It is a 'self-use' system. You may only use for another person if they specifically ask you to.

The Illusion Buster Shakti dismantles the illusions you've been operating under. These can be ones sent to you by others or ones you've created.

Decisions you make are based on what you believe to be true. If you believe an illusion in any area of your life that requires you to make a decision, your decision will be based on information that will not hold true.

Each of us seeks information to discern how we feel and what we believe about the world around us. We need hold a perception about those who inhabit the world with. The opportunities presented to us by others begin as their perception, as they describe the situation to us. We choose what to believe about what is being told to us and what we've directly experienced.

The compilation of what we've been told, read and actually experienced about a situation or item, is the information we use to perceive it. That is to say that we use all the information we can glean to choose what to believe and how we feel about a situation or person (pet, item or place).

The information we've been told or read may or may not be true. Usually our experience is true, although that too can change in our memory over time. The other factor which goes into how we perceive anyone, anything, or anyplace is the "hope factor". That means what we are hoping the thing, person, animal, pet, situation or place will be. What characteristics do we tell our self that it or he/she has; which it may or may not really have?

We can choose how to think about something, someone or a situation based on its similarity to something or someone else that did not work out well. We may even be so optimistic as to ascribe positive characteristics to a person or situation that we've not been told about nor seen or intuited.

## ATTUNE TO DIVINITY

There are many ways to gain information by which to make a determination about what someone, something or a situation is and is not. When you add to that information, your own internal hopes or fears about it, you can hold a perception which may not be entirely accurate. This is an illusion.

The perception we've created about something, someone, a place or situation may have been compiled with our best intentions. We may have seriously considered all the information we know, and tried to think about it only from that which we feel is truly accurate. Some people don't even realize that their own hopes or fears about it can skew or change the basis for their decisions.

Illusion Buster Shakti moves powerfully through an illusion to reveal the truth for you to see and know. It doesn't matter if the illusion is one that someone else sent to you intentionally or unintentionally. It doesn't matter if the illusion is based on your own hopes or fears. If there is illusion in what you are thinking about in order to make a serious decision, the Illusion Buster Shakti will reveal the truth.

You may simply start to feel differently about the situation, person, animal, place or item. You might not be given new information, but you will have a knowing sense about the truth of the matter. This feeling may or may not be later verified as additional information comes to light about the person, place, situation or thing. Usually this Illusion Buster Shakti will cause you to feel in alignment with the truth therein so that you can be forewarned of any problem or untruth that you were using to base your decision upon.

You can always see the person, situation, place or item through the illusion if you want to bring the way you previously felt to your mind. You will have the freedom of choice about how you look at and feel about the matter.

Now you are not restricted to your previous view. You can see both the truth and how you previously saw the person, situation, place or thing. You can move forward confidently knowing that even if you don't have all of the information to support your new feeling, you are correct and sure.

You can always lift up in your mind's eye, a topic or person when you activate the Illusion Buster Shakti. When you do so, if there is no illusion to bust through, you will feel the same about the topic as you did moments before. If there was an illusion to be busted through, you will feel slightly or strongly different about the person or topic than you did moments before.

## ILLUSION BUSTER SHAKTI

The Illusion Buster Shakti loves to show you the truth! Activate her often!

For example:

If you are in hopes that a certain person will be the mate of your most wonderful dreams, for all of your life, lift the thought of them up after you activate Illusion Buster Shakti.

If they truly are so very wonderful, there will be no illusion to bust through or drop away. If you've been exaggerating to yourself, their positive qualities, those illusions will be gone and you will see them for what they are. Probably they are a good person with their own life challenges, positive and negative qualities. Now you will know the truth.

It is possible that the person did not attempt to lie to you or make themselves out to be something that they were not. Likely, you, in your own hopes that they will be "the one" created your own illusions about them.

Now that you can see them for what they are, you can accurately assess, based on the information that you've learned about them through your interactions with them thus far, whether they are right for you or not.

Yes, it is possible that the person purposely misled you. The Illusion Buster Shakti does not show you motives, simply the truth of what is, rather than you only knowing and seeing the illusion.

The illusion definition in dictionaries often speaks of visual illusions. The definitions contain references to when a person's visual or other senses reveal inaccurate information to their mind, or the mind changes the information after it has been received.

In this manual, "illusion" is meant to portray any beliefs a person is holding about anyone, any place, any situation or thing in their life. The nature of all we interact with or intend to interact with is as it is. However, what we believe about it is all that we have to determine how we will proceed in life and how we choose to respond to or interact with it.

***The Illusion Buster Shakti breaks through walls of misperception for us.***

## ATTUNE TO DIVINITY

Shakti are feminine-like creative healing forces of Eternal Sacred Source who are sentient. This means that they are intelligent and self-aware. They are similar to angels but not of the same lineage. They are closer to forces of nature in form, yet are conscious and respond to your requests. Their work with you for your health and enlightenment are under the authority of your higher self and soul. They are direct emanations of Eternal Sacred Source.

Many Shakti will be “clothed” in the skills and job descriptions that they will be providing to humanity, animals, plants and other life forms here on Earth. This means that when we call upon them, their “name” or “title” specifies “who” is arriving.

I imagine it as a special place in the Heavenly Realms that prepare Shakti for each special type of job here on Earth. I’m sure they are readied to work with us in a slightly different manner. But this is an easy way to think of it for me and many other people.

Please spend a few minutes to invite the attunement of Illusion Buster Shakti to release fully unto you. Simply say out loud or in your mind: **“I ask to fully receive my Illusion Buster Shakti as anchored by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Your Illusion Buster Shakti arrives unto to your body and energy fields, to meet and greet you.

Activate your Illusion Buster Shakti by saying audibly or in your mind:

**“Illusion Buster Shakti, Activate!”**

For those of you who feel the need for information before you are willing to trust it, if you start to feel differently about someone or a situation than you did prior to activating your Illusion Buster Shakti, please relax.

The very act of entertaining the possibility that what you believed before may not necessarily be true, you are now allowing the supporting evidence to arrive unto you. You are actually in control of your reality.

If you aren't open to the possibility of things being different than you think they are,



## ILLUSION BUSTER SHAKTI

you might not even have the chance to encounter information to support the change in your opinion.

This is because if we are too deeply rooted in wanting to believe that someone or something is a certain way, we won't notice information to the contrary. That is until we have an experience that is less than comfortable.

A wonderful benefit of the Illusion Buster Shakti is that it can assist you to see through to the truth and direct your life accordingly. This way you can avoid some bad experiences completely.

Your Illusion Buster Shakti is ready to assist you. Talk to her as you would talk to a trusted elder.

After you activate this Shakti, any topic, person, situation or place that you think of will be the primary areas the Illusion Buster Shakti will scan to check for illusion. If any is found, it will be busted through and you will then have the option of seeing and feeling about that topic based on truth, not illusion. It can be empowering to see and know a situation or person for what they really are, instead of what you were told or wanted to believe. You can reconstruct your illusion if you prefer it.

Here are some examples of the types of questions you can ask yourself after you activate the Illusion Buster Shakti, and see if you feel the same about:

*Is a prospective romantic partner worth your time?*

*Is a prospective business partner an honest person?*

*Is this job opportunity really worth accepting?*

*A trip with friends to (fill in the blank), is it all they say it will be?*

*Is prospective land or home purchase or rental as good as you think?*

*Is the college or school you've chosen the best choice?*

*Is the person you are dating really as great as you think he/she is?*

ATTUNE TO DIVINITY

*Is your view of your husband/wife accurate?*

*Should you really believe what (name of person) has told you?*

*Is joining the board of directors the right choice for you?*

*Are your son/daughter's friends as bad as you think they are?*

*Is your son/daughter stressed or just giving you "attitude?"*

*Neighbors; is your current opinion of them valid?*

*Did a person purposely ignore you or were they too stressed to notice you?*

*Was the fight at your mother's house really about boiled eggs?*

*Is your boss favoring others over you?*

*Do they really watch you in the lunchroom, or the painting behind you?*

*Is your mate purposely avoiding cleaning the dishes or oblivious to the fact that they are even there in the sink?*

*Is he really preoccupied with himself or just shy?*

*Is he as serious about you as you are about him?*

*Does her restlessness at the end of a date indicate that she doesn't like you and hopes you don't try to kiss her, or must she hurry back for the babysitter?*

*Have you built your hopes up for this job and imagine the line of people who will be interviewing, and their glowing work history?*

*The illusion here could be that your imaginings of others having better credentials than you limits your reality. When the truth may be that you are the best person for that job, and the universe is trying to influence the boss to offer you the job. Illusion Buster Shakti can bust through illusions you create so that you are better*

*prepared to receive what Source wants to give you!*

*Please note that you may or may not get immediate yes or no answers when you ask yourself questions. It's about your viewpoint and feelings. Have you been thinking badly about someone only to realize that there was a good explanation for their behavior?*

*You may simply notice that you feel differently about a situation, person, place or topic than you did before activating Illusion Buster Shakti.*

*If you feel differently, try not to figure out exactly why at this point.*

*Just ask yourself "How you do I feel?"*

*Are you comfortable with your current agreement with that person?*

*Are you comfortable moving forward to accept a job opportunity?*

*Are you comfortable going places with that group of people?*

*Are you comfortable accepting the position on the board of directors?*

*Comfort is often an indicator about whether you are still feeling as you did about whomever or wherever or whatever, prior to activating the Shakti.*

*If you are not comfortable, were you comfortable before activating Illusion Buster Shakti?*

*If not, are you more or less comfortable than you were before?*

*In this way you can gain a directional perspective.*

*What direction are you moving in now?*

*Do you feel yourself moving toward to away from the person, place, item or situation?*

ATTUNE TO DIVINITY

*Do you want it or he/she more or less than you did  
before activating the Illusion Buster Shakti?*

*There are too many diverse topics to give instructions for all right here.*

*The important thing to notice is that in the days and weeks after you start  
activating the Illusion Buster Shakti, you may feel differently about people,  
places and situations in your life.*

*Trust yourself and recognize that in some situations,  
you need not make any changes immediately.*

*In other situations, there will be a clear warning feeling that may develop after  
the illusion is gone. Trust yourself no matter what you feel.*

*Sometimes people are upset that their glowing excited feeling  
about someone has been busted.*

*This is understandable, however I dare say that it is better to bust that illusion  
early in the interaction with a person, rather than later.*

*If you are married, the busting of illusion can still help you.*

*It can be beneficial to see where you've fooled yourself, or been fooled by  
another person.*

*You can change your behavior and how much you give based on what is really  
true, rather than what you believed previously.*

*Even within the sacrament of marriage, new agreements can be made.  
You can have a better life, within marriage or out of it.*

*Never be hasty, yet take good care of yourself. Always activate the Illusion  
Buster Shakti in any situation to better gauge the true reality of your life.*

*Maybe the simple recognition that you don't "make" another person  
feel angry or guilty, their feelings are their responsibility,*

## ILLUSION BUSTER SHAKTI

*can help you to be free of the illusion they were trying to make.*

*People can say many things.*

*The Illusion Buster Shakti can help you to discern which of those words are valid and which ones are just trash.*

*People are persuasive, the Illusion Buster Shakti helps you see the truth.*

*At other times, you may find that your opinion will change for the better, not worse about a person, situation or place with this Shakti's help.*

Using the Illusion Buster Shakti with or for other people:

There are some strong guidelines in regards to activating the Illusion Buster Shakti for other people. They are simple: *Don't do it without being asked to!*

*If a person's illusion gets busted, and they don't understand that there was a reason for it, life can be too confusing. If the person is prone to depression it could make things worse for them emotionally.*

*Illusions of reality are not something you can have the freedom to go around taking away from people without consequences.*

*People believe what they want to believe, no matter whether it is truth with a capital "T" or not. Only when they are consciously ready to risk a change of viewpoint, can you activate an Illusion Buster Shakti for them.*

*For regular use, the Illusion Buster Shakti will be more effective for a person when they are attuned to their own Illusion Buster Shakti.*

*This is because Source prefers that a person take responsibility to work directly with Divinity on a regular basis.*

## River Sleep Enhancement

River Sleep Enhancement brings you a ‘just right’ dose of flowing river energy that enhances your natural ability to enter the sleep state and remain asleep longer. River Sleep is helpful when activated within a half hour of the time you will be reclined and ready to sleep.

*River Sleep Enhancement* uses both energetic movement and the spiritual energies of rivers. Rivers have a very specific role both on our planet and in our conscious and subconscious minds.

*Mental Clutter Clearing* and *Peaceful Mental Landscape Trust Empowerment* are also included in your one River Sleep Enhancement attunement. These two powerful functions are essential spiritual tools. They have been brought forth to provide you with an easy ways to clear your mind of mental clutter and to give you the trust necessary to allow peace to settle into your mental landscape.

*Self-Forgiveness Rays* encourage you to accept yourself and open to Peace.

*River Sleep Enhancement* fosters a restful, replenishing sleep.

**WARNING:** Please do not attempt to drive a vehicle after activating River Sleep Enhancement. Even if you don’t yet feel sleepy, River Sleep may already be slowing your responses to stimuli.

River Sleep Enhancement was inspired by Beaver while I was in meditation visiting with Beaver energies autumn of 2010. I was given a mental image of the inside of a beaver lodge, and the feeling of how well beavers sleep! The reason for their deep restful sleep is in large part due to the River their home is built upon. There are vibrational energies as well as the ethereal energies of the River which enhance their sleep. That is when River Sleep Enhancement energies were brought through and made into an attunement that is easily passable with intention to other people.

Accept your *River Sleep Enhancement* attunement by saying audibly or in your mind with strong intention to receive this assistance: **“I call forth to receive my River Sleep Enhancement attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, Now!”**

Generally being in a relaxed position, reclined or laying horizontal is beneficial to

## RIVER SLEEP ENHANCEMENT

the purposes of receiving this energy.

Don't expect to activate this energy and then be able to do complex studies, paperwork or navigate physical environments nor drive a vehicle.

Please do not underestimate the ability of this energy to relax your mind and body simultaneously. It is very good at enhancing sleepiness!

Your one River Sleep Enhancement attunement has also attuned you to three other functions that make it easier for you to drift into sleep and to sleep with a peaceful inner mental landscape.

***Mental Clutter Clearing*** is an energy function that works in conjunction with the natural spiritual energy of rivers. Sleep is a time when your mind will 'offload' details about your day and anything you experienced or were exposed to, down to the deep files of your subconscious mind. Yes, everything will still be available to you when need be.

There is much more already recorded from your day than you were even aware of. Your conscious mind only showed you the information that was applicable and 'able' to be focused upon while you were doing your daily tasks. Everything was recorded and now your mind must determine, as it sorts and sifts through the data, what information needs to be dropped down to your subconscious.

River Sleep Enhancement and Mental Clutter Clearing provide you with both energetic movement and the spiritual energies of rivers. Water already is well known for its symbolism of emotions and the subconscious mind. Rivers have a very specific role both on our planet and in our conscious and subconscious minds. The energy of moving water sweeps away mental clutter and provides new perspective on situations or problems.

Rivers have movement that at times can be subtle and almost still, while at other times tumultuous. The movement of rivers brings you the needed movement to help clear away excess data and details that may be clogging your creative and problem solving abilities.

***Mental Clutter Clearing*** can also be activated in the daytime for quick clearing separately from River Sleep Enhancements' sleepy essence!

## ATTUNE TO DIVINITY

***Peaceful Inner Mental Landscape Trust Empowerment*** is a very special empowerment! Have you ever felt peacefulness start to settle in and then your mind decides that it might just be being fooled?

Trust gives you a feeling of all being ok, and a vigilant mindset can relax in the presence of Peace. A mind who has been very loyal to you and proffering up every possible thing that could go wrong, or thing you may need to do differently, will be suspect of Peace. A vigilant mind can think that peace is trying to fool us. Our minds are very good at their jobs. Often those jobs include making sure we are not fooled so we stay safe.

If Peace is allowed to settle in, might you, the incarnated soul, relax? Relax and possibly miss warning signs of trouble or that one mistake in the paperwork or that one facial expression of a colleague that would clue you into their ill intentions? A mind that has been careful to notice any possible indication of something bad happening will likely be suspect to Trust reigning within you.

Trust is seen by many minds as a trickster that would give peace as a decoy when worry is believed as necessary for survival. This empowerment to Trust gives you access to the benefits of true trust, the knowing that it is safe to relax into your Peaceful Inner Mental Landscape. A peaceful mind actually has a better ability to spot real danger and take appropriate action than does a worrisome mind.

Peace indicates a trusting that tomorrow will be better than today and that you have done all that is for you to do, today.

Peace is a letting go of worry and an opening to trusting that the Universe and Eternal Sacred Source (or whatever your name is for your higher power) is going to bring you good things and protect you and those you love.

Peace is having the inner confidence to know that you have done your best, with the information you had today, and trusting that you will have all the information you need tomorrow to navigate through your day.

Peaceful Inner Mental Landscape Trust Empowerment is an empowerment that extends to you the Trust to allow Peace to enter your being more fully. It sets the conditions in your mind to easily receive and retain a peaceful inner landscape. A peaceful inner mental landscape is allowed to develop when your mind is comfortable with being in trust for today and the future.



## RIVER SLEEP ENHANCEMENT

Now that you've accepted your River Sleep Enhancement attunement you can either stretch your body and go on about your day, or activate the energy more fully. Say out loud or in your mind in the order you see here:

**“River Sleep Enhancement, Activate!”**

**“Mental Clutter Clearing, Activate!”**

**“Peaceful Inner Mental Landscape Trust Empowerment, Activate!”**

Now over the next hour, or until sleep arrives to you, keep a light thought of rivers and wanting to rest enjoyably.

Anyone who has been attuned to River Sleep Enhancement can easily activate the energy with intention of simply saying the name of this enhancement. The energies will flow automatically and continue to be active for about an hour. If you do not experience a strong enough feeling of sleepiness within about a half hour of activating River Sleep Enhancement please activate River Sleep Enhancement again and simply hold the thought of River Sleep Enhancement and place yourself, in your mind's eye, near a river. Any river that you are fond of, and any location or situation that is relaxing to you will be perfect.

Think about anything that fascinates you about rivers. If you like the sound, yet don't wish to be too close to a river, imagine yourself in a cabin a ways away from the river. You will still be close enough to hear it, but on high safe ground in a secure building and bed. If you love being very near to a river, then imagine yourself in whatever setting is wonderful for you. Think about any birds or fish that you like that also enjoy rivers.

Think about the flowers and trees that live along the riverbanks and the designs of rocks and the land near the river.

If for any reason you need to unexpectedly arise and tend to a chore within your home or leave your house after activating River Sleep, simply say with strong feeling: **“River Sleep Cancel!”** or **“River Sleep, Stop!”** and the energies will cease their flow. This could be useful if you receive a call and need to drive a vehicle after you were already ready for bed.

## ATTUNE TO DIVINITY

River Sleep Enhancement works in accord with your Higher Self, Soul and Eternal Sacred Source to provide you what you need each time you activate it. As with any energy system, frequent activation will bring a better benefit because your body, mind and emotions will be more accustomed to responding to the energy.

***Peaceful Mental Inner Landscape Trust Empowerment*** may be activated as often as you think of it to encourage your mind to allow peace to reign. Practice good sleep encouraging habits prior to bedtime by enjoying relaxing activities, entertainment reading or conversation with your loved ones or friends.

### Information about sleep:

Sleep is a natural periodic state of rest for the mind and body.

The eyes are usually closed and the awareness to the environment around you is completely or partially lost, unless an unusual sound or touch is received. There should be a decrease in bodily movement while accentuated growth and rejuvenation of your immune, nervous, skeletal and muscular systems occurs. There are interval of sleep in which there is heightened brain wave activity. Some of this activity involves dreams that may or may not be remembered.

Most people's muscle reactions are inhibited during sleep so that they stay in one place rather than physically respond to whatever they are dreaming about. There are some people whose motor ability is still active while they are in the slow wave stage of sleep will physically get up and walk around, doing various activities. Their eyes will be open, but generally there is a glazed look upon their faces and it is obvious that they are not entirely 'present'. Although they appear to be conscious, by the fact that they can navigate around the house, they don't usually remember any of their nocturnal activities.

If you have a special river that you like, you may request its energies. Simply ask, as you would pray, and intend with strong emotion, for the energy of (name of river) to be included in your River Sleep Enhancement.

Be good to yourself and don't drink caffeinated beverages within 6-8 hours of your bedtime. Even if you don't mentally feel wide awake, caffeine can dehydrate your body and cause muscle tension that makes sleep illusive. Many people are awakened by their bladders, during the night if they drink an excess of beverages just before bed.

## RIVER SLEEP ENHANCEMENT

Think about your liquid intake and your own body's habits. How quickly will the liquids you drink now be ready to exit your body? Pay attention to your body's needs and you will be able to schedule your water and liquid intake amount appropriately for the two hours prior to your bedtime.

If things happened in your day, which need your quiet, thoughtful review, please do so at least 3 hours before bed, or as early in your evening as possible. Our minds do like to solve things, and so you will need to instruct your mind that it will receive the information you need to make your determination, while you are sleeping. Instruct yourself to set aside those thoughts now, and that upon waking, you will have all of the information you need to make a proper choice.

If your usual bedtime thoughts circle around the same topics over and over again, it may be necessary to imagine boxing those thoughts up and setting them aside to attend to another day.

Your sleep is important and will give you a much better perspective. If your bedtime thoughts involve any regrets, please consciously forgive yourself for any missed opportunities or things you said or did that you regret. Your one attunement to River Sleep Enhancement has also attuned you to the ***Self Forgiveness Ray***. A mind at peace has an easier time slipping into a restful sleep. Please say out loud or in your mind with sincere intention:

***“Self Forgiveness Ray, Activate for me!”***

Some people will feel better immediately. Other people won't feel anything. It is ok either way and this is when it is important to trust that the very desire to allow self-forgiveness is sufficient for it to occur. There are times when you just will not be able to feel 'better' about your day before sleep is necessary. It is those times that you will need to give yourself permission to simply allow your feelings to be alright.

Give yourself permission to feel what you are feeling, and also that it is ok to think about something else for a while. You deserve to rest so that the morning will be something you can rise to, and function well.

Now it is time to activate the River Sleep Enhancement again and lift your thoughts up to wonder about the higher levels of who you are. Imagine a flow of energy arriving to you from your pure soul, bringing you exactly what you need right now.

## ATTUNE TO DIVINITY

Cause yourself to think about enjoyable topics. Anything that made you smile or that you found funny is a good topic.

If you are attuned to other energy systems, please activate the relaxing energies and any energy systems that tend to increase body health as you drift off into a good, relaxing, replenishing sleep.

Sometimes a person's body and mind will seek to review and purge old patterns once a solid sleep cycles have been restored. This may be experienced as a temporary discomfort as your mind may want you to notice certain patterns or stories 'on their way out'. It is ok to notice these on their way out. Applaud your body and mind for this healing event.

You may activate River Sleep Enhancement for other people IF you are sure they are reclined and ready to be asleep for at least 4-6 hours. It is preferable that a person have the full 8 hours or more to devote to sleep and replenishing.

### **Hormone Care**

This Hormone Care energy system very specifically assists your glands to produce and release the correct amount of each hormone into your body.

Hormone Care helps all of your glands “talk” with one another, working in synergy so that their production rate and dispersion of hormones are optimal.

There are many reasons that a body’s many parts may lose communication with one another. If one gland is impaired, it is possible that another gland could start manufacturing the hormones that the impaired one used to make.

Hormones arriving from your food or water are reacted to by your body as instructions. This can upset your natural hormone balance. *Hormone Care* assists to render null and void the adverse effects of unexpected hormones.

Hormones are involved with regulating most of the major functions of your body. Even bone growth is regulated by hormones.

They are biological chemicals and can even determine how much of other hormones are produced and released from various glands in your body. The immune system’s efficiency or lack thereof is highly regulated by hormones. Weight gain or loss, your Basal Metabolic Rate is regulated by hormones.

Melatonin is a hormone that your pineal gland will make when you are not in lit surroundings. There are receptors in your brain that respond to this hormone. These receptors receive information that causes it to determine your natural Circadian Rhythm. Your Circadian Rhythm directs many of your body’s physiological functions, including sleep and waking patterns.

A male’s sperm development and release as well as a woman’s ovary function are largely determined by hormones. Human Growth Hormone does as it name

## ATTUNE TO DIVINITY

suggests, determine a person's ability to grow. This is more active and important in one's younger years. There are hormone producing cells in a person's gut, and intestinal tract.

The glands which produce and release the many kinds of hormone from their hormone producing areas into your body are quite intelligent. Problems arise if they are unwell by disease or tired out, or if they lose the ability to know what other glands are doing.

There is a complex communication system in the body between each gland.

This communication is important so that each gland can produce and release the right amount of their specific hormone based on what is happening in other areas of your body and your life situation! Depending on what is happening in other glands, some glands can pick up the responsibility for making hormones that they may not normal produce.

For a gland to start making a hormone that it can make, but does not normally produce, it must be aware that such production is needed. Not only must it know that your body needs that particular hormone, the gland must be aware that the usual gland who makes that hormone is somehow impaired and in need of this gland to begin production now.

Such an impairment of a particular gland may only be temporary, due to stress or illness. There also needs to be communication so that when the function of the original gland whose responsibility it is to make that particular hormone is restored, the other gland ceases production of that hormone. In other words, when a gland that can make a particular hormone but does not usually, starts to do so instead of the impaired gland, if the original gland heals sufficiently to pick up responsibilities once more, the gland that "filled in" for that one, needs to stop production of that hormone.

Otherwise there would be too much of that particular hormone in your body and other imbalances could occur. When the communication between glands is working properly, amazing synergy occurs! They work so well together it is a miracle that often goes unnoticed by us humans as it is easy to ignore such workings when we are feeling good and our body is healthy!

There are only some glands that have the ability to make hormones that they don't

## HORMONE CARE

“normally” make, but can receive the proper communication to start producing those hormones. Science has revealed and scientists are continually surprised at how versatile the glands and organs in our body are.

For this versatility to be activated, the gland that is taking on more responsibility needs to receive the message that its efforts are needed. That is one of the main purposes of this Hormone Care energy system; accurate communication increase between the glands in your body!

***Hormone Care also assists your glands to release the right amount of each hormone, even if more than one gland is producing the same hormone.***

***Hormone Care assists to synergize the workings of all of your glands.***

If a gland is diseased, it is possible for another gland in the body to start production of the hormones that one was making, if its current “output” of that hormone is less than necessary. I am not listing which glands can or what hormones, because I’ve been shown by my energy team that the usual list of which hormones are produced by various glands is not all inclusive.

There are some changes to the common knowledge about glands which will be known in the near future. The most important aspect of this energy system is how it promotes communication between your glands in your body.

Factors that reduce a body’s natural communication are the reduction of hormones. The regulatory hormones are utilized as part of your body’s natural communication. If those hormones are not in existence in your body in the proper concentrations, the other glands which need to know what complimentary hormones to produce may not receive their messages.

Toxins, both environmental and in our food, together with any chemical fertilizers that may have been used in the growing of it can confuse our body’s natural communication systems.

Hormones from the bodies of animals, fish and birds, used as meat can also confuse a human body's glandular system. Fish can absorb hormones from medications that are excreted in humans' urine and then washed into rivers.

## ATTUNE TO DIVINITY

We absorb those extra hormones if we eat fish that have been exposed to sewage treatment facilities' water. Water is not treated to remove hormones in most sewage and water treatment facilities to my knowledge.

I speak of this to explain that there are very real reasons why a human body may need communication assistance to have an accurate assessment of its hormone levels. Hormones that were not produced by any gland in your body, could be masquerading as your hormones. Your body may not be aware that it needs to reduce its own production of hormones just because there is an influx of similar from food. Furthermore, there is a need to nullify and render benign these unexpected arrivals that would have harmed your body.

Hormones arriving unto you as a result of medication specifically for the supplementation of your hormone environment within your body will not be eliminated by this energy system. This Hormone Care energy system will assist your body to adapt to prescribed hormone medications for your health.

I am so excited about this Hormone Care energy system!

Hormone Care energy system takes into consideration all of the sources of hormones that arrive into or are produced by your body and helps your body to notice all of them and make any needed adjustments!

Your body's endocrine system is a delicate and vital body system. I am especially grateful to present Hormone Care as a beneficial spiritual technique to instruct and assist your body to render inert or eliminate unwanted hormones that arrived unexpectedly in your food or water.

These hormones are unwanted for several reasons. The most important reason is that while your body will take instruction from them, these hormones can be considered “twisted” or incompatible with humans. In other words, while they are accepted by your body as the right hormone, their chemical signature is slightly different and the message they give your body can be very different.

The messages that hormones arriving from food and water of other life-forms can make changes in the human body that are not desired.

Some dairy and meat products contain estrogen and other hormones that are causing



## HORMONE CARE

young girls to enter puberty earlier than they naturally would.

Estrogen-like compounds in some herbs are commonly used to help a woman's body adapt to the lessening production of estrogen during menopause and after. These compounds are similar to hormones that a woman used to produce in her body or are pre-cursors for actual hormones.

This means that your body can take the plant based chemical compounds and use it to produce hormones that will do what is necessary for you.

If you feel “low” on hormones, research your own health circumstance fully to determine if actively adding any plant or herb to your diet may be wise.

Always consult your medical professional for advice, especially if you are already taking a prescribed hormone medication. The addition of plant based hormone pre-cursors can “backfire” if you are taking a hormone prescription also. It would not be beneficial for the plant or herb to amplify the effects your prescription hormone is already providing. More is not always a good result. Study about any herbs you are already taking.

The birth control effect of some hormones can be rendered null and void by the addition of some herbs. Please do research before adding herbs to your diet if you want the hormone pills you are taking to reduce the risk of pregnancy.

Please spend a few minutes to invite your *Hormone Care* attunement to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Hormone Care as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

You are now granted the privilege of activating this energy system anytime you want to. Initially, you may desire to activate this energy system a few times a day. Build up slowly from once a day to several times a day over the first week. There is a clearing of these unwanted hormones that may need to happen for you. This is due to the likelihood of an unwanted buildup of unnatural hormones that may be in your body from food or water.

Everybody reacts differently to the clearing away of unwanted substances in their body. Some people need to empty their bowels often. Others sneeze or get congested

## ATTUNE TO DIVINITY

for a few days as your body escorts out unwanted hormones.

Say audibly or in your mind: **“Hormone Care, Activate!”**

***Hormones are biological instructional chemicals.***

***Hormones are messages sent from one part of your body that cells in another part of your body respond to.***

***Your body usually listens to all hormones.***

***Hormone Care helps your body to use only the hormones that it needs.***

***Hormone Care helps render inert and eliminate unwanted hormones that arrived by way of food or water unexpectedly.***

***Many hormones flow together and create the complete message that your body listens to and obeys each day.***

***If there is an over-abundance of hormones in your body, for whatever reason, all your glands need to be alerted to this situation, and Hormone Care energy system promotes accurate body communication.***

Using Hormone Care energy system with other people:

Do not activate Hormone Care energy system for another person unless you've received specific permission to do so. It does not matter if the person is unbalanced in regards to their hormone state. People are resilient and adjust. They get accustomed to feeling a certain way, even if that is not a “balanced” state.

To send them Hormone Care energy just because you think they need it is a violation of their privacy and sovereign right to their own body!

A person may have adjusted to being “unbalanced” hormonally. If you send them Hormone Care and they did not request this “assistance,” they could be confused about why they are feeling different in their body. In other words, Hormone Care does make changes in your body, and if a person is not looking forward to change,

## VAGINAL CARE

even good change can be startling.

If a person does not want change, even good change can be received as a negative instead of a positive. The first rule to healing is “Do no harm.”

Spiritually, faith is important to physical health. Therefore, if a person was to receive Hormone Care activated by you, and they did not ask for it, their body may resist future spiritual energies that arrive from their angels or Eternal Sacred Source. When a person’s body is not expecting energy to arrive and suggest changes in them, they could close to spiritual energies and name this assistance or change as not good.

When someone has asked for assistance and you activate Hormone Care that means, by the very fact that they have asked for the help, that they are open to receiving it. It means that they expect there to be an energy influx. It means that they are open to the changes that Hormone Care can facilitate.

When a person asks for Hormone Care energy system to be activated on their behalf, the assistance will be named good by their body and being.

## Vaginal Care

Vaginal Care specifically attends to the internal environment of a female’s feminine inner pathway.

Emotional and hormonal changes can wreak havoc on our delicate inner tissues. If a woman is sexually active, there may be a need for “quick healing” is pressure upon her inner regions caused any tears in the lining of her vagina. Vaginal Care energy system, when activated, will also assist to lift away the cellular memory imprint of bad experiences in that area of your body.

If there are reasons why your body wants to retain the cellular memory of those experiences, the Vaginal Care Team will communicate with the conscious of your vagina to gain agreement to reduce the intensity of those past experiences if they were not pleasant. Many times a person’s body will retain the “brightness” of a bad experience, thinking that by uplifting the bad memory, they will help you avoid

## ATTUNE TO DIVINITY

similar experiences in the future. Unfortunately, that dedication of your body's cells can deter you from wanting to be sexual, even in a pure and healthy relationship.

Please spend a few minutes to invite your *Vaginal Care* attunement to release fully unto you. Say audibly or in your mind: **"I now call forth to receive my Vaginal Care attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source!"**

To activate your Vaginal Care energy stream, simply say out loud or in your mind: **"Vaginal Care, Activate!"**

Usually it is necessary to keep your mind lightly resting upon the fact that you want this energy to continue flowing, for it to remain active. By moving your thought to another topic, the energy may receive that as a message to cease its flow. Spend a few minutes within this energy flow.

If you'd like a longer session, please ask the Vaginal CARE Team to activate and provide a session for you.

Say audibly or in your mind with strong want to receive healing: **"I now call forth to receive my Vaginal Care Session."**

Relax, recline and you may even activate some other relaxing and uplifting energies if you want to while they are talking with your body.

Physically, one concern of many women is an overabundance of "bad" bacteria that can collect in the vagina. There are many good supplements and even medications that can assist to heal a yeast infection. Some women can't handle the physical creams and are uncomfortable while supplements or oral medication take their long time to work. A very simple and comfortable douche can be made that helps instantly to turn your vaginal environment back toward health.

Purified, spring or distilled water  
1-2 tablespoons of unfiltered apple cider vinegar, it has probiotics.  
(Preferably use organic)  
5-7 drops of tea tree oil (make sure it is pure essential oil)  
5-7 drops of lavender oil (make sure it is pure essential oil)

## VAGINAL CARE

Use the douche method of your choice. My favorite container is a Summer's Eve brand of vinegar and water. I dump out the brand name liquid and fill with the aforementioned recipe. You may rinse with clear water thereafter for maintenance.

If you are in the middle of a yeast infection don't rinse with water inside after squirting the above-mentioned mixture inside of you. If you haven't used tea tree oil before, you may want to work up from 2 drops to 7. It tingles and then the sensation subsides. It is anti-fungal and anti-bacterial and so makes a wonderful inner cleanser that is good for your sensitive skin.

This can be used every other day during a yeast infection and about once every 4<sup>th</sup> or 5<sup>th</sup> day for regular maintenance of your inner vaginal lining. Most women don't use this during their fertile time, for the inner vaginal liquid is usually of a nice scent during that time. The natural juices of the vagina during the fertile time each month often protect this precious pathway from yeast infections naturally.

It is the last week of a women's cycle, just before menstruation begins that the vaginal environment can become stale. There is usually less natural vaginal liquid present during that week. That is when this douche is particularly useful and refreshing, as well as nicely preventative in regards to yeast infections.

For those of you who are concerned about the pungent scent of apple cider vinegar and tea tree oil, worry not, it remains evident less than day even when sniffed up close or tasted. If you are looking forward to receiving oral attentions of a sexual nature in that area, just allow about 12 to 18 hours after using this douche. If you want the freedom to be sexual without a tea tree oil scent within you, sooner than that time frame, simply rinse out with a clear water douche in order to remove any stagnant vaginal juices.

When you are in the privacy of your own bathroom, it is smart practice to rinse your vulva (lower lips) with water after urination. The lint and residue from toilet paper can be fodder for bacteria to stick to and proliferate. Stand in front of the sink and run warm or cool water over your fingers. Start below your vagina opening, just where the perineum (flat muscle between your vagina and anus) begins. Your fingers may slightly penetrate your vaginal opening, but not much.

Tug slightly on your vulva (lower lips) rinsing them in a downward motion. While you are doing this lift your thumb to just above your clitoris and move it over the upper portion of your lower lips in a downward and out sweeping motion. Rinse

## ATTUNE TO DIVINITY

your fingers with fresh clean water. Repeat three times.

This keeps any urine that may have splashed across your vulva from making its way into your vagina during the usual course of your daily activities. We have been taught to wipe from front to back, but I declare that is for when you are wiping your ‘tush’ (anus) after a bowel movement. When you are wiping or rinsing the front area of your privates, after urination, please wipe with a forward motion.

This sort of rinsing won’t even drip many drops of water onto the floor, and can be done with your panties around your knees. Yes, there is enough water on your fingers, after they’ve passed under fresh running water from your faucet, to properly rinse where you urinated from and your vulva.

Please keep your secret garden fresh and clean. There is no reason to use floral scented sprays and powders. If you make a habit of rinsing your private frontal region every time you urinate when you are home, you’ll quickly feel the difference after using a public toilet. If it is one of those restrooms that have stalls, rather than one room with a sink by the toilet, you’ll begin to crave the luxury of rinse those lower lips every time you urinate.

If you are in a sexually active relationship, you’ll gain the confidence to know that you are perfectly clean always. (With the exception of immediately after using a public toilet) You can spontaneously enjoy any sensual moment because you know that you are hygienic and ready to be caressed and kissed everywhere.

I present this information here because it continues to astound me, in my conversations with women, how few of them make use of their bathroom’s fresh running water after they urinate for anything other than hand washing. Your hands did not urinate, your urethra did and its proximity to your vulva means that they too need some tender loving rinsing, often!

There is also the simple truth that after exercising your vagina may sweat or emit various juices. These are good juices, but an overabundance of even a good thing can become more aromatic than you might want. The simply rinsing of your lower lips (vulva) as well as slightly inside of your vagina after each urination is an easy way to maintain your freshness all throughout the day and evening!

I speak with many men in my Authentic Life Consulting Practice and their main complaint about otherwise intelligent, sexy women is lack of physical hygiene in

## WOMB CARE

regards to the precious lower lips (vulva) area. It is so sad and frustrating to these men, that an area of their wife's body that they have such fascination and desire for is so poorly maintained.

They never know if, when they approach her sexually, her vulva will be clean or littered with toilet paper lint and old vaginal juices which have become "cheese-like" built up between the two sets of lower lips. When a woman says, "Just a moment!" and excuses herself to the lady's room prior to admitting him access to her private region, the husband expects that she, after urination, will be cleaning his playground (her secret garden).

You can imagine his surprise when upon exploring the entrance to her 'secret garden', he finds it less than inviting, despite her assurances that she is "ready". I'm not just talking about whether she is wet enough for comfortable intercourse to happen. I'm talking about whether those lower lips are clean enough to make him want to kiss them. Ladies, if you like oral sex, please keep yourselves clean enough for such attentions to be administered by your man.

There are some men who prefer very aromatic women. I dare say that there are few who want a "littered" sensual zone to make love to. Be proud of your body. Your vaginal opening and her lower lips are very powerful. Whether you are in a sexual relationship or not, many women have found their self-esteem and personal power rise when they are clean everywhere. Some women just never realized how easy it is to keep even their lower lips clean all of the time, not just after a shower.

## Womb Care

Womb Care is a comprehensive energy system that brings you the CARE of all responsive eternal beings whose specialty it is to attend to the healing and wholeness of your body's reproductive system. Womb Care includes the energies of *Menstrual Ease* for your monthly ease and comfort.

*Womb Care also assists to bring your womb's energy into wholeness.*

There are women who have had miscarriages, or simply feel the emptiness of having never carried a baby in their womb. Others have had their uterus and or

## ATTUNE TO DIVINITY

ovaries removed by surgery. It is vitally important to bring the ethereal energy of your womb into wholeness by reclaiming the spiritual energy of your womb and any other body parts that were removed.

This is one of the main problems that women who have undergone hysterectomy experience in their physical and emotional recovery, and many of them really don't know why. Each organ has its own spiritual energy, intelligence and consciousness. When a physical organ is removed, often that energy does not know if it still belongs with the person or not.

It can become 'disembodied' and if this has happened, you will feel a deeper sense of loss than you thought you would, after a surgery that removes an organ.

When you activate the energy of Womb Care, if there are any spiritual energies of your various reproductive organs and body parts that have vacated you at any time for any reason, these are offered healing.

They are then guided to return fully unto you, in exactly the correct places within your body and energy fields. Women or men can receive an attunement to Womb Care.

If you are a man, you may want to be attuned so that you can activate these energies for a woman in your life who wants more healing on all levels.

***Womb Care attends to all of the organs and body parts that comprise your reproductive system, in the area of your body below your belly button.***

***Womb Care brings you a stronger concentration of that inner womanly life power that naturally resides within our lower abdomen area.***

There are many women who have been disempowered for one reason or another. Many of these women suffer from various menstrual or sexual problems. When using Womb Care regularly, your natural womanly life power can return to you or is simply reinforced; you shine and are confident and sure of your decisions in all areas of your life.

Womb Care provides healing and health enhancement to all of the organs that comprise your reproductive system.



## WOMB CARE

When you have a strong concentration of your own womanly life power within your personal power center of your pelvic region, your body naturally balances and heals itself.

When you add to that the assistance of the Responsive Eternal Beings of Light, Love and Life whose specialty is your reproductive and sexual health; there is no limit to the beneficial results you can experience!

Each person's experience of Womb Care will be different. The CARE Beings provide assistance to you, energetically, all that is allowed by your higher self and soul. This is important, because sometimes, certain body discomforts or illnesses do provide a learning opportunity that is not easy to see from here, within this body. There are some things that are not to be changed yet.

The good news is that there are many body woes, illnesses or diseases that do respond wonderfully well to energy support from the spiritual realms of Eternal Love, Light and Life! Some people feel subtle energies, and if you are one of those people, you will likely feel warmth or gentle pulsating movements of energy within your pelvic region after you activate Womb Care. Other people won't feel anything immediately, but will notice that their menstrual cycles will even out, or the pain of ovulation is less intense.

Whatever your concerns are for your reproductive and sexual body area, Womb Care will help because it opens a direct stream of energy from the energies that made you and support you, to your body. This way the organs of your reproductive system can receive speedier healing than they would without this additional care.

If your body works fine physically, and you are not concerned about any physical ailment in the reproductive region of your body, yet you experience difficulty with intimacy, Womb Care can help. There are times when, after interacting with a person, emotionally or physically, that our body can feel rejected or scared. Our body can imprint upon itself the memory of the feeling that was not good. Then, at another time, when your mind and heart feel ready for physical intimacy, your body may not be. It can be embarrassing to feel your body recoil at the touch of a mate or lover.

If you've ever had a time when your body did not want to be sexually active, and your mind and heart did, Womb Care may be very beneficial for you.

## ATTUNE TO DIVINITY

You can receive healing at the energetic level, where your body remembers bad things that happened. Even if your body thought that you were in danger, and nothing bad ‘actually’ happened, your body could think that it is protecting itself, by recoiling at a touch.

Physical intimacy can once again be pleasurable and fulfilling. You can speak to the Womb Care team. The beings of Eternal Love, Light and Life who administer the proper energies for you are indeed very responsive. You are invited to speak to your etheric Womb Care team as you would a therapist, or simply pray to them. They will listen and help.

As with any healing, it can occur in stages, slowly or very fast. It is best to activate your Womb Care energy system often for best results. Most people’s bodies are very receptive to the gentle loving and spiritually inviting energy that is Womb Care, even if they are not reiki trained.

Please spend a few minutes to invite your *Womb Care* attunement to release fully unto you. Say audibly or in your mind:

**“I now call forth to receive my Womb Care attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source!”**

To activate your Womb Care energy stream, simply say out loud or in your mind:

**“Womb Care, Activate!”**

Usually it is necessary to keep your mind lightly resting upon the fact that you want this energy to continue flowing for it to remain active. By moving your thought to another topic, the energy may receive that as a message to cease its flow. Spend a few minutes within this energy flow.

Now that you have paused to receive your attunement, you have the right to call upon and activate another energy function contained within Womb Care.

It is called: ‘*Menstrual Ease*’ and I’m sure that any woman who is still menstruating and has cramps during her period will appreciate this function.

If you are both still of child bearing age and menstruating, please activate these energies as need for one another. If you are no longer menstruating, simply know that your friend that still knows the physical pain of some aspects of their menstrual

## PREGNANCY CARE

cycle greatly appreciates it when you activate these energies on their behalf.

*Menstrual Ease* is designed to work on a timed release basis, and is effective on a 12 hour time release schedule. After 12 hours it would need to be reactivated for yourself or your friend. '*Menstrual Ease*' name is the command code that will put you into alignment with the energy stream it is.

Simply say out loud or in your mind: *“Menstrual Ease, Activate!”*

*“Menstrual Ease, Timed Release for now through the next 12 hrs!”*

*“Menstrual Ease for (name of person)”*

*“Menstrual Ease for (name of person) activate for the next 12 hrs!”*

If you are activating *Menstrual Ease* for yourself, activate it as often as you need to. Usually each time you activate it with intention, will provide effective relief or about 3 hours, unless you consciously activate the timed release for (number of hours) up to 12 hours of energy flow.

You can also increase the level of pain relief by imagining a dial. Think of an oven dial that you would turn up. After saying: *“Menstrual Ease, Activate!”*, then simply think of turning up the dial with the intention of easing any discomfort of your menstrual cycle.

## Pregnancy Care

Pregnancy Care provides spiritual support and integration for your baby as he or she grows within you. Pregnancy Care is also a guide for what to expect as your baby's spiritual skills develop while still in your womb.

Pregnancy Care energy system contains 10 functions that provide spiritual support for your baby and your body during this wonderful time of growth.

Anyone may be attuned to Pregnancy Care, you don't need to be pregnant or even

## ATTUNE TO DIVINITY

a woman to receive your Pregnancy Care attunement and provide CARE for a pregnant woman. Many of the souls who are incarnating onto this Earth at this time are very spiritually advanced. There is less of a gap between where they were before and here, especially while they are still in the womb. This means that many avatar-like and definitely Light Worker type skills will be operational even while your child is still in your womb.

I will be writing this manual mainly to the pregnant woman. If you are a care giver, lover or spouse, the information here is for you also. At any time you could be needed to assist a pregnant woman and her baby in many ways.

If you have ever accepted an energy attunement such as Reiki, Seichim or any other blessing that arrived as a dose of energy, your unborn child will easily be able to access those same streams of energy that you do. If you are actively practicing energy work personally or for other people, be not surprised when your baby starts helping from inside your womb!

There are controversies over whether an unborn child should be attuned to reiki or other Divine Universal Life Force Energies. This is no longer simply the decision of you the mother. Your child will indeed reach for any energies that you are attuned to already, or that you happen to read about, if they want better access to those energies.

The information I've channeled on the topic of whether to purposely attune your child to reiki or other Divine Energies is all a resounding,

***“YES! Please do so IF those energies are Eternal, Life, Love, Light aligned energy systems. Then proceed with the intention that any energies that are not in the highest joyful easy good for the child will drop away!”***

Most of the children conceived nowadays are very strong willed and won't accept any energies their soul is not in alignment with. Many a mother has felt their baby, by the 3<sup>rd</sup> or 4<sup>th</sup> month, start running energies for someone who walks by and 'needs' energy. It can be rather to majorly disconcerting at first. You have a strong willed baby that perceives the needs of someone outside of your own body; who chooses to pull energy from Eternal Sacred Source and send it out through your belly to the person.

A few years ago, in my local spiritual community, there was a pregnant woman who

## PREGNANCY CARE

did indeed experience her baby sending reiki from within the womb. We at a “Reiki Share” gathering had the pleasure of feeling reiki sent out from inside of her to us as each person took turns reclining on a massage table fully clothed, with the intention of receiving reiki healing energies.

Sometimes, simply sitting around in a circle talking about various spiritual topics would cause the baby to start sending energies. If you are attuned to various energy systems and are doing healing work for other people, please expect your unborn child to assist your healing work. Running energies is great fun, and for a child who was recently not limited by physical form, they are very at home with spiritual energies.

Modulation of those energies is something that many babies don’t understand. This means that you will need to actively teach your child through verbal and telepathic communication, when the energies they are sending are stronger than the recipient is ready for, or when it is just plain too hot for your belly!

What your unborn baby is not so very talented at, is screening emotional energies from you and your surroundings. There is much imprinting that occurs as your child is trying to learn about the world through the sounds and emotional vibrations he or she feels. This means that you will need to be strict about your own spiritual hygiene. This is not an option if you want to be healthy and for your child to be healthy. Your baby will be an incredible magnifier of emotions and energy throughout your pregnancy.

Your chakra and meridian health must be attended to frequently. There are times when you may also need to, with intent, gently run clearing energies through your baby’s chakras also. Any emotions you have held in your chakras will be mirrored in your baby’s chakras. This is especially true for your solar plexus and 2<sup>nd</sup> chakras; maybe due to the proximity to where your child is currently residing.

You will need to be especially aware of where your root chakra locks into during your pregnancy. Your baby is learning about tribe, home, and what is important to connect into, here on planet Earth, from your root chakra.

Your one *Pregnancy Care* attunement provides you with a *Spiritual Interface* that you can activate that will assist your baby to anchor here in his or her body while retaining the amount and style of spiritual connection to beyond that is appropriate. If you are a Reiki or Seichim Master Teacher you will be able to pass Pregnancy

Care energy system on to other people.

**GYN Shakti** is a feminine divine intelligence who works with your body during this time of change and transformation so that it is an optimal environment for your baby yet fully functional for you.

The **In Utero Care Team** will facilitate your baby's guides and guardians for the duration of this pregnancy and into his or her life outside of your womb. **In utero** is a Latin term literally meaning "in the uterus". It is used in biology to describe the state of an embryo or fetus.

**Conscious Communication** assists you to consciously communicate by thought with your baby. This ability will decline around the time your child begins to learn verbal speech. This is important because it motivates your child to use their words, otherwise they may simply try to telepathically communicate with everyone. Not everyone has that ability and in this society it is vital to have good verbal communication skills.

**Empathic Enhancement** helps you know how your baby is feeling. Your baby already is trying to communicate with you by feelings and now you'll be able to notice those communications and respond in the same way.

It will be important to at least weekly activate the **Galaxiatonal Alignment** and **Earth Meridian Alignment** for your baby in addition to asking the **Strength Movers of the Light** to adjust for electrical, magnetic and gravitational fluctuations.

As your pregnancy progresses you may want to activate **Breast Preparation** function that provides support for your breasts as they prepare to produce the milk necessary to feed your baby.

The **Efficient Waste Removal** function is a very helpful eternal energy that will assist both your baby's body and then your body remove waste products.

**Alabaster Essence** is the spiritual energy of the alabaster stone here on planet Earth and for your baby provides energetic safety and purity to the space within your womb for his or her development. Your child can still 'pick up on' emotions from you and your surroundings, however the area inside your womb is as a perfect sacred sanctuary whose purity is enhanced when you activate Alabaster Essence.

Please spend a few minutes to invite your Pregnancy Care attunement to arrive unto you by saying out loud or in your mind: **"I ask now to fully receive my**

## PREGNANCY CARE

***Pregnancy Care attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source. Thank you.***

The energies of *Pregnancy Care* will meet and greet your body and baby.

Now that you have paused to receive your attunement, you have the right to call upon and activate each of the functions listed here. Please do so when you have a few minutes to marinate in the energy stream that will open for you.

If you are not pregnant, and are accepting this energy system, the energies you receive are an authorization, giving you're the privilege of calling upon and being able to activate all of *Pregnancy Care* energies and functions for a pregnant woman.

Each function's name is the command code that will put you into alignment with the energy stream it is. Activating it with your intention, a strong feeling of wanting the energies that its name represents is all that is required to begin the energy flowing to you.

Usually it is necessary to keep your mind lightly resting upon the fact that you want this energy to continue flowing, for it to remain active. By moving your thought to another topic, the energy receives that as a message to cease its flow. There are some functions that are self-completing, and any of these functions that are self-completing will have that fact notated with their description here. Self-completing means that it will continue to flow until all that is needed at that time has been brought to you or whoever you've activated the energies for.

***Spiritual Interface*** is a self-completing energy function. Activate it by saying out loud or in your mind: ***"Spiritual Interface, Activate!"***

It is wise to activate this energy daily, however its self-completing quality means that in any one activation it will do all that is appropriate at that time. The energies will flow as long as necessary in this day.

***Spiritual Interface*** makes it easier for your baby to more fully descend into physicality while retaining an optimal connection with the spiritual realms he or she was so recently living in before this incarnation. It is more likely that your baby will indeed reach full term and be born, when it feels support from beyond during its growth in your womb. For a healthy fetus it is often the intense separation from

‘all that is’ which causes miscarriages.

The spiritually advanced beings who are incarnating onto this planet at this time simply will not abide being so separated from Eternal Sacred Source. The veil is stronger once born, yet the veil that does arrive when a being descends into physicality into the womb is more than some beings are willing to endure.

That is why some do not stay full term, and the mysterious miscarriages have occurred for some women whose doctors say they had a healthy child growing within them. It is also true that some beings want to know what it feels like to be in physicality, and close to their mother’s heart, yet do not have a need to actually be born out into the world. At those times miscarriages will still occur, though all of the child’s soul wanted to experience of physicality has happened and there is completion for the child. The mother is not so complete and healing is needed in those situations.

***Spiritual Interface*** provides souls that are on the ‘fast track’ on their spiritual growth, to gain physical embodiment in your womb while continuing their conscious spiritual growth and development. This is amazing and wonderful. It means that optimal physical and spiritual growth and awareness can occur for the entire pregnancy; rather than there being months feeling in limbo and separated from conscious connection with Source. It may have been noticed for some mothers, that in other pregnancies, there were times when they could feel their baby’s presence and soul, and other times when they couldn’t. This was because the child would do a lot of ‘traveling’ with a loose tether on their new physical embodiment. This was preferred rather than being completely immersed in physicality, without their conscious connection with Source and their soul.

***Spiritual Interface*** gives that interface of spirit and physicality so that your baby can be more fully present, yet have access to their spiritual gifts.

***GYN Shakti*** is for both your body and your baby. She is a Divine Intelligence that is very skilled at working with all aspects of the female reproductive regions and is responsive to your requests. Speak to your ***GYN Shakti*** as you would a friend and ask for Her assistance for any body or baby related matter.

Say out loud or in your mind: **“GYN Shakti, Activate and assist!”**

**“GYN Shakti, my baby is pushing on my stomach, please assist him/her to**



PREGNANCY CARE

**change positions”**

**“GYN Shakti, these early contractions are too early, please help them ease and help my body to relax”**

**“GYN Shakti, please help my baby to turn around so that he/she is not in the breech position”**

*In Utero Care Team* is a group of Eternal Angels and Light Beings whose job it is to guide and guard your baby for the duration of your pregnancy. They are very interactive with your child and although they may be different beings than he or she will have once they are born, these beings provide the functions that guardian angels do. Once you activate their energies, they will self-complete arriving and doing what is optimal for your baby. There is much in the way of spiritual learning that your baby will want guidance and remembrance with and the In Utero Care Team assist. They also provide health assistance for your baby’s physical development.

Simply say out loud or in your mind: **“In Utero Care Team, Activate!”**

*Conscious Communication* is an energy function that grants you an increased ability to communicate with your baby, thought to thought.

This function is under the authority of your and your baby’s Higher Self and Soul, therefore only the communication that you are truly ready for will occur. **Conscious Communication** may be activated anytime you want to send a message to your baby. It may also be activated to assist you to notice any communications that your baby may have sent you! For many mothers this function is similar to a telephone call with their baby.

Simply say out loud or in your mind: **“Conscious Communication, On!”**

When they activate it, their baby will feel the signal and start sending you full thought message IF they want to communicate. After your child is born, he or she may still want and need this style of communication with you until it is time for verbal communication skills to develop.

At that point, you will notice a blockage of mental communication because otherwise your child may not have enough motivation to communicate with their vocal cords!

## ATTUNE TO DIVINITY

Fathers and other caregivers can also activate *Conscious Communication* before the baby is born and until the child is ready to start speaking verbally.

It is important to know that safeguards are in place so that no one who means ill will is allowed to utilize *Conscious Communication*. It will not work for anyone who intends to worry the child or send messages that are inconsistent with the child's healthy safe outlook on the world and life.

*Empathic Enhancement* is a 'self-completing' energy function that once activated in a day will remain activate anytime you want to know how your baby is feeling. It is important to know that you will not have a lot of control over what you feel. If your child wants you to know it is displeased or any other range of emotions, you will indeed feel that.

There isn't a lot of filtering in regards to which ones of your emotions stay out of range of your baby's awareness. Baby's already feel what you feel. This function will increase that awareness. I speak of this because babies are great mirrors of our emotions, as many children are after birth too!

Mothers, activate this function with caution. Be ready to feel many emotions all colliding together until you are familiar enough with your and your baby's emotional terrain that you can navigate through without alarm. This function is provided to assist with parental bonding. It is especially helpful for the father to have a stronger way to connect with their baby, since it isn't growing inside of him!

Fathers often feel 'left out' of so much during the pregnancy time. The *Empathic Enhancement* function is recommended for fathers.

It is possible that the mother may not even choose to activate this function for themselves, but to activate it on behalf of the father. This is proper.

To activate *Empathic Enhancement* say out loud or in your mind:

**"Empathic Enhancement, please activate for me and my baby!"** Or

**"Empathic Enhancement, please activate for me and baby"** (say name of baby  
or 'baby of \_\_\_\_\_' parents name here)

## PREGNANCY CARE

***Empathic Enhancement*** was channeled specifically for use between a baby that is still in a womb. It is indeed an Empathic Enhancement and you can activate it with the intent to use it in other areas of your life.

If you do that, please understand that you **MUST** have very strong intention of turning this function on and off! Otherwise you will be picking up on emotions from people in the grocery store and even of actors on the television. It can be quite distracting and disconcerting and totally not applicable to your highest joyful good. I assure you!

***Galaxiatonal Alignment*** and ***Earth Meridian Alignment*** are two functions that help your baby to be in alignment with the areas in the galaxies and the Earth Meridians that are most appropriate. This is very important because your baby is now in an area of space and time that is quite different from where they were prior to incarnating into this physicality.

Babies are good at reaching out energetically. They may not yet be totally oriented to here, especially since they are not out of the womb yet. The womb is insulating and can impede the regular energy alignments that your baby will be spectacular at doing for themselves once they are born.

Therefore, it is wise to set your intention to activate these functions for your child at least once a week.

Say out loud or in your mind:

***“Galaxiatonal Alignment and Earth Meridian Alignment Activate!”***

The Strength Movers of the Light are happy to assist to adjust for any fluctuations of electrical, magnetic, electrical-magnetic, gravitational or sun flare activities for your baby.

Simply say:

***“Strength Movers of the Light, please adjust for electrical, magnetic, electrical-magnetic, gravitational or sun flare energy fluctuations for my baby (or name of baby). Thank You!”***

You can ask them to adjust these energy fluctuations for yourself and your household as well.

## ATTUNE TO DIVINITY

***Breast Preparation*** function is for the mother and is ‘self-completing’. It is wise to activate it anytime you feel changes happening in your breasts and more often closer to the time of your baby’s birth.

Simply say out loud or in your mind: **“Breast Preparation, Activate!”**

This helps your breast changes be effective  
and as comfortable for you as possible.

***Efficient Waste Removal*** is designed for the mother’s body as it handles the load of two people’s wastes while certain body organs become more and more compressed as the baby grows. This helps your kidneys and bladder stay healthy and promotes the regular function of your intestines and colon.

A mother’s colon can get kicked as regularly as her bladder so in addition to waste removal, there is increased healing that must occur on a regular basis for her body parts!

Simply say out loud or in your mind:  
**“Efficient Waste Removal, Activate!”**

This is a self-completing energy which means that it will stay active until it has done all that is needed for your body right now.

It is most effective when activated daily as part of your physical hygiene routine. You’ll find that your body can more easily remove the waste.

***Alabaster Essence*** is the spiritual energy of the Alabaster stone. Here I give you the highlights I noticed while working with this energy during the anchoring of this energy system. Alabaster Essence arrives in a pure breeze and fills the space around your baby in your womb. It increases the spiritual energy vibration in the environment around your baby so that your baby can increase its energy frequency to a higher level if he or she wants to!

The purity gives strong protection against dense or unwanted dark or wandering energies that have no business getting anywhere near your baby.

Simply say: **“Alabaster Essence, Activate and Flow!”**

## MY RELAXATION CHAMBER

Alabaster Essence provides an uplifting environment that clears away even the mother's frustrations and the energies of other people she may have been near. This essence is of the gypsum variety of Alabaster.

Alabaster Essence can be activated for you and your baby. It seeks to exalt the surroundings so that you can think clearer and know the best option in any situation. For your baby it just feels good and is more similar to the higher spiritual realms that is likely to have been where your baby's spirit was prior to being sent into physicality here in your womb.

## My Relaxation Chamber

My Relaxation Chamber brings you individualized relaxation in the way that you will best receive it. It gently supports your body and all of your energy bodies as it encourages you to relax. You may feel expanded and more present as you activate your My Relaxation Chamber.

People often know not what to pray for. Sometimes they feel the need to have someone or an angelic being intercede for them. It is common to have the feeling that you don't know exactly how to pray in the way that would be best received by your Deity. Angelic Sealtiel Intercession intercedes for you before the throne of Mother and Father God. Sealtiel works in concert with the Holy Spirit to say all that you do not know how to say or ask for. Anyone who has ever wondered if they prayed well enough will love this!

Your *My Relaxation Chamber* is especially designed for you. Each person's body and being requires different compilation of support and love energies to feel safe enough to relax. There are different places in the heavenly realms that are "home" to each of us. While Eternal Sacred Source created each of us, there are various creator "God" and "Goddesses" and "Elohim" who may have taken part in the co-creation of your soul.

Therefore the beings of eternal love, light and love that feel right to you may not necessarily be the ones someone else would want to commune with.

The energy system series of "My" is based on the concept that each person connects

## ATTUNE TO DIVINITY

with Divinity in their own way. The "My" series brings you very individualized spiritual techniques and sessions that are effective for you.

Reiki and other divine energy flows are more universal in nature and can be useful to a wide range of people. The "My" energy series assists people in more specific ways that can work deeper and with personalized benefits.

It is that your helping healing guardians and guides sought specific insight from your own soul to create a relaxation chamber just for you. After you've accepted your attunement you'll have the right to activate this chamber.

Angelic Sealtiel Intercession is an energy function that you can activate while immersed within your My Relaxation Chamber. Any concerns you have can be lifted up in your mind to Angelic Sealtiel.

He will intercede for you on the topics that have been weighing on your heart and mind. You can relax even deeper, knowing that you have someone interceding on your behalf.

Please spend a few minutes to invite your 'My Relaxation Chamber' to release fully unto you. Simply say out loud or in your mind: **"I ask to fully receive my attunement to My Relaxation Chamber as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!"**

My Relaxation Chamber energies arrive to your body and energy fields, preparing to assist you to relax more completely.

When you have at least 10 minutes to dedicate to your relaxation, please activate your My Relaxation Chamber by saying audibly or in your mind:

**"My Relaxation Chamber, Activate!"**

If you are sensitive to subtle energies, you may feel soothed and uplifted immediately. If you don't feel anything, that is alright too. Your My Relaxation Chamber is compatible with all other divine energy systems which foster relaxation. It will enhance your relaxation even if you don't overtly feel it now.

## MY RELAXATION CHAMBER

Angelic Sealtiel Intercession is an energy function that you now have the right to activate.

It is great to activate while you are in your My Relaxation Chamber.

Intercession means that someone is interceding on your behalf.

‘Intercede’ means to intervene or act on behalf of someone.

Usually it is someone who has more influence who can speak for us  
and be heard better than we may be heard.

In truth each person is perfectly capable of pleading their own case  
and asking for help about their situation to Source.

However there are times when you may be upset  
or just not know what to say.

Sometimes we don’t even know why we are upset and certainly don’t even know  
what to ask for to make it all better.

That is when Angelic Sealtiel Intercession is especially useful to activate.

The aspect of Angelic Sealtiel that you are granted access to through the  
acceptance of the attunement into your  
My Relaxation Chamber is Intercession for you.

Say audibly or your mind: **“My Relaxation Chamber, Activate for me.”**

Now your job is to let your mind wander over the topics that have brought your  
worry or concern. Just keep moving through the topics, there is no need to linger on  
any one of them, for Angelic Sealtiel knows what to ask for on your behalf.

Now you can activate the Stillness Empowerment if you’d like to.

Say audibly or in your mind with strong feeling:

ATTUNE TO DIVINITY

**“Stillness Empowerment, Activate!”**

Stillness Empowerment will foster stillness in your mind and being.

The amazing quality I noticed about the Stillness Empowerment is that it actually fosters enjoyable healthy movement!

There is a slight expansion and the feeling of being centered.

You can stay physically still allowing this to enhance your experience of your My Relaxation Chamber or you can rise and move about your day!

***The Stillness Empowerment gives space for healthy movement.  
In such the way frantic mental or physical activity ceases.  
I have been most pleasantly surprised by the Stillness Empowerment.***

Originally I expected to use it only when I'd been relaxing in a physically still position in meditation or spiritual journey times.

However I've noticed that it is most effective when activated toward the end of my time in My Relaxation Chamber and its centering, stillness effect amazingly gives rise to the desire and ability to move forward into one's day and daily life activities.

I find that the Stillness Empowerment provides an inner stillness that remains long after becoming physically active in my day.

You may enjoy the fact that frantic thoughts are calmed and the previous need to run to and fro physically or mentally also calms.

You are able to do what you really intend to do and are not as easily sidetracked nor distracted as prior to activating the Stillness Empowerment.

The stillness referred to within the Stillness Empowerment is that of mind and being.

You can choose your thoughts easier.



## PROSTATE CARE

You can guide your life instead of feeling tossed to and fro by life's events or challenges.

The Stillness Empowerment, combined with the freeing feeling of Angelic Sealtiel's Intercession will put you in good stead for stepping into your day or relaxing into your night's sleep.

You have support from Eternal Sacred Source,  
here in this reality every day for you!

*My Relaxation Chamber* is designed as a 'self-use' energy system. Some people are determined to use systems designed for 'self-use' on other people. Please, if you try such, be sure to have gained the person's verbal or written permission first. I must also say that the results are generally less effective when you attempt to use this energy system for another person. There is power in a person claiming their sacred power to activate energies for themselves.

## Prostate Care

Prostate Care is an energy system which brings the Care of All Responsive Eternal Beings to assist your prostate to be healthy. Your prostate is an organ that sits just below your bladder and completely encircles the urethra. As men grow older, this organ often enlarges, putting pressure against the passageway through which urine must flow from your bladder, out of your body. This causes many uncomfortable urinary difficulties.

The prostate provides fluid that nourishes and protects sperm. When you ejaculate, your prostate moves this fluid into the urethra, where it sends it out with sperm as semen. Since your body uses the same passageway for urine as it does during the sex act for semen, it makes sense biologically to have this organ surround that passageway. Unfortunately, when the prostate does enlarge, the pressure exerted your urethra and bladder can make you need to urinate more often than usual. Prostate Care can help reduce discomfort.

**CARE** means Calling All Responsive Eternals. All of the Beings of Eternal Love, Light and Life who are specialists at care and healing of the prostate will respond

## ATTUNE TO DIVINITY

to your call and arrive to you. Most of these are beyond your normal perceptions to see or hear. Some of you may perceive them in various ways. The best way to proceed is to think of a prostate care session as a therapy session in which you may be lying down on a massage table or reclined in a chair. Think of all these helping healing beings of light standing around you beaming energies to you that assist your prostate to be healthy.

If you can feel subtle energies you may feel warmth around your lower pelvic and urinary tract region of your body after you consciously activate these energies.

Females may be attuned to Prostate Care energy system. If you are a female, you will be able to activate this energy system for males. You can activate it for your loved ones, friends or clients. This is one of those unique systems in which you can activate the energies even though you don't have the body part to which it will be active. It is beneficial to simply activate the energies for the male and intend that they remain activate for as long a session as they need.

If you try to “channel” or “send” the energies through your own body, you can do so, but it may feel strange as the energies are not designed for you. Male practitioners can simply activate the energies for other males or they can choose to “channel” or “send” the energies as people would “send” reiki.

Symptoms of an enlarged prostate often include:

*Thin urine stream*

*Frequent need to urinate, even if not much comes out*

*Stopping and starting of urine stream*

*An urgency to urinate with or without leaking urine*

*Feeling like you still need to urinate even when the stream ends*

*Urine stream does not begin the moment you intend to “go”*

It is important to visit your doctor if you are experiencing any of these symptoms. There is a physical exam and a blood test that can be performed. Both of these can

## PROSTATE CARE

help a doctor determine if indeed your prostate is enlarged.

This Prostate Care energy system is meant as a self-care method that can enhance any recommendations your doctor makes. It is not intended to be used instead of medical care. There are many possible causes for prostate difficulties and more symptoms than I've mentioned here. Please do your own research and be wise to employ the assistance of medical professionals.

There are also a range of herbal supplements that can be of physical support and nourishment for a prostate. Some pharmaceutical help is usually in regards to relaxing the prostate so that it does not hug the urethra so tight.

Some medications are used to shrink the prostate. Unfortunately these medications cause the prostate to not work quite so well in its sexual role. Sexual interest may be reduced or difficulties gaining an erection can occur. Prostate Care and the Prostate Care Team bring you spiritual energy that your body can use to help keep your prostate healthy or restore its health.

Your prostate is the producer of about 20-30% of your seminal fluid. It is a slightly alkaline fluid, milky or white in appearance. Its job reproductively speaking is to neutralize the acidity in the woman's vaginal tract, giving the sperm a longer lifespan. This and the seminal vesicles is why men who have a vasectomy still produce liquid when they orgasm. The sperm travel from the testis up by the bladder and down around it to mix with secretion from the seminal vesicles and your prostate.

Your prostate has smooth muscles which do assist in the ejaculation process. It can be massaged through the anus and some people enjoy that stimulation.

If you have not had an orgasm in several months, the prostate may need to release its liquid reserve to maintain its health. Please understand, even if you have not had sex or masturbated, a male body can usually tend to its own needs while you are sleeping. I call this "night emissions".

If you are not sexually active and refrain from masturbating, please check your sheets to see if your body releases semen while you sleep. I suggest that you do check for such emissions of liquid if you go long periods without an orgasm. If your body has taken care of things on its own, and you have no adverse urinary symptoms, all may be well.

## ATTUNE TO DIVINITY

If it has been a few months since your last orgasm and your urinary symptoms are getting worse, combined with reasons why you choose not to masturbate, please see a doctor to have your prostate milked. It is also sometimes called a prostate massage. It can help drain painfully sequestered liquid in a chronically inflamed prostate.

The purpose of a prostate milking is to release the liquid that has been retained in your prostate without causing an orgasm.

The liquid will simply drip out of the end of your penis and the hydraulic power of the release is greatly reduced. This method used to be utilized prior to the advent of antibiotics to help heal bacterial prostatitis. That is not the recommendation now. In fact, if you have prostatitis, (Infection of the prostate) please refrain from receiving a prostate massage or milking, no matter who is doing it for you. The massage action could make a bacterial infection spread.

Taoist Deer Exercises can also strengthen your prostate and contribute to full body orgasms when you do have orgasms. Research this if it interests you.

Wikipedia defines the Prostate as: “*The prostate (from Greek προστάτης - prostates,) literally “one who stands before”, "protector", "guardian" is a compound tubuloalveolar exocrine gland of the male reproductive system.*”

Repression Release is an energy function that arrived to me while I was channeling the energies for this Prostate Care system. Repression can be defined by holding back, excluding or to put down or restrict by force.

Men often restrain urges to act on many impulses. There are times when it is proper for a man to restrain himself from acting on sexual urges that are unwelcome. If your prostate is energetically the guardian of your reproductive system, it makes sense that it may need some healing over time.

If it did indeed ‘stand before’ to help keep your sexuality safe, it may have sustained some wounds over the years.

There are times when a man must restrain himself from reacting violently to others who “put him down” verbally. He may “hold himself back” from doing things that are inappropriate or illegal.

## PROSTATE CARE

Acts of restraint are necessary in a world where a person's urges are not always in alignment with what is in their highest good. Problems within the physical body can occur when there becomes a "build up" of physical pressure as a result of the emotional restraint and "holding back" over the years.

If a person has not known how to release the emotional pressure and energy of the restraining of their actions and words, it can contribute to physical ills.

For a man, his prostate organ, in particular, is a 'seat' where the adverse effects of such restraint can build up. When feelings of frustration from being controlled by society or a person goes unanswered health declines. Releasing those emotions in a safe way is the most effective health measure. The Morning Glory Shakti is a response from the plant kingdom for prostate problems. While in meditation, after channeling Prostate Care, Morning Glories arrived unto me.

The flowers appeared in my mind's eye to be all around me. The strong divine feminine energy and sentient awareness of this plant was obviously Shakti.

It took a few minutes before I realized that She arrived as part of the Prostate Care energy system. I knew I was still in the energy of Prostate Care, yet had not studied the Morning Glory plant or any of its mystical associations. Therefore I had no idea whether its spiritual energies were ones that would want to help a man with his prostate health.

That is how it is in this co-creative process. I can be going along, thinking that there is need to research what others have already noted about a particular plant or energy. Then an expression of divinity arrives and shows me exactly how it does want to help and in what areas.

Shakti are feminine-like creative healing forces of Eternal Sacred Source who are sentient. This means that they are intelligent and self-aware. They are similar to angels but not of the same lineage. They are closer to forces of nature in form, yet are conscious and respond to your requests. Their work with you for your health and enlightenment are under the authority of your higher self and soul. They are direct emanations of Eternal Sacred Source.

Many Shakti will be "clothed" in the skills and job descriptions that they will be providing to humanity, animals, plants and other life forms here on Earth.

## ATTUNE TO DIVINITY

This means that when we call upon them, their “name” or “title” specifies “who” is arriving. I imagine it as a special place in the Heavenly Realms that prepare Shakti for each special type of job here on Earth.

The Morning Glory Shakti utilizes the spiritual energy and wisdom of the Morning Glory plant and flower to promote health of your prostate gland.

Please spend a few minutes to invite your *Prostate Care* attunement to release fully unto you. Simply say out loud or in your mind: **“I ask to fully receive my Prostate Care as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Prostate Care energies arrive to your body and energy fields, providing you with you with a “meet and greet” to your Prostate Care Team.

I advise you to spend 10-30 minutes receiving a Prostate Care Session by your Prostate Care Session as the next step after you’ve received your attunement. The helping healing ones in the Light of Eternal Sacred Source who are experts at bringing spiritual energy to work with your body’s physical prostate will arrive. Please recline and relax, then activate the session.

They will administer an energy healing session for your prostate.

This is wonderful as a preventative care as well as actively healing any problems that you may already be experiencing symptoms to.

Say audibly or in your mind: **“Prostate Care Session, please activate!”**

Other days, you can simply activate this Prostate Care energy system as part of your regular spiritual hygiene, healing, and enlightenment routine!

If you choose to activate this energy system before bed, the energies will work with you longer than if you are up and about doing your daily tasks.

Say with strong feeling of wanting to receive: **“Prostate Care, Activate!”**

I’ve sent this energy system’s attunement out to many men for “testing” because I don’t have a prostate. I love to feel the energies that I channel. However, channeling

## PROSTATE CARE

for a man's body part is new to me. The reports I've received back have been very good. I speak here of the "feeling sense" men who can feel subtle energies report feeling after activating Prostate Care.

There have been reports of much warmth, movement and tingling sensation in the prostate area and the surrounding region of the men's body. Even upper thighs and back could feel energy inflow and moving in some men. If a person has not been sexually active recently, the energy flow may have different patterns than if you have been. All of this is natural. You may not even feel anything in your prostate area if your emotional body is in need of the care.

Many areas of a man's being contribute to the health or dis-ease of a prostate. That is one reason why an energy system is so useful. It is divinely guided and targets the exact areas you need assistance. Many times dis-ease starts with discordant patterns in your emotional or mental body years before any physical symptoms show up in the corresponding body organ.

Repression Release received some great feedback too! A feeling of 'release', yes, followed by uplifting and expanding energy was reported by most men. When you are ready to release any repressed emotional energies that your prostate may have been holding, please relax, recline and say:

***"Repression Release, Activate Now!"***

If you are sensitive to subtle energies, you may feel energy move or you may get emotional. This is normal. It is also normal if you don't feel anything. This release works deep within the layers of emotional records and energy that your prostate has been holding. You may not feel anything physicality when the release occurs.

Simply trust that you've given your body an instruction to release any repressed energy and that you have the support of your Prostate Care Team to carry out that release for you! You may experience some physical or emotional clearing symptoms as a result of activating Repression Release. Nightmares for a few days are possible as well as an overactive gut.

Morning Glory Shakti can be activated anytime. She does work well in the morning and can be picky about her surroundings. She prefers a sacred environment in which to be active for you. Morning Glory Shakti brings a resiliency and youthful vigor to your prostate. Each prostate responds with varying levels of adherence to the

restoration of health it is offered.

Morning Glory Shakti can be activated even independent of Prostate Care.

I did not know until just now, upon looking at traditional and urban meanings of Morning Glory, that it is a slang term for the erection many men experience rising before they even awaken in the morning. I do believe Divinity has a sense of humor far beyond what I could have imagined!!!

Activate your Morning Glory Shakti by saying out loud or in your mind with strong feeling: **“Morning Glory Shakti, Activate!!”**

This Morning Glory Shakti is very nurturing and will help your prostate.

She is pure, please treat her with respect and clear the room of any negativity prior to inviting her to work with your innermost physical prostate gland.

## **Virility Care**

Virility Care brings males the influx of energy and CARE for their masculinity. This infusion of energy and very individualized CARE from the CARE Team of Light Beings increases your ability to father children.

Virility Care causes you to emanate masculine sensual energy in such a way that is attractive to the person you want to mate with. Energy practices are included to assist your body to be aroused by your loved one.

Stress and a predominance of porn watching can reduce a man’s ability to be physically aroused by romantic foreplay with their mate. Virility Care helps your body to respond in conjunction with your heart and mind so that you can achieve the sexual union you desire. Please note that Virility Care is designed for loving encounters not casual sex, and will not increase the chances of casual sex occurring. This energy works in synergy with your heart, mind, and genitals.

Virility Care energy system restores your optimal masculine aura. A man’s leadership



## VIRILITY CARE

ability may be related to his virility. Many men don't consciously think about this, yet they themselves respect strong masculine men more than ones who seem weak.

Virility Care may assist you in these ways, but is not limited to:

*Gain or re-gain your masculine “edge” and confidence.*

*Emanate an air of leadership and sure footed stamina.*

*Increase the health and virility of your sperm.*

*Cause a suitable mate to notice and be sexually attracted to you.*

*Overcome stress by re-igniting your sexual appetite and ability to perform.*

*Experience a re-emergence of sexual energy for lovemaking.*

*Reverse Erectile Dysfunction that was due to stress or nervousness.*

*Gain sexual energy to please your love even if there are medical reasons why your body isn't able to engage in intercourse with your mate.*

*Know the pleasures of virility which extend past the bedroom to an inner hum that fuels your productive thinking all through the day.*

*Attract a woman and keep her happy despite having a small penis.*

*Enjoy the respect of others as you skillfully do your work and are a leader in your social or spiritual community.*

*Enjoy the feeling of your spouse being proud of you.*

*Be healed of past failures and step forward into the future.*

I've worked with this energy for many males who seek advice and assistance to both increase their sexual appeal and their sexual function. The ability of a man to gain an erection with their mate and maintain it during intercourse long enough for

both persons to achieve orgasm is quite an accomplishment.

For some males this is easy to do. For others it is the quest of a lifetime.

Virility is described by many dictionaries as the quality of masculinity, especially in reference to a man's ability to father a child. For him to be virile enough for his sperm to impregnate a woman is the very essence of a man's virility. This means that his life creation sperm must be healthy and strong, virile! In optimal circumstances, the man himself is physically be able to gain an erection in order to shoot that sperm into the right location for it to come into contact with a woman's egg. If not, fertility clinics can assist.

A man must be attractive to a woman in order to gain her attention and affection. Love grows between them and eventually the time may be right for them to interact sexually in a physical manner. For many males, this is a scary encounter. If a man has been careful to keep himself from physically having sex until marriage, or is otherwise holding himself to himself until a loving relationship is established, he might be watching porn as an outlet.

Porn, the exhibiting of men and women doing sexual acts, often has with it many more fetish related activities. These range from just a person's lovemaking preference to acts that are distasteful to some people while craved by others.

The problem with such viewing is that as a man may masturbate to release sexual pressure and resist casual sexual encounters, he may be the unwitting victim of sexual fetish programming. He may be programming the energetic circuitry of his body to respond only to stronger and stronger sexually explicit and unique sexual acts that are rarely able to be replicated in real life.

If a man allows himself to orgasm while watching or thinking about various sexual activities that are full of intensity, yet void of love, he may be doing himself a vast dis-service. "Regular" lovemaking may seem lackluster.

If a man is just passing the time by exploring online and moving picture related naked persons engaging in sexual activities, the most intense versions of these scenarios will be imprinted upon his body's energy pathways.

The pathways within a human body which regulate and possibly control sexual arousal are complex and delicate. Once they get "calloused" by very intense stimuli, the older, more "natural" pathway can atrophy. The only thing, in my experience,

## VIRILITY CARE

that can fully bring back into healthy function, the natural "vanilla" pathways and responders is love.

Virility Care is an energy system that is designed to help heal the lovemaking energy pathways. Please understand that until you are in a loving romantic relationship, the "testing" of your body's sexual response might not thrill you. In other words, the viewing of a "sexy" person might not cause you to gain an erection. Engaging in the viewing, listening or physical sexual fetish activities will only make it more difficult for your body to respond to the more gentle energies of lovemaking with your mate.

If you are in a relationship already, Virility Care will be a deep healing for your body to renew the delicate and pure energy pathways of lovemaking.

The mind, heart and genital connection is a fantastic complex design.

When the heart is not included, warped pathways can emerge which do not abide by the natural, gentle harmonics of love and every day lovemaking.

Please understand that I am not dissuading a couple from engaging in consensual sexual playtimes that involve unique sexual expressions that differ from the traditional or those that are accepted by mainstream society.

I am talking about when one person immerses themselves in such sexually explicit and intense visual, audio and sometimes physical sexual scenarios that real life love making is not exciting enough for their body to respond.

The key, from the successes I've witnessed is to include the heart center in the sexual energy pathway from the brain to the genitals.

When a person plays sexually by themselves or with others and there is not love, the body requires more and more intense stimuli for it to respond.

The heart is left out of the sexual path between the heart and the mind.

If this topic speaks to any of your concerns, please activate this Virility Care energy after you have accepted the attunement, and follow the energy exercises I've provided.

## ATTUNE TO DIVINITY

This will assist your body and your body's "***Vanilla Responders***" to include your heart in the pathway and gain your genital's attention. You may not necessarily be able to just look at a picture of a sexy woman and gain an erection instantly. Remember, the pathways are renewed and pulse with life, awaiting love to engage them! It is love that causes all to work properly!

When you do grow into love, then your body will likely be able to function as you want it to, when the right time arrives. Meanwhile, you can focus on your spirituality instead of more and more random sexual images and acts.

If you are indeed in a relationship, you will be pleased to immediately put the energies of Virility Care to work for the benefit of you and your mate.

Virility also means strong and attractive! Using Virility Care energies you will glow from the inside and be a beacon of readiness for your love.

If you are a woman, you will be able to be attuned to the energies of Virility Care in order to pass this attunement along to a man or to send energies to a man who has specifically requested your assistance.

Do not use this energy "on" your mate without their permission that would violate their personal space even though you are their mate. Always gain permission before activating these energies for a man. Women can enjoy a rejuvenation of their own sexuality with Virility Care.

Remember that these energies are to energize your sperm and increase their virility. Please use extra precaution than you normally would if you and your mate are not seeking to increase the size of your family right away!

Please spend a few minutes to invite your of Virility Care attunement to release fully unto you. Simply say out loud or in your mind:

***"I ask to fully receive my Virility Care as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!"***

Some people can feel subtle energies and may also feel heat in their feet or in their perineum area and base of spine. This is normal and alright.

## VIRILITY CARE

When you are ready to activate this energy for you, please say 3 times with strong feeling, audibly or in your mind: **“Virility Care, Activate!”**

The energies will likely flow for 10- 20 minutes. There may be a lot of work to be done inside of your body in the connections that comprise your sexual responses. If you feel sleepy, please recline.

While the energy is active, we have something for you to do:

1. Start at the floor of your pelvis, the perineum area. Put your attention there.
2. Now, imagine moving your sexual energy up your spine and then in through the back of your heart, and back down to your genitals.
3. Then move your attention up your spine, in through your heart. Then move your attention out through the front of your heart chakra up the front of your chest back into your throat up into your head.
4. You will move your attention through your head, and out of the back of your neck, down your back and into the back of your heart.
5. As you move your attention out of the front of your heart, plunge down to your genitals. This has now completed a figure 8 movement of Virility Care to include your sexuality, your heart and mind. Repeat this configuration in 3, 5, 7 or 9 repetitions daily until you feel that you have mastered it.

### **Activating a personal Virility Care Session:**

If you can think of this as spiritual surgery, please dedicate at least a half hour a few times a week to this energy and activate a Virility Care Session.

The CARE Team will administer your session. The CARE Team is a group of eternal love, light and life beings whose specialty it is to help persons in physicality be healthy.

Imagine that you are on a massage table and that these beings are standing all around you, working with the delicate connections within your body.

## ATTUNE TO DIVINITY

Say audibly or in your mind 3 times: **“Virility Care Session, Activate!”**

**Please be reclined and allow 15-30 minutes for this work to happen.**

You can listen to relaxing music and even activate other replenishing, healing or enlightening eternal divine energies while you are reclined.

**Using these energies for other people:**

As aforementioned, always gain a person’s permission prior to activating any energy for them, especially Virility Care. If a man was previously accustomed to a low sperm count and did not need to use birth control, and suddenly after receiving Virility Care energies his sperm became more viable, more fertile, he and his mate could have an unexpected surprise.

It is unethical to activate energies if they are not wanted by the receiver.

With the appropriate permissions, you can activate this energy “for” or “on behalf of” anyone. Please do not “channel” this energy as your job is simply to activate Virility Care. It will be delivered directly from Eternal Sacred Source individually for him.

If you activate a Virility Care Session, then the CARE Team will arrive unto him and provide the session for him.

Women can also find benefit in the use of Virility Care. It increases and balances sexual energy in such a way that is useful for women if they have been without sexual interaction with a man in a while. Furthermore, the masculine quality of this energy is fantastic for balancing a woman’s energy.

There are also times when, due to previous bad experiences, a woman may resist masculine energy. Resistance to masculine energy can result in a woman resisting the influx of Divine Masculine energy as well as the portion of her own energy that is innately masculine in quality.

Each person has both feminine and masculine energies within their body in the proper ratio for their male or female gender. Some people call this Yin and Yang. Virility Care assists females to be receptive to their mate.

## VIRILITY CARE

For those who feel subtle energy, Virility Care feels like warmth at the base of your spine that has its counterparts in your head and heart. Virility Care is truly the vibrant energy of masculine sacred sexuality. As such it will not be twisted or warped. If you attempt to use this energy to seduce a woman who you don't intend to continue a relationship with, the energy will turn off.

This energy will only be present when you are open to allowing your heart to engage as well as your genitals and mind. It is entirely possible that you will only know the full benefits of this energy system when you are in a loving relationship. This is preparation for that style of relationship.

It is not designed for use in casual sexual encounters because of its three-fold nature.

You will, however, feel Virility Care's strength and power be active and move through your body on a regular basis, at times when nothing sexual is happening. This is due to the increase in your masculinity and all that entails.

When your Virility is increased, you have a hope for the future and the confidence to step forward, knowing that you have the ability to skillfully do whatever is required of you.

You may feel more creative because life energies are increasing and flowing in a balanced and healthy way in you.

Your ability to gain the trust of others will likely increase. Take their trust and keep it well, for you are granted a great privilege to have another person's trust. Do not misuse the air of leadership and willingness to trust you that this energy system engenders in you.

You may gain the ability to more easily influence people, both men and women. Use this ability well and for the good of all involved.

If you do, this energy system will continue to work strongly for you when activated regularly. If you misuse the aura of masculinity Virility Care provides for you, the energy will fade away. Recognize that with great power comes great responsibility. You may be given the ability to assist many people and finally have the respect you have always wanted. Treat others as you wish to be treated and all will be well.

# Trauma Care

*Trauma Care* is care for any trauma your mind, body, emotions or energy fields have experienced, anytime, anywhere. Your attunement provides you with the right to activate a Trauma Care Session. You don't need to even think of a particular thing that happened to you because your Trauma Care Team will know exactly the right experience to work on for you, today.

If you've been especially troubled by a memory, there are energy functions to assist you here within Trauma Care energy system.

Some people's time line of event and life get mixed up to the point where they feel like they are living in the past and now, simultaneously.

The *Time Line Repair Shakti* will assist to repair your time line, then past experiences can remain in the past where they belong.

Trauma is defined as anything that any part of you or your body and energy fields believed has happened which gave a shock and was uncomfortable.

A trauma can be experienced personally, or you may have witnessed others in trauma in real life, on television or movies. You may have experienced a trauma in a night dream or if your spirit has traveled at night you could have experienced a trauma. It doesn't matter how the experience happened or whether it actually happened to you.

What matters is that it is recorded by you and your body as a shock and a disturbance in your peace and confidence that life is good and safe.

When your peace and feeling of safety is disturbed, that can undo a lot of other good healing. Things that used to be easy and situations that you enjoyed may now be full of danger signs in your mind and body responses.



## TRAUMA CARE

Trauma Care energy system brings you the care and healing assistance of the Trauma Care Team. After you've paused to receive your attunement, you'll be able to ask them to provide a Trauma Care Sessions for you.

These sessions usually last about 30 minutes each time you activate them.

CARE means: Calling all Responsive Eternals. Eternal Beings! These are Eternal Beings of Love, Light and Life. Some are Angels, Ascended Masters, Ancestors, Nature Beings, Eternal gods and goddess, the spirits of animals or plants as well as The Elohim.

Any being of eternal love, light and life that you, at your physical, higher self and soul levels are comfortable with may be on your Care Team. Beings whose specialty it is to help people who have experienced traumas be healthy and whole will arrive unto you.

Please spend a few minutes to invite your *Trauma Care* attunement to release fully unto you. Simply say out loud or in your mind: **"I ask to fully receive my Trauma Care as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!"**

Trauma Care attunement energy flows to your body and energy fields, providing you with a meet and greet to your CARE Team.

The energies of a Fluorite Cluster are a mental balm and are included in this Trauma Care energy system to help your mind feel calm and relaxed.

Now that you have paused to receive your attunement, you have the right to call upon and activate your *Trauma Care* energy functions and Shakti.

**Some benefits of your Trauma Care Sessions can include but are not promised nor limited to might be:**

*Your present reality feels real*

*Your past can be in proper perspective*

*You begin to feel whole and then thrive*

ATTUNE TO DIVINITY

*Past traumas do not dictate your current choices*

*The brightness of a bad memory dims*

*You begin to feel peace then live in peace most days*

*Any messages your mind and body felt the traumas had to give  
have now been received and trauma energy releases*

*Your mind knows the traumas were witnessed, now allows healing*

*Your body allows healing of areas that had been traumatized*

*Memories that lingered near the surface of your mind that kept you alert and on  
guard for disaster now fade*

*Good memories previously dwelled upon may claim their place as memories  
instead of constantly being reviewed as you now  
gain the feeling of good to happen to you in the future too.*

*Body reactions to sudden movements or loud sounds as a result of your past  
traumas can go “offline” now that your body knows it is safe.*

*The hole in your emotional heart center is repaired and you gain  
a sense of being filled with a well-being that stays with you.*

*Mysterious body symptoms of dis-ease disappear and comfort returns.*

**Trauma Care Session** is the first and complete session I shall introduce you to here today. It is important to receive a Trauma Care Session before you activate the other Shakti and functions included in this energy system.

Find a place where you won't be disturbed for at least 30 minutes and recline. Allowing yourself to rest horizontal is beneficial as you activate this session. You do not need to think of any particular trauma or bad thing that has happened to you. In fact it is beneficial to focus on wanting to be healthy and enjoy life. If you want to, you may have soft, relaxing music playing, but nothing that has sad or negative

## TRAUMA CARE

remembrances within it.

Say out loud or in your mind: **“Trauma Care Session, Please Activate!”**

It isn't necessary to do anything particular with your mind during this time.

If you are sensitive to subtle energies, you may feel a lot of movement. It is normal, whether you feel anything or not. Simply allow any movement within your mind or body to occur. Stay as relaxed as you can.

Usually what is happening is that the Trauma Care Team are in communication with your body and your mind and subconscious mind.

Memories of trauma are being shown by your body and subconscious mind to the Trauma Care Team. They are acknowledging the validity, the realness of what happened and offering your body and mind the opportunity to release the impact of this trauma. Often a body or mind feels that it is its responsibility to remember every detail and every pain and shock of the trauma. Your body and mind believes that by remembering, in a preventative manner, it may notice any situation that even remotely reminds it of the traumatic event, thus giving you opportunity to run or fight.

Your Trauma Care Team will speak with your body and mind, letting it know that it doesn't have to remain on alert for you, the incarnated soul to be aware of any situations that may have warning signs within it. It is important for your very diligent body and mind to know that it has done a good job of trying to protect you, but that it doesn't need to anymore. For the trauma your team is attending to, the intensity can relax and be released.

You may notice sights, sounds, or even uncomfortable feelings while your Trauma Care Team is working with you. Before the end of your session, those feelings usually subside and a sense of completion and peace arrives.

For those of you who are having problems with time, the ***Time Line Repair Shakti*** will be of great benefit. What is a problem with time?

If you are experiencing long ago events as if they had just happened then you are experiencing a problem with your personal time line. If a fond memory is so very vivid that you expect that person to call you or to need to run out to the store for

## ATTUNE TO DIVINITY

items to make them lunch, you could be having a time line problem.

If you are getting lost in fantasizing about the future and sure that you are in that, only to toggle back to the present, you could be having a problem with your personal time line.

If a bad memory is becoming more and more real, as if it is about to happen all over again, you could be having a time line problem. Call upon your ***Time Line Repair Shakti*** for assistance.

Time is interesting. Time is simultaneous. Happening all at the very same time. The way you experience time can vary and that is normal. The way you refer to your past, present and future needs to be linear. It needs to be in a past to now to future line.

Oh, it is normal to think back in your mind or project into the future. But you need retain the ability, even while you are thinking about your past or future, to know that it is your past or future. Getting lost even for a few minutes in your past or future may be a sign that some repairs are needed.

A Shakti is a sentient eternal intelligence who arrives to you from Eternal Sacred Source with the express purpose of providing to you the assistance its name indicates. It will work under the authority of your soul and higher self in concert with your body's consciousness for your highest joyful good.

Say audibly or in your mind: ***"Time Line Repair Shakti, Activate!"***

You can activate this Shakti anytime you want to, even when you are at work or up and about doing your daily life tasks. You may need to activate this Shakti to activate up to 3 times. Each time you instruct her to activate it also increases your openness to receiving her assistance. This Shakti will learn about you, your mind and realities very quickly to provide best help.

***New Identity Integration*** is an energy function that integrates the healing you accepted today into your identity, revealing your new identity.

I have pictured in my mind a fluorite cluster whose spiritual energy is a mental balm and who helps people accept change into their body and being.

## TRAUMA CARE

As a result of today's healing, you may look at yourself and your history differently. This is well because you have re-written some of your history.

Where you were a victim, now you have claimed your sovereignty to be respected and safe. (This is only one example of the positioning that may have changed as your healing was received this day)

The way you see yourself has changed. Your identity is new and must be integrated into all of who you are to assist further healing in other areas to occur in a natural and gentle way. Change, even good change can take awhile to adjust to. Integration can make the adjustment easier.

*New Identity Integration* can be activated anytime you've asked for healing in regards to experiences you've had. It is beneficial anytime you've changed any part of your belief system or what you believe about yourself.

We change our identity frequently. As we discard old beliefs and claim new ones, how we look out at the world changes. It changes because the way we view ourselves has changed, we have changed our identity. What is identity?

Identity is a term used to describe a person's conception and expression of their individuality or group affiliations. A psychological identity relates to self-image. Some people recognize their own true identity easily. Others look to how the people around them respond to them, to define their identity.

Experiences and traumas can shape a person's identity, the way they describe themselves. What type of person are you? As your traumas are healed it is likely that your identity will be re-written within yourself.

This is a good and healthy occurrence. How a person views themselves changes as their feeling about their history change. When the traumas no longer define the person, their identity naturally gets a "make over".

When a person is freed from the weight and burden of a trauma's frequent or infrequent presence in their lives, they are able to engage in life more fully.

***You don't need to spend time wondering "what" your new identity is.*** It is sufficient to recognize that as the intensity of old pain is released, you will start to feel better. Every little bit of healing gives room for you to enjoy the little and big good things

ATTUNE TO DIVINITY

and people in your life more.

To activate this energy function, say audibly or in your mind:

**“New Identity Integration, Activate!”**

***Affirmations to say after activating New Identity Integration:***

**“I have learned all I need to from my past, I release it, NOW!”**

**“Every moment is a new opportunity to be me!”**

**“I am a new person and can choose how I respond to people and places”**

***Health Restoration Shakti*** is an eternal divine healing feminine intelligence who arrives to restore you unto health. Health restores slowly or quickly, and can refer to many areas of your body, mind, emotions, and spirit.

Health refers to wholeness. When a person has experienced or witnessed a trauma, some part of who they are is put through a shock. Some part of who they are is less trustful of the world and people around them.

***Now it is time to restore your faith in life to you.***

***Now it is time to bring you the energy that promotes health everywhere and every when you are.***

***Now it is time to restore unto you that vital life force and knowing that you have support from the energy that made you and loves you.***

***Now it is time for you to be bathed and supported from the inside out.***

***Now it is time for you to relax.***

***Now it is time for you to be given the courage to step out into life with the confidence that life will support and protect you.***

## TRAUMA CARE

***Now you are ready to be restored unto your fullness and health!***

Find a place to relax for 10-20 minutes, recline and say audibly or in your mind:

***“Health Restoration Shakti, Please Activate for me, Now!”***

Please activate your Health Restoration Shakti daily for about a week, and then every other day for the next week, followed by activating her every 3 days thereafter for 3 more weeks.

Everyone’s experience of the Health Restoration Shakti is different. She works under the auspices of your soul and higher self but will follow your directions for what you want her to help with as well.

She is effective whether you feel her energy infusion or not.

### ***Using Trauma Care for other people:***

***Trauma Care*** may indeed be activated for other people both in person and long distance sessions. If you are going to activate a ***Trauma Care Session*** for another person, please be sure that they are reclined or sleeping when you activate the session. If you are skilled in providing a “call in at your convenience” style chi-ball, then you can send forth the Trauma Care Session and your client, friend or loved one can call in their session.

***Time Line Repair Shakti*** works well when activated for others, even if they are at work or needing to keep full concentration on their daily tasks.

***New Identity Integration*** is best used as a self-healing tool and is only to be activated if your client, friend, or loved one is fully aware of this particular function and asks for you to activate it.

***Health Restoration Shakti*** may be activated for anyone, at any time.

You can also activate it well in macros and for groups of people. It will only be active if it is wanted on some level by a person. So it is a very safe and will not bring health restoration for a person until some part of their body or being says

## ATTUNE TO DIVINITY

“Yes”. This does not need to be a verbal yes, just a yes; an acceptance of receiving eternal divine assistance.

**Please use Trauma Care Session about once a week until you've cared for as many traumas as you feel may have existed.**

***Trauma Care Sessions are very intensive but will only do as much release and change as your body can receive well in one session.***

***This means that you will indeed need to continue to ask for sessions.***

***This means that you will need to give the Trauma Care Team uninterrupted time to work with you and your body on a weekly basis.***

**There may be traumas that you do not consciously remember that are released and the adverse affects healed during the session.**

***So please treat each session as sacred and be grateful for the session even if you did not feel anything and did not know the topic of that session.***

## Sheen Obsidian Shakti

Sheen Obsidian Shakti is the consciously aware intelligent spiritual energy of the Sheen Obsidian volcanic glass stone. There are many varieties of Sheen Obsidian. This energy system's Shakti provides you with the ability to call upon the spiritual energies of any of the Sheen Obsidians.

A Sheen Obsidian Shakti has a protective energy. She is brilliant! She is a connective energy that expands your ability to interact with the spiritual realm while anchoring you to planet Earth's core. She is born of Earth's lifeblood of the volcanic flow and in her solid state she remembers her birth. Sheen Obsidian Shakti assures you that you can be here on planet and fully in connection with your soul and any celestial realm you resonate with.

She is a very relative energy, with a tendency to move sideways. This is to say that



## SHEEN OBSIDIAN SHAKTI

she is will bring some energies from over here and then some from over there to help you better relate with the people in your life. She is also spectacular at helping smooth the way for ones to relate who didn't want to.

This Sheen Obsidian Shakti energy system brings you the spiritual energy and gives you access to the metaphysical attributes of Sheen Obsidian.

Sheen Obsidian exists in various forms and is known by several names.

There are different varieties. The Sheen Obsidian Shakti is of all of the sheen varieties of Obsidian. This particular Shakti does not give you access to the energy of Obsidians which do not contain “sheen”.

Obsidian is not a true mineral because as a glass it did not “grow” in a crystalline manner. All obsidian can fracture easily if dropped. It has a hardness of 5. Because its breaking can result in very sharp edges, it has been used as cutting tools since ancient times.

There is an Obsidian Shakti and a Snowflake Obsidian Shakti. Both have very specific functions. This energy system and attunement is for the range of Obsidian mineraloids known as Sheen Obsidian. All of the “sheens” are characterized by the little air bubbles which catch the light and appear to shine or sparkle within its solid glass form. It is born of Volcanic lava, Earth's life blood, hot and flowing up from deep within the Earth. Earth and Fire, cooled instantly, usually by water, capturing air!!!

Four elements combining to form Sheen Obsidian!!! Air remaining in the earthen glass which was fiery hot, glowing and flowing! Sheen Obsidian Shakti brings you the ability to thrive! If your life is easy or tumultuous, Sheen Obsidian Shakti knows how to anchor you. She will assist you to expand into all that you can be, relating with even those who you did not think you were compatible with. Her energy often moves sideways as she spreads out to include new allies and companions with you.

Shakti are feminine-like creative healing forces of Eternal Sacred Source who are sentient. This means that they are intelligent and self-aware. They are similar to angels but not of the same lineage. They are closer to forces of nature in form, yet are conscious and respond to your requests. Their work with you for your health and enlightenment are under the authority of your higher self and soul.

They are direct emanations of Eternal Sacred Source.

## ATTUNE TO DIVINITY

Many Shakti will be “clothed” in the skills and job descriptions that they will be providing to humanity, animals, plants and other life forms here on Earth. This means that when we call upon them, their “name” or “title” specifies “who” is arriving. I imagine it as a special place in the Heavenly Realms that prepare Shakti for each special type of job here on Earth. I’m sure they are readied to work with us in a slightly different manner. But this is an easy way to think of it for me and many other people. Please spend a few minutes to invite the attunement of Sheen Obsidian Shakti to release unto you.

Simply say out loud or in your mind:

**“I ask to fully receive my Sheen Obsidian Shakti as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Sheen Obsidian Shakti arrives unto to your body and energy fields, protecting you and anchoring you to here and beyond. I suggest that you find a time and place where you won’t be disturbed for at least a half hour. Call in all of your helping healing guides and guardians.

Activate your Sheen Obsidian Shakti by saying, with strong feeling, in your mind or audibly: **“Sheen Obsidian Shakti, Activate!”**

***Sheen Obsidian Shakti will often be a guide for a meditation or spiritual journey. If you are accustomed to riding spiritual energies into an altered state of consciousness, please do so with Sheen Obsidian Shakti.***

***If you don’t feel subtle energies, or are not accustomed to meditating, that is alright. Sheen Obsidian Shakti will still work for you on all the levels of your being that you are open to receiving her protective, grounding and expanding presence. She will also assist you to rise to new heights with any skill or attribute that is beneficial for you to exhibit and embody now.***

***Sheen Obsidian Shakti assists people to relate with and slide into energies that are beneficial to them. People who’ve not felt subtle energies consciously often do after an encounter with Sheen Obsidian Shakti!***

Examples of people’s experiences with Sheen Obsidian Shakti:

## SHEEN OBSIDIAN SHAKTI

“I called on my angels and guides to be with me then activated the Sheen Obsidian. Immediately I felt warmth on the crown of my head. My feet heated up. I felt very present, almost timeless. Then I felt like I slid sideways somewhat. After the moving sideways feeling, I felt very expanded. This was an amazingly grounded feeling. It wasn’t the airy/fairy up and out expansion I’d felt with other energy systems. It felt like I got more concentrated. I think I wanted to invite people to visit because I felt safe and social. Usually I am reticent to invite people to visit because I don’t like chaos. When with the Sheen Obsidian Shakti, and for some time after I got on with my day, I didn’t worry about what other people might bring with them if they visited. I felt safe and was sure that all would be well. It is a nice feeling for sure!”

Another person said: “The Sheen Obsidian Shakti took me on a trip! I was just “transported”. Suddenly I was observing my life and knew what I needed to change. I could also see where I could intersect with people in ways that would be good for me.”

Another person reported: “I always have some Sheen Obsidian with me when I do shamanic healing for clients. Now that I have met the Sheen Obsidian Shakti, I can see better what I need to take out or pull in for the person. Sheen Obsidian Shakti gives me the clarity to be sure about what I’m doing. Now my work is stronger and I don’t take on as much “stuff” from the people I help.”

Another person told me: “Sheen Obsidian Shakti is brilliant! She always gives me the courage to stay in my body even if I’m scared. See, I get scared of standing up for myself in relationships, and the Sheen Obsidian Shakti stays with me. She helps me know when to stand up for myself and when to just let things be as they are. Sheen Obsidian Shakti has shown me my own worth so I don’t have to seek the approval of others so much.”

One other person said: “Sheen Obsidian Shakti helps me face myself. Those things about me I’m ashamed of, like how I’ve hurt people in the past. I can accept myself better now. I can face change easier too. Somehow I can just walk through a tough day without falling apart. I think it is kind of amazing really.”

Personally, I find Sheen Obsidian Shakti to be a tougher Shakti than most of them. This means that she doesn’t hide in the presence of people’s anger or dark energies. Sheen Obsidian Shakti, being the spiritual energy of a glass that was forged in fire and water helps you with stand the shifts in life easier.

## ATTUNE TO DIVINITY

I like how the Sheen Obsidian Shakti helps me keep a more “spiritual” state of mind even when I’m not running energy or in meditation. I can move about the house or even out in public after visiting with her, and feel grounded yet expanded at the very same time! I love how the Sheen Obsidian Shakti reaches out to bring in energies that blend well with one another. I suggest that you activate her when you are planning to activate several divine energy systems. She can facilitate which ones will synergize with one another. If an energy is not right for today’s purposes it will be still.

If you call upon the Sheen Obsidian Shakti to oversee your activation of a variety of healing energy systems for a particular purpose she will do so. Sheen Obsidian Shakti will also help guide you as to what energy systems you “happen” to choose this day for general healing, enlightenment or other purposes!

You can activate Sheen Obsidian Shakti for other people if they give you verbal or written permission. If a person has asked you to do a session for them, trusting you to choose which Shakti and energy systems to activate for them, you may indeed feel free to choose the Sheen Obsidian Shakti.

The Sheen Obsidian Shakti will be most effective for you if you activate her energies when you have the time to relax and recline into her presence.

Thereafter you may stay with her energies, receiving benefit from a half hour to several more hours as you continue with your daily life activities. If you activate her energies and immediately get up and forget about her, she won’t be able to bring you as much benefit that day. You need to give her some time to be with you, while you appreciate the beauty of a physical sheen obsidian mineraloid , or just be immersed in her presence if you can feel her.

Then she can continue to work with her even when you attention is diverted to your other responsibilities or activities.

***Some of the benefits you can receive from activating and spending time with the Sheen Obsidian Shakti may include but are not limited to:***

***Increased affinity for the spiritual realm***

***Awareness of the spiritual within the everyday life occurrences.***

## LIGHT CONCENTRATION INCREASE RAYS

*Compassion rooted in strength to do the right thing even if not convenient.*

*Shifting through life's changes with grace and ease.*

*Synergy of the influences of nature's elements in your life and body.*

*Psychic and spiritual protection for all aspects of your being and body.*

*An inner sureness of the rightness of decisions you make.*

*A deeper connection with Divinity even when you aren't in meditation.*

*A centeredness that increases your ability to access your divine gifts.*

*Clarity that sears through confusion or guilt.*

*Ability to relate with people you didn't know how to before now.*

*An ability to flow in and out of situations with ease.*

*A knowing of what you need to glean from a visit or meeting.*

*Ease of attraction of money and wisdom to manage it well.*

*Safer astral travels as you gain the art of simultaneous consciousness.*

*Ability to work with nature and elemental kingdoms in new ways.*

## Light Concentration Increase Rays

Verdant and Powerful, *Light Concentration Increase Rays* sustain biological life with the Eternal Divine Blueprint of evolved creation.

Light Concentration Increase Rays open your body's sentient awareness and DNA

## ATTUNE TO DIVINITY

to understand Divine instruction and teach your body's how to use certain chromo-color concentrations of Light as fuel for eternal life.

Light Concentration Increase Rays constantly increase your capacity to hold an ever more concentrated quality of Light which brings with it more assistance and unity with the Light beyond the Light of our local universe.

From beyond this time, space, color, tonal reality, there is help aplenty, just wanting to reach us. Our bodies know that if we are not within them, they cease to exist. They know that the incarnated soul goes on. Over the eons human bodies have gained a collective soul consciousness. The history they have witnessed has made them feel as if they are 'less than' the incarnated souls. Yet, from the human body souls' perspective, it is they who do all of the work that allows the incarnated soul to traverse Earth's reality in physicality. This is part of why we often feel at odds with our body.

The karma game on this planet has given the human body the feeling of having done something cosmically wrong. There is a truth to where we are in Earth history now, and the evolution of humanity's physical bodies that needs to be told to each person's body. This is in regards to the fact that translation is possible. As the human body allows a stronger concentration of Light to be merged with it, and indeed sustain it, the spiritual essence of a person's body can indeed rise to a higher level of consciousness when a person dies.

Not only does a person's soul go onward when the physical body can no longer sustain them, but the sentient awareness, the 'soul' aspect of humanity's physical body now has the opportunity to ascend also. This is very important information that needs to be relayed to each human body. The victim positioning that human bodies have is not simply due to the conditioning within a single lifetime, it is cumulative based up the genetic heritage and the learning that humanity's soul collective has acquired.

Human bodies feel that they must be 'less than' and 'bad' to go to dust as they watch the incarnated soul rise to a higher level of existence. Give your body the gift of the knowledge and choice of eternal life. Yes, all of the dust that human bodies have turned into upon physical death has been recycled by Creator to make new plants, animal, bird, human and all other bodies upon the face of the Earth. Please understand that this happens without sentient awareness. All of the knowledge and now wisdom that the human body collective soul has gained throughout Earth's

existence has been experienced by Source. It was also kept without individual self-awareness in the collective soul here within this reality. The human body collective's information grew and soon it gained its own sentience and soul instead of simply being an archive of genetic and instinctual information.

***The human body collective soul has now reached a level in its own growth and spiritual awareness where it has ascended.***

Now a human body's sentient awareness can indeed rise to its place within its soul group in the higher spiritual realms, keeping its individual sentient awareness, or it can remerge to the local human body collective soul here without individuation. Your body's sentience must know it has a choice.

Just as each person incarnates as an individuation of the Eternal Sacred Source, each individual human body is a spark of sentient divine intelligence. Until recently that sentient awareness would simply add to the collective knowledge of the human body 'group' soul locally.

Recently it has been ordained that the individual human body sentient awareness can rise to a new level of self-awareness in the higher spiritual realms. A person may choose to live another lifetime with that sentient body awareness within the next physical body that person incarnates within or not. Basically a person and the sentient awareness of the body they are in now can go with them when they die, or it can rise to its place in the ascended human body soul group where it may be assigned to another advanced soul who shall incarnate.

The difference is that now a human body consciousness can keep that sentient awareness when the body dies. If it has been exposed to a strong enough concentration of Light it will be able to drop the mantel of unworthiness. Once a human body's sentient awareness allows itself to know unity with Divinity, our life here is so much easier as the body knows peace within.

Usually people simply think about their own soul and spiritual growth. Yes, of course we have wanted to keep our bodies strong for our travels here on Earth, however we didn't think much of our body's consciousness or feelings.

Now our spiritual responsibilities reach far beyond anything we may have thought of before. Expose your body to the fact that it can go on after you die. It need not simply become unconscious dust. Bodies actually care about these kinds of things,

## ATTUNE TO DIVINITY

because they are self-aware now.

We ask our bodies to be more and more aware, and then expected them to just be well with not consciously existing after the physicality dies. Simply entertain the possibility and extend that thought to your body, that it can ‘go onward’ after you are gone. Expose your body to the Light Concentration Increase Rays that contain all of the life enhancing qualities for both your physical body’s health while you are in it, and your body’s sentient awareness’s eternal life thereafter.

Light Concentration Increase Rays will answer your body’s questions, and sanctify it of those unworthiness feelings. Your body will bask in the presence of Divinity and know it is loved and valued. No longer will the incarnated souls seem to be the ‘chosen loved ones’, for the human body’s sentient awareness will know it too is of the Divine and one with it.

As your body drops the sacrificial positioning it will join you in Unity with Divinity. Your spiritual path and physical life here will be richer in ever increasing ways because your body will be working with you for your Earthly goals, and looking forward to life beyond here. Your body and you may or may not choose to remain in partnership in an existence beyond this time, space, tonal, color reality.

Accept your Light Concentration Increase Rays attunement by saying audibly or in your mind: **“I now call forth to receive my Light Concentration Increase Rays attunement as anchored by Mariah Windsong and made perfect by Eternal Sacred Source!”**

If you are sensitive to subtle energies, you will notice the ease and replenishing that arrives instantly!

Reclining while receiving your attunement is wise, so that your body can pay full attention to what it is receiving, rather than it having to retain muscle tension of standing or sitting upright. If you are not sensitive to subtle energies, please allow about 12 minutes to fully receive your attunement.

Thereafter, please put activating these ***Light Concentration Increase Rays*** into your daily spiritual hygiene routine for you and your body’s health.

Simply say out loud or in your mind:



## LIGHT CONCENTRATION INCREASE RAYS

**“Light Concentration Increase Rays Activate!”** or  
**“Light Concentration Increase Rays, On!”**

Light Concentration Increase Rays respond to your intention and so flow stronger longer while your attention rests lightly upon the intent that you do want them to keep flowing to and through you and your body.

Light Concentration Increase Rays are so needed by human bodies on Earth at this time that I'm told that it is well to activate them for other people and other people's bodies without asking permission. The incarnated soul may not want the energies, yet their body's sentient awareness may be craving them. Light Concentration Increase Rays will ONLY be absorbed and useable by those who want them. In other words, if a person wants Light Concentration Increase Rays and their body does not, the body will bounce the energy away from itself. If a body wants the energy and the incarnated soul (person) does not, the person will easily bounce the energy away.

Light Concentration Increase Rays will only be where they are wanted therefore you can never harm anyone in any way with this Divine energy.

***Practice activating Light Concentration Increase Rays for yourself, and at the same time beaming them out to the local community around you.***

With some practice I believe you will become quite adept at sending these energies out to flow through quite large regions here on Earth.

Light Concentration Increase Rays have many benefits for your own spirituality as well. For those of you who believe that you may have the option of taking your body with you when you die, Light Concentration Increase Rays are key to that becoming a reality for you.

For those of you who are practicing already holding higher and higher Light Quotient levels, in hopes of your Lightbody translating into a different form of Light during meditation upon your realization of ascension, they Rays are vital for you. My understanding of ascension, if it is granted while you still have a living, functioning physical body, is a translation of the light frequencies within your physical body so that you can take your body literally with you into the spiritual realms. Please note however, that you must commit to returning to this physical existence here within mere minutes or hours of this happening, and continuing your daily life here.

Paying your bills, eating, and doing all of your daily life activities!

Ascension while you still have a functioning body is not an escape from here on Earth. Indeed it is indicative of the fact that you are mastering various spiritual realities, not abdicating this one.

## **Etheric Hands Awakening**

Etheric Hands Awakening is designed to awaken your innate ability to use your spiritual non-physical hands to channeling healing energies and bring a physical touch to your or other people's bodies.

Etheric Hands Awakening works first to clear the various energy centers otherwise known as chakras, in your hands and arms. This is essential for your gifts and natural abilities to flow freely. Then you'll be able to channel healing energies more effectively and be ready for your etheric hands to fully awaken. If your etheric hands are already active this is an upgrade.

Etheric Hands Awakening both awakens and strengthens your ability to manifest non-physical arms, hands and fingers to physically touch your or other people's bodies for healing purposes. You must have a high level of integrity to be granted the full abilities this awakening provides. This awakening requires much responsibility and can only be used for good.

You may gain the ability to cause another person to feel your touch even at a distance. This is different than simply channeling reiki or other healing modalities at a distance. You will be able to deliver a physical touch that responds to your intention of massage, or apply pressure to a pressure point.

There are many healing modalities, such as those in Shamanism that require the ability to extract foreign illness causing energies from a person's body. Etheric Hands Awakening will increase your ability to remove obsolete energies from a person's body. You will move your physical hands in a more effective manner and have as many etheric hands as the healing session requires in order to do the work properly.

## ETHERIC HANDS AWAKENING

Let us say for example that you are doing an in person reiki session.

You have a person on the massage table, fully dressed, and you are sending energy to their feet. This means that you are physically standing at their feet.

Suddenly you feel the need to go to their solar plexus and lift away old emotions that reiki has unlocked. The old emotions are ready to be released but may require a physical motion of lifting to encourage this healing process. You will be able to remain at the person's feet grounding them and continuing to send the reiki energy, while using some of your etheric hands to lift away the old emotions that are ready to be removed.

There are indeed times in both in person and long distance healing when having more than your one physical set of hands can be very useful! Imagine if you will, lying in bed and wanting to apply pressure to a sore muscle in your back.

Let us say that you are already comfortable and don't wish to move. Besides, even if you did, how would you reach the area that needs attention? After your Etheric Hands Awakening, you may be able to, just with a thought, apply pressure and massage to the area that is sore. This is an important skill to hone and the ability to work with your etheric hands improves with practice.

There are many other important energy systems that you can be trained in once you have received this foundational attunement.

Please spend a few minutes to invite your *Etheric Hands* attunement to release fully unto you. Simply say out loud or in your mind: **"I ask to fully receive my Etheric Hands Awakening as founded by Mariah Windsong, awakening my divine birthright of Etheric Hands, NOW!"**

Your Etheric Hands Awakening flows into your body, down your arms and into your hands. The energy of this awakening may last 3-20 minutes or longer. Each person will receive exactly the amount of energy flow that is needed to awaken their etheric hands. Remember that the energy of this attunement first attends to the chakra energy centers in your hands.

## ATTUNE TO DIVINITY

Hands are used for much that we do each day and as such these all important energy centers can get blockages and require clearing and replenishing. Now you have access to your etheric hands in a more conscious way! To begin using your etheric hands, please find a place where you will not be disturbed for 15 minutes to a half hour. It is wise to set aside this time so that you can allow your abilities to emerge as your body becomes accustomed to its new hands! Your body is not just physical.

Your body does consider your energy fields and etheric hands to be part of itself. Therefore your first usage of your etheric hands in a conscious manner may feel unusual and they will need stretching!

Lie down or recline. Close your eyes and relax. Activate and run any reiki or other energy modality that you know to help you center and relax.

Say out loud or in your mind: **“Etheric Hands, Awaken!”**

Now think about an area of your body that you want to touch with your etheric hands to send healing energy or to release a trigger or meridian point. Maybe it is your feet, maybe your belly, maybe the back of your neck.

Use your intent, your concentrated thought to action, just as you would move your physical hands, now move your etheric hands to that area.

Push in slightly with your etheric fingers, making an impression into your skin with firm pressure. Hold this for a count of approximately 10 seconds or maybe less if the area is tender. Now lift your etheric fingers so that no pressure is being applied. Let them gently rest upon that area of your body and intend to run or channel reiki to that area of your body. Feel that area of your body get warm or hot.

Some people feel reiki as a pulse rather than a heat. Others don't feel reiki or subtle spiritual energies at all. That is alright. Each person has a different level of sensitivity to subtle energies. The energies are still beneficial and you can still use your etheric hands even if you don't feel this exercise. If you are not trained in reiki or any other energy modality try this exercise.

Intend to touch your knee with your etheric hands and think ***“knee heat!”***

Now think and intend to touch your knee and think ***“knee cooling!”***

## VIRTUAL MASSAGE

Even if you don't have any training in energy systems, I think you can see how the ability to affect your physical body with your etheric hands could be beneficial in case of injury or accident for others and yourself.

Your etheric hands are extensions of your physical body and mind and as such they will operate in any beneficial manner you choose. The energy of any energy system that you are attuned to, can flow out of your etheric hands for yourself or others in person or long distance. Your etheric hands will become more effective the more you use them.

Various healing modalities specialize in therapies that could only have been applied physically in times past. Now you can be attuned to these advanced energy systems and enjoy the benefits of many etheric healing modalities that touch your body to bring positive health changes to you on all levels.

It is fun to think about your etheric hands and realize their possibilities!

## **Virtual Massage**

Virtual Massage energy system contains 3 levels and attunements.

Virtual Massage level 1 acquaints your body with the energy techniques that allow it to receive touch in a physically beneficial way from eternal beings and angels in the spiritual realms who are not in physical bodies. Virtual Massage can be received by any area of the body you direct with your mind.

Level 2 of Virtual Massage teach you how to facilitate long distance virtual massage for other people in real time. Level 3 teaches you how to co-create virtual massage sessions for other people in a manner that makes it available for a person to “call in” at their convenience to receive a complete session.

Physical massage therapy is a person pressing onto a customer's skin and muscle with special technique to relax tension in their body. Massage is one of the better techniques that help people have a more relaxed mind and body.

## ATTUNE TO DIVINITY

There are many different kinds of massage techniques. There are many areas of the body that are massaged for various reasons. All massage increases blood circulation to that area which brings more nutrients to the organs and muscles in that region of the body. This helps relaxation and healing to happen faster than it would without massage.

Some massages are brought to you by the therapist using a hot stone or other massage tool to press onto your skin. Now you don't have to wait to receive a massage of any kind! You can ask your Virtual Massage Team to provide a massage session for you today!

Because you have already been working with Divine energies for awhile now, your body has become more familiar with accepting energies from beyond this time space reality.

Virtual Massage is under the authority of your higher self and soul. This means that any experience that you, at the higher levels want for you can occur. This type of energy system requires a higher level of discernment because it increases an ability; the ability to feel and perceive touch from those who are not in bodies.

I speak of this to say that you need to clarify with your body and energy fields what type of energy it is to allow through and to reject energies that are not in alignment with Eternal love, light and life.

Let us say for example, months after you have accepted this attunement, and at a time when you are not thinking about Virtual Massage, you are ready to rest for your night's sleep. You feel a touch that feels good and so you don't resist it. If you have not set forth instructions to your body what energy signature it is to accept, your body may accept energies that could fool you.

You show good faith to accept the energies of this system into your body because I have proven over the years that I only co-create energy systems with Eternal Sacred Source energies. But the abilities and skills I assist to open within you can be receptive to beings with bad intentions if you don't set forth instructions to your body about how to judge what to allow in.

You and your body have gained discernment about what kinds of energies are right for you and which ones aren't. Hopefully that discernment has served you well over the years. You do have many helping healing guardians in the Light of

## VIRTUAL MESSAGE

Eternal Sacred Source who protect and guide you along your way. It is usual that when a person gains understanding, that they must also take responsibility for their increased knowledge and level of awareness.

This means that some energy experiences that are less than delightful could happen if you do consciously clarify what type of energies are allowed to be received by you. Not every being in the ethereal realms are of eternal love light and life energies. Some are mainly good, but can have agendas for getting close to you. It is very simple to set your protection strongly and securely in place. Then you will know that at all times of the day and night you will only interface, interact with beings and energies of eternal life, love and light. This Virtual Massage energy system is safe to use. It is for times when you are not activating an energy system that you could be approached by an energy being that you really do not want to receive anything from.

Each time a new ability that awakens, it is wise to clarify your boundaries.

You may want to fortify your body's natural protective aura with additional instructions about what "good" and "safe" energies feel like.

Say audibly or in your mind: **"I instruct my body and my self to only accept energies that are in alignment with Eternal Love, Light and Life. Anything that is not of eternal, organic love, light and life does not affect or touch me."**

Virtual Massage brings you its benefits by the ethereal energy touch of the hands of Eternal Beings of Light and Angel. People who have passed on from Earth life that have experience in massage and are in full alignment with of eternal love, light and life energy may also arrive to provide your Virtual Massage. Ancestors may also arrive to assist. Virtual Massage is a special energy system that has taken years to arrive.

Please invite your Virtual Massage Level 1 attunement to release fully unto you.

Simply say out loud or in your mind:

**"I ask to fully receive my Virtual Massage level 1 attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!"**

Virtual Massage energy flows to your body and energy fields, providing you with a meet and greet to the Virtual Massage Team. The outpouring of energies that arrive to you prepare your body and energy fields to recognize and receive benefit from

## ATTUNE TO DIVINITY

the activities of the ethereal massage specialists, ancestors and angels who will be “doing” your virtual massage.

It is good to relax in a seated or reclined position while you receive your attunement. This level 1 attunement to Virtual Massage brings you the right to call upon the Virtual Massage Team to provide a Virtual Massage Session for you. Please call upon them to provide this for you when you have time to relax and enjoy it. If you choose to lie down horizontally you will receive the most benefit. Seated or reclined can also work well for many types of Virtual Massage Sessions.

If you want your back to be worked on, it is preferable to be as horizontal as possible for the duration of your session. Talk to your Virtual Massage Team as you would health professions at a holistic health spa.

Please tell them at the beginning of your session how much time you have allocated to receive your session. This will in large part determine what areas they work on for you in this particular session. It is respectful so that they can do their superb work and you can fully benefit. 10 minutes would be the very least amount of time to set aside. 20-30 minutes is a more reasonable length of time to set aside. 30-60 minutes allows for a more thorough session where they can work on deeper body concerns for you and your body.

Virtual Massage Therapists are skilled in providing various kinds of massage in alignment with many massage modalities. I do not wish to limit them and so instead of directing you to request a certain type of massage I suggest that you focus on two categories when activating a session:

- 1) The complaint you want eased.
- 2) The area(s) of your body you want massaged.

Level 1 Virtual Massage Sessions are for personal receipt only. It is for you to request a session for yourself and to relax and receive it. When you call upon your Virtual Massage Team to provide a Virtual Massage Session for you begin by telling them the ache you want eased. For example: headache ease, stress ease, backache ease, muscle ache ease or tension ease.

The word “ease” is a keyword of Virtual Massage energy system.



## VIRTUAL MESSAGE

By keyword I mean that it is a word that has been empowered as a code to release a Virtual Massage Session unto you.

After you call upon your Virtual Massage Team to begin your session, you are an activate co-creator of this session also. You will need to learn how to relax and notice that your thoughts will direct the session.

You only need to think briefly of a head ache or other ache that you want eased, and then simply relax and receive. If, in a few minutes you want to direct their attention to another ache that you want eased, move your thoughts briefly to another ache. Then return to relaxed receiving.

The area that they choose to massage may not necessarily be the same area that you asked to be eased. Pain radiates out from the source of the discomfort and as such where you need the massage is not always the same place as where it hurts.

The leads us to you next manner of directing your Virtual Massage Team, that of putting your attention on the area of your body you would like massaged. When you put your attention on an area of your body with intention for that area to be massaged, it is the same as pointing to it.

They will then work on the area you moved your conscious attention to.

Please keep your thoughts well-ordered in regards to the directions for your team. If you bounce your thoughts around to every area of your body without allowing time for them to massage you, it will be a counterproductive session. They will be trying to follow your direction yet not allowed the time to work properly in any one area.

You can also simply ask for a Virtual Massage and let your team choose where they will work with you and for how much time. This is a very relaxing way to receive a session and you can even allow yourself sleep!

Please call in your *2<sup>nd</sup> level attunement* for *Virtual Massage* to release fully unto you. Simply say out loud or in your mind:

***“I ask to fully receive my Virtual Massage level 2 attunement founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”***

## ATTUNE TO DIVINITY

As it was for level 1 the energy will flow, streaming down to you or up your feet depending on how your body needs to receive this attunement. In a few minutes the attunement energies will stop flowing unless your team feels that you need more work done for your right at this very moment.

Virtual Massage level 2 provides a stronger level of connection with the Virtual Massage Team. When you asked the team to massage you, and with your thoughts directed them to various areas of your body, you forged good communication.

In your Reiki studies you have learned how to send energy at a distance. You've honed your skill of setting forth your intention in a way that causes energy to go where you consciously direct it to.

***Doing a long distance real time Virtual Massage Session for a client, friend or loved one is now possible for you to facilitate. It is the Virtual Massage Team who will actually administer the ethereal massage touch. You have a vital role as the director of any long distance real time session.***

This is because you are the one here, in physicality. That gives you the special right, here on planet Earth, to affect things in this reality. There is much that helping healing ones in the Light of Eternal Sacred Source would want to do for us. Until someone here, in physicality on planet Earth requests their help they can only do what is in their specific role to do.

This is why prayer is so important and effective. As you learned in your Reiki studies, Reiki is as a two way communication with Source.

You immediately receive as a result of your request as the energy streams into your body and reality. So too, you learned that at your request, you can “send” energy to others after it has arrived unto you. I hope that as you become more skilled in your Reiki practice and grew along your spiritual path that you have learned how to send Reiki directly to a person omitting the step that previously required you to channel the Reiki.

While it is definitely nice to be able to channel Reiki and other Divine Healing Modalities, there are times when it is not wise to do so. No matter how wonderful the energy is, if you are just channeling and not spending the time to relax and receive fully for yourself as well, you are taxing your body.

## VIRTUAL MASSAGE

Many practitioners disagree with me on this topic. Yes, Reiki does give you benefit when you channel it for other. If you were only channeling basic Reiki at a rate that is comfortable for your body, yes, you will be replenished while you are sending it to a person.

It is as a Reiki practitioner grows, and begins to send energy frequencies to others that are specific for that person, that problems for the practitioners own body can start. I've seen this time and time again! Many a Reiki practitioner is determined to channel all the session energies designed by Source for the client, through their own body before they send them onward to the person they are meant for, that their own body has to endure many changes in frequency, amplitude and voltage.

Yes, we are resilient and it is good to learn how to do these things. I tell you here that consistently asking our body to pass energy frequencies designed for others, through it, takes a toll that doesn't have to be taken.

If you are sending long distance there are many ways that you can start the flow of energy, yes through your own body, and then hand it off to the energy team of the recipient. Your job from there forward becomes one of noticing what changes are needed in the energy flow that is being sent directly from Eternal Sacred Source to the person, and to keep your intention strong so that the flow continues.

Some energies need your attention upon them and for you to hold the intent of the session purpose for the person who is receiving them. Other energies will continue once you have started them, onward to completion. (Meaning: whatever is needed by that person at this time will flow without your continued attention.)

I postulate that if your skills have increased to the point where you are not just channeling the basic energy of an energy system, but modulating it specifically for the person; so too have your skills increased to where you can direct the energy with a thought.

Therefore it is wise to consider if the energy mix that is arriving from Source intended for another person really needs to be routed through your body first!

There are times when it may be appropriate, but many times when it is not. I've helped many practitioners whose body was responding to energy they were channeling for others, and it was not the right frequencies for them. That was the cause of some auto immune and allergy problems in several

practitioners who continued to be a pipeline for others' sessions instead of being the point in physicality that requests the session.

Directing the energy of an “in person healing session” with just a thought when the client is paying you to feel heat come out of your hands does pose an interesting conundrum. In that situation, I've found a few things that work quite well with most clients. You've asked the questions, gained the flow of Reiki and then, in response to the client's requests, are receiving energies that are specific to help them.

There are two easy ways to make the session great for your body while providing the client with an optimal session:

- 1) When you feel a frequency arrive that is not the basic frequency of an energy system, send it mentally, directly to the client.
- 2) Or, ask a member of the client's energy team to relay or release the energy out to your client, perfectly. In this scenario, it is likely that the client will think that another practitioner is helping you with the session, because they may feel hands upon them, delivering energy

In the above example, you would still be sending energy through your hands, however you'd be sending the energy system's energy as baseline basic through your body and then it would adjust in any way necessary for the person after it has exited your hands. Any special mix of energy designed by Source for the client goes to them instead of through you first. The importance of learning how to send energy with your mind and choosing to do so cannot be over emphasized. Many people know how to but somehow feel that it will be more accurate if it goes through them first.

I'm not sure why people have that idea. I'm an empathy and truly do have to “feel” the energy to know it if is right. But now I've increased my faith and so when I feel the energy shift to a frequency that is specific for that person I consciously ask it to go directly to the person.

At first it felt strange because it was not easy to “double check” to see if it was right for the person. I could only continue my intention of sending to the person exactly what Spirit/Eternal Sacred Source was providing. Taking a dose of humility in realizing that I didn't create that mix of energy anyway it was Spirit all along and there is no reason for me to feel all of what is for another person.

## VIRTUAL MASSAGE

Now that you have received your 2<sup>nd</sup> attunement to Virtual Massage your abilities have been increased. Your ability to use your conscious intent to ask the Virtual Massage Team to do a massage on another person is “online”.

They will respond positively to your request. Here too it is important to realize that you will not be “doing” the massage on the other person.

You are not reaching over there with your ethereal hands and providing someone with a massage. I’m not saying that you can’t. You and I may be able to do that, especially if you have worked with your ethereal hands often. However, this energy system has been designed to be delivered by those in the spiritual realms who are already skilled in providing massage. Additionally they have the connection with the higher self, soul and body of the person who will be receiving the session. Therefore they are better equipped to deliver the session perfectly than you are.

Please understand that your role is very, very important. Without you, here in physicality to ask for the session to be delivered, what the Virtual Massage Team can do is quite limited. You can ask the team to provide ease for the person’s various aches or you can direct your attention to certain areas of their body that you feel would be nice to have massaged. They will work with the body intelligence of the person to provide a perfect session.

The incredible synergy that can be achieved with the Virtual Massage Team working with the person’s body consciousness, their higher self and soul is incredible! All aspects of the person’s being and their body work together with the Virtual Massage Team to provide all of the information necessary for the massage to be applied the areas it is most needed at this time. Your continued intent (positive thought going out for the session to continue and be perfect for the person) is necessary throughout the session.

A “real time” session means that the person is ready, where ever they are in this world, to receive your session right now. They are reclined and will remain stationary throughout the session, unless they need to rise briefly to attend to body needs such as going to the bathroom or drinking water.

### **Facilitating a “real time” Virtual Massage Session:**

Schedule the session with your client, friend or loved one. Ask questions to learn about any body aches or stress that the person want alleviated. Learn if there are

## ATTUNE TO DIVINITY

any areas of their body that they do not want to receive massage.

When you schedule the session, send out the thought intent to the Virtual Massage Team about who will be receiving the session, where they are and when it will be administered. This is respectful for they are beings and it is wise to consciously tell them when their help will be required. They are in service to Source and humanity and are not getting paid to provide this help.

When the appointed time arrives, relax and sit or recline, calling upon the Virtual Massage Team to go to (name of person and location).

Your job is to hold the sacred space and mentally provide the Virtual Massage Team with all the pertinent information. You will tell them, sending the thought out with your mind and or verbally, what the body ache concerns of the recipient is. You will tell them the length of time the person has scheduled with you for a session. This also means that the person will be in a stationary position ready to receive the session during that time frame.

You will tell the Virtual Massage Team if there are any “off limit” areas of the person’s body that they do not want massage. Some people don’t want to feel even ethereal touch around their neck.

As the session proceeds you may or may not have a sense of what is happening for the receiver. It isn’t necessary that you know what is happening. This is part of the trust. It is a good idea to move your attention from one area of the person’s body to another, with the intention that the Virtual Massage Team move their massage action to include that new area.

For example you may wish to start by thinking about the person’s shoulders and then move your attention to their mid back, then lower back, then legs.

You can simply run healing energies for yourself during this time if you are skilled in multi- tasking in such the way that you can hold the intent for the recipient of the Virtual Massage and set other energies to release to you.

Still other facilitators of Virtual Massage will schedule and accept a Virtual Massage on themselves while they are also facilitating and holding space for the client, friend or loved one. I am told that is it easy to do this because you are working with the

## VIRTUAL MESSAGE

same energies and team. Yes, there are multiple Virtual Massage Teams.

Simply schedule a session for yourself while you are scheduling a session for the other person. In this way you are requesting two teams to be present, one for yourself and one for the other person. Be sure to tell your own team what your body ache or what stress or tension or wish to be relieved. As you gain skill in consciously thinking about various areas of another person's body that you want massaged, and hear the feedback from them about how great this massage felt, you may want to expand your abilities.

We've spoken thus far about asking the Virtual Massage Team to provide the Virtual Massage Sessions. This has been true for level 1 when you received a session, and level 2 as you've facilitated sessions for other people.

This Virtual Massage energy system provides the ability to receive and facilitate Virtual Massage. If you want to do a Virtual Massage yourself, it is wise to awaken your ethereal hands as they administer the Virtual Massage session to others.

If you choose to explore providing Virtual Massage with your own ethereal hands it is wise to do so only for friends and family as a gift. Clients and others who are paying for your time expect the more complete and accurate Virtual Massage that is administered by the Virtual Massage Team. The only exception to this is if you are already a licensed massage therapist who will be using your knowledge in a new way, long distance Virtual Massage.

Those of you who explore Virtual Massage by way of your own ethereal hands must adhere to high standards. Simply spoken, stay away from people's genital region and other sexual areas of their body.

People who are sensitive to subtle energies will feel aroused if you go touching those areas ethereally and it is inappropriate unless you are that person's spouse or in a sexual relationship with the person in real life.

***Virtual Massage level 3*** is brought to you in another attunement. This one gives you the ability to provide "call in" (at their convenience) sessions for people. This means that the person will be able to "call in" their Virtual Massage Session at a time that is convenient for them. This is at time different than when you are sending the session.

## ATTUNE TO DIVINITY

Please invite your Virtual Massage Level 3 attunement to release fully unto you.

Simply say out loud or in your mind:

**“I ask to fully receive my Virtual Massage level 3 attunement founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Usually the attunement energies will run about 3-10 minutes.

Virtual Massage level 3 provides you an easy way to schedule, prepare and provide Virtual Massage Sessions with the Virtual Massage Team for your friends, loved ones and clients. The sessions are prepared in a condensed fashion that “opens up” and are delivered perfectly to them whenever they call the session in to receive it. You are not providing an attunement for the person, but a complete session that they call upon to receive when they are ready to recline and relax.

**“Call in at your convenience”** style sessions are becoming more widely used by many Reiki and healing practitioners as a great way to deliver sessions.

### **Co-creating a “call in at your convenience” Virtual Massage Session:**

Follow many of the same instructions as I gave earlier in this manual for the real time long distance sessions. Learn of the person’s aches or stress areas.

Determine the length of session you are co-creating when you talk with the recipient of the session, prior to co-creation with the Virtual Massage Team.

Set your sacred space. Call in the Virtual Massage Team and co-create a Virtual Massage Session with them for (name of person and location).

I use the word co-create here instead of facilitate because you are co-creating something that will exist and be called upon, rather than facilitate the session in real time. While you are doing this co-creating, you may notice that the length of time you need to hold your intent upon the session is greatly reduced. You may be able to co-create a complete 45 minute session in just 10 or 15 minutes of your time.

Speak or mentally send the list of requests that you have learned the person has to the Virtual Massage Team. Enter into the energy of the Virtual Massage energy



## VIRTUAL MESSAGE

system and consciously think of any of the person's body areas that aches need to be reduced or special massage needs to be given.

Pause between the areas as you hold the person's highest joyful good in mind and heart. Then, you may feel a slowing of the energy and it will stop.

Consciously ask that the Virtual Massage Session for (name of person and location) be completed, sealed and sent to (name of person and location) to be released perfected unto them when (name of person and location) calls upon their Virtual Massage Session.

Yes, I meant to have the person's name and location spoken 3 times as you finish the co-creation of this session. This is how you complete and send the session. The person's Virtual Massage Team will respond when the person calls upon the session you've co-created and actually do their massage then.

Therefore you've helped create a condensed session that opens fully when the person calls upon it with faith to receive it.

***These are great sessions to advertise if you already provide energy sessions as part of your healing practice for clients.***

### **Copper Elemental Spirit Empowerment**

Copper Elemental Spirit Empowerment has several functions that are ready to protect your body and household from Electromagnetic Fields emitted by computers, cell phones and high powered electric lines. You'll be able to imbue this amazing elemental spirit into objects and stairways too!

Electricity Pollution affects many people who are electrically sensitive and others who don't even realize that they are. Copper Body Protector is an excellent spiritual function that provides a layer of protection for you.

Copper Grounding Rods are etheric copper rods that can be placed around the edges of your home and roof to move EMF radiation down and away.

*Copper is an element with symbol of CU on the periodic table of elements and an atomic number of 29, which means that it has 29 protons in its nucleus. Copper is often used as a thermal and electrical conductor.*

After copper has corroded it turns green. Copper(II) ions ( $\text{Cu}^{2+}$ ) are soluble in water and can be used at low concentration against bacteria, fungus, and as wood preservatives. In large quantities, copper salts are universally toxic, to higher plant and animal life. The  $\text{Cu}^{2+}$  ion at lower concentrations is an essential trace nutrient for animals, including humans. It functions as a co-factor in various enzymes.

Copper is a ductile type of element, which means that it is a good candidate to be stretched into wire. It is also malleable, which means that it can be compressed into sheets quite well. Thus, for the purposes of this energy system it means that copper is very good at wicking away electromagnetic radiation that would otherwise adversely affect our body, pets and plants.

These energies are usually called EMF (Electromagnetic Fields) and are generated by various electric lines, computers, cell phones and other technological devices.

## COPPER ELEMENTAL SPIRIT EMPOWERMENT

One of the spiritual gifts of the Copper Elemental Spirit is its great ability to route and transmute low level electromagnetic frequencies and fields away from your home and down into the ground.

Copper Grounding Rods are excellent at dropping away these energy emissions so that you and others in your home are absorbing less electromagnetic fields into your bodies.

Copper Grounding Rods are etheric rods that you place in various locations around your house consciously after you are attuned to the Copper Elemental Spirit Empowerment.

Some people call EMF dirty energy or electricity pollution. Electricity is termed “dirty” or polluted when the normal 60 cycle sine wave carries with it various high frequencies, which damage electronics and living beings.

This energy system includes a Copper Buffer that you can place between the walls of your home or office to provide additional protection for your body and energy fields. This way you don’t receive as much interference on your body and being from electromagnetic fields and frequencies.

Our bodies have electrical and magnetic energies running through them and our heart and nervous system can be sensitive to encountering discordant electromagnetic fields from various technologies.

Copper Grounding Rods and Copper Buffer are useful to adjust the adverse effects of electric pollution and many other kinds of electromagnetic radiation. There are other geopathic stresses that result from an interference of the Earth’s natural magnetic lines.

Copper Grounding Rods placed in precisely the appropriate etheric locations for effective relief are similar to Earth Acupuncture administered by ‘geomantic’ practitioners.

A geomantic practitioner determines where metal rods would need to be inserted into your yard if geopathic stress is identified.

Geopathic stresses and electromagnetic field radiation don’t just adversely affect

## ATTUNE TO DIVINITY

humans, pets and plants but can also wither in its presence.

Copper Buffers are best used in walls, floors and ceilings to buffer EMF radiation that would otherwise pass right through and into the next space.

Please spend a few minutes to invite the attunement of *Copper Elemental Spirit Empowerment* to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Copper Elemental Spirit Empowerment as anchored by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

The Copper Elemental Spirit Empowerment arrives to meet and greet you and your body. This is a sentient (self-aware) intelligent being visiting you.

Now that you have paused to receive your attunement, you have the right to call upon and activate your *Copper Elemental Spirit Empowerment* energy functions. You may also activate the Copper Elemental Spirit Empowerment anytime you want to visit with the spirit of copper!

Simply say out loud or in your mind: **“Copper Elemental Spirit Empowerment, please activate and visit with me. Help me please!”**

***Some people consider their visit with the Copper Elemental Spirit as a therapeutic session. If you are willing to relax and simply give your Copper Elemental Spirit appreciation while it tends to you, then say:***

**“Copper Elemental Spirit Session, please activate!”**

Allow at least 10 minutes to a half hour before you need to resume any daily activities if you are calling upon the Copper Elemental Spirit for a session.

A session indicates a more intensive amount of healing and protection to arrive unto you, and so more time is required of you, to relax while staying in one position, while you are tended to. Think of it as etheric surgery.

Stay still, preferably reclined so that your muscles don't need to hold you upright during your session. You may or may not feel anything during this time. It doesn't matter if you feel subtle energies or not to receive benefit.

## COPPER ELEMENTAL SPIRIT EMPOWERMENT

During your Copper Elemental Spirit Session please lift up in your mind any health or environmental concerns you have for yourself and your household. You may also think about areas you work in or have to frequent in your daily life activities. Relax and center, clear your mind and meditate if you are accustomed to doing so.

Be inquisitive, wondering what the copper spirit may want to tell you or assist you with. You may be surprised at the range of topics or areas of your life that the Copper Elemental Spirit may impart wisdom to you. It may simply be a feeling, or a visual, or smell or sound. You may have a thought that seems unrelated to anything else!

You don't have to remember exactly what happened during your session with the Copper Elemental Spirit and indeed may drift off to sleep after activating the session. That is alright and perfectly acceptable! Enjoy!

When you rise and continue onward in your day, thank the Copper Spirit!

***Copper Grounding Rods:*** These are the etheric rods of copper's spiritual energy that can be placed at the corners of your home, and along the roof to wick away EMF and other types of electrical pollution from your living space.

Simply say: ***“Copper Grounding Rods, Activate and Install!”***

They will apply perfectly, exactly where they are needed most. You can also direct them with your own intention to various corners of your home or roof.

Copper Grounding Rods need to be reactivated every 3 days or more often if you are in a location that receives a lot of electromagnetic radiation.

***How to imbue other structures within your home to function as physical copper grounding rods:*** The Copper Elemental Spirit will extend its energy forward to imbue a physical structure such as a staircase within your home with its energies making it into a copper grounding rod. This can increase the effectiveness of this ethereal energy. When a physical item or structure is vibrating at the energy frequency of a spiritual function being, it retains its effectiveness longer between re-activations than does a purely ethereal form.

Stand near your stairs after you have activated your Copper Elemental Spirit Empowerment and touch it. Say: ***“Copper Elemental Spirit please imbue your energies into my stairs (or name of item) making it a Copper Grounding Rod!”***

## ATTUNE TO DIVINITY

Now say **“Copper Grounding Rod!”** 12 times or simply send the energy of the Copper Elemental Spirit to the stair or item for at least 30 seconds. Imbuing takes longer than just activating an energy because you are infusing the physical object with the spiritual qualities of Copper. Repeat the process for imbuing your stairs or other item every 2 weeks.

***Copper Buffers*** are particularly useful for installing in your walls, floors and ceilings. Think of them as insulation against electromagnetic radiation and electric pollution. If you are using your copper buffers in an outside wall it can be beneficial against high voltage electric wires that may be nearby.

Within your home Copper Buffers are great for reducing the feeling of electric technologies such as televisions or computers. They can also help people who are sensitive to the electrical buzz feeling of refrigerators and freezers within the home. Thus, if you are resting or sleeping opposite an interior wall you can buffer various adverse effects of electrical devices.

Let us say, for example that there is a television running in the next room or a refrigerator on. After you install your copper buffers, the quality of your sleep, exercise or meditations can vastly improve because you are buffered from the electromagnetic radiation those devices are emitting each moment.

To install your Copper Buffers it is wise to have already activated your Copper Elemental Spirit Empowerment and installed your Copper Grounding Rods first. Think about the walls, floor and ceiling of your home or office. This will give the copper spirit indication of where you intend its energy to be installed. Then say: **“Copper Buffers, please activate and install in my walls, floor and ceiling!”**

Reactivate your Copper Buffers every 3 days for best results. Any spirit energy needs to be reactivated frequently here in this dense reality on Earth. The effectiveness of any spiritual energy function needs to be reinforced often to stay strong.

***Copper Body Protector*** is easy to activate. Simply say out loud or in your mind: **“Copper Body Protector, Activate!”**

Your body will receive a layer of protection that reduces the amount and concentration of EMF and electric pollution that actually reaches your body. This is a wonderful spiritual function that is obviously mobile and provides additional protection for wherever you are! Think of your Copper Body Protector as a shield!

## SKIN CARE

Your Copper Body Protector is designed to bring you the strength of the Copper Elemental Spirit in an “on the go” manner for whatever low level radiation you encounter from technological devices anywhere you are.

Activate your Copper Body Protector daily for best results. You may find additional benefits of your Copper Body Protector for psychic insulating too.

## Skin Care

Skin Care is designed to support your skin’s health and promote healthy skin cell regeneration. Derma Clear assists your skin’s acne clearance. Functions are included to inhibit abnormal skin cells and enhance the regeneration of healthy skin cells. Functions for skin resiliency here too! Histamine Blocker Field reduces your skin’s tendency to over react to irritants such as bug bites. The itch and redness of allergy responses such as hives are also reduced with the use of Histamine Blocker Field.

Your skin is the largest organ in your body. It sends waste products out of your body through sweat. Kidneys, Liver and intestines do so in other ways.

Your skin is also a shield against the environment and shows you in various ways when it is working hard to protect you and provide a healthy means for you to feel and interact with the world around you. In Skin Care you will be attuned to various Eternal Divine Energies that will support your skin. Specific energies to enhance your skin cells’ health are also included.

Please accept your Skin Care attunement by saying audibly or in your mind:

**“I now call forth to fully receive my Skin Care attunement as founded by  
Mariah Windsong and made perfect by Eternal Sacred Source.”**

Usually the actual attunement usually lasts about 10-20 minutes. It is a dose of energy frequencies of each function in Skin Care energy system that gives you the right to ‘call upon’ and activate each energy stream anytime you want for the rest of your life. The energy works whether you feel it or not.

Skin Care, is the name of the energy system and a general skin health care energy that contains all of the other functions, but in a more broad way.

## ATTUNE TO DIVINITY

Activate it by saying, out loud, or in your mind: **“Skin Care, activate!”**

If you are sensitive to subtle energies, you will feel warmth or tingling sensation move across your back and through your skin in various areas. This energy is a good daily support for your skin and promotes health.

Your Skin Care attunement provides you with 6 functions that you now have the authority to activate anytime you want. These functions you can activate daily on an individual basis, or whenever you feel the need to increase a particular benefit to bring the energy through in a more concentrated way.

Some, like the Histamine Blocker Field have about a 3 hour effective time frame and then you'll need to reactivate. Others will remain activate within your body for an entire day. Any spiritual energy will lose its concentration after some time passes, here in this 3 dimensional physical world.

It is always a wise choice to re-activate an energy with intention regularly for best results. Some people make a schedule, others activate energies whenever they feel themselves start to wonder or worry about their health.

Here are your functions and activation instructions for each one!

***Derma Clear*** is an energy that moves gently through your skin cells and the entire derma to increase circulation of blood and lymph to promote the proper liquid movement. This will assist waste products to be removed and nutrient rich liquid to arrive into the cells. Derma Clear also promotes the proper pressures within and between the cells so that the movement of liquids through the cell walls is optimal.

Derma Clear assists your skin cell pores to be healthy and free of clogs. Your pores are the openings in the skin cells that face the environment outside of the body. Derma Clear assists to dissolve any blocks of particles in your pores and is key to reducing acne outbreaks. Once any irritations that have caused a pore to clog are dissolved, healing happens naturally.

Please activate your Derma Clear function by saying out loud or in your mind:  
**“Derma Clear Activate!”**

Bring your conscious attention to any areas of your body where your skin has acne or hives have caused pseudo acne.



## SKIN CARE

Simply visualize your skin clear and healthy for a few minutes! That is all you need to do right now. The energy will flow. Please reactivate this energy function twice a day for any acne outbreaks you wish to clear up and at least every other day for good skin maintenance. It is important to continue all topical and nutritive habits in addition to using Derma Clear energy function.

You need to drink a lot of fresh clear water because your body uses water to flush out toxins. If you have enough water, the wastes are not so strongly concentrated in your skin and other body fluids, making their exit gentler for your body. Please also eat a healthy diet, rich in fresh fruits and vegetables, low in acid and highly alkaline if your skin has acne.

Continue using topical skin cleansers and acne medications and all manner of skin emollients, creams that your skin does like. Derma Clear energies will promote the healing and cleansing from the inside out!

***Derma Health Enhancement!*** Derma Health Enhancement is an energy function that enhances your skin health on all levels! This is exciting and a wonderful energy that brings a vibrancy and glow to within your skin cells!

Derma Health Enhancement energy is designed especially to fuel and support all the components of skin cells, their membranes and the spaces between your cells.

Say out loud or in your mind: **“Derma Health Enhancement, Activate!”**  
anytime you wish to activate this function  
and bring the energy stream of Derma Health Enhancement to you.

Reactivate this energy with your intent, as often as you think of it or daily.

***Copper Essence*** is the ethereal biologically compatible energy of the mineral copper. The energy stream of Copper Essence will be useable by your body in many ways. Copper is a component of or a cofactor for approximately 50 different enzymes. These enzymes need copper to function properly. Copper is an essential component of the natural pigment, melanin that colors skin, hair, and eyes

Essences of minerals are good at carrying messages within your body and can function as co-enzymes. Many minerals including physical copper, are still required by your body to make good strong bones and physical skin tissue.

## ATTUNE TO DIVINITY

Copper Essence gives a resiliency to your skin that helps it stretch and move with your body as well as amplifying physical copper supplement benefits.

Activate your Copper Essence by saying out loud or in your mind:  
**“Copper Essence Activate!”** Activate this energy anytime you think of it!

Daily activation or at least a few times a week  
will increase your skin’s resiliency and help it stay healthier.

***Histamine Blocker Field*** reduces your skin’s tendency to over react to irritants such as bug bites. The itch and inflammation of allergy responses such as hives are also reduced with the use of Histamine Blocker Field.

Histamine within a person’s skin causes the immune system to respond to substances that you are allergic to or that could contain pathogens. This gives a red appearance and itchy feel to the area of skin that histamine is active within.

Histamine Blocker Field is also superb at reducing the redness and length of time hives are present on your skin from stress or allergies.

Many people’s reaction to insect venom keeps them indoors instead of enjoying time in nature. Your Histamine Blocker Field requires reactivation every two hours. I’d hoped it would remain activate longer than two hours per activation but the Guides were adamant that histamine is a warning system that needs not be taken offline for long periods of time.

I can tell you that this Histamine Blocker Field works really well, for me and for many people. I originally channeled this function in 2009 and have used it regularly since for such occurrences as mosquito bites and hives. I’m particularly sensitive to mosquito bites. Even if the mosquito lands on my skin and has had only a moment to pierce my skin, that bite would swell up to the size of a 50 cent coin across and remain red and itchy for four days.

I activated the Histamine Blocker Field prior to and during all time outdoors where I could come into contact with any mosquitoes or other biting bugs. If I was bitten, I’d activate the energy regularly at two to four hour intervals for the next several days. I noticed immediately that the bite would not swell up nearly as big as when I forgot to activate the Histamine Blocker Field and the itch would not

## SKIN CARE

be so noticeable. Also, the bite would heal much faster!

I speak of this to share that this is a very useful function that is also beneficial against airborne breathed in allergens also. Please activate your Histamine Blocker Field if you are allergic to outdoor or indoor particles.

Activate your Histamine Blocker Field by saying, out loud or in your mind:

**“Histamine Blocker Field, Activate!”**

Please remember to reactivate every two hours during the times that you want your histamine response reduced.

You can use this every two hours for as long as needed.

***Rogue Cell Inhibitor Field*** is an energy field designed to inhibit the replication of abnormal cells that are not following healthy instructions and are growing uncontrollably. Rogue Cell Inhibitor Field reduces the ability of those cells to replicate more of their kind. It helps contain cancer cells so that they have a more difficult time spreading to healthy normal skin cells.

Yes, Rogue Cell Inhibitor Field is effective at reducing the spread of rogue cells and cancer. Although this Rogue Cell Inhibitor Field was initial brought through to this reality to reduce the spread of rogue skin cells and melanoma, it will benefit many people who want to reduce tumors both malignant and benign in any area of the body.

***The Rogue Cell Inhibitor Field is important to use even if you’ve never been diagnosed with any abnormal cells in your body.***

Rogue Cell Inhibitor Field acts as a preventative measure to reduce the likelihood of any rogue cells replicating.

Activate the Rogue Cell Inhibitor Field by saying out loud or in your mind:

**“Rogue Cell Inhibitor Field, Activate!”**

If you do have an area of concern in your body please bring that area to your mind’s eye and see the number of rogue cells reduce as they die away naturally being replaced with healthy normal human cells.

Activate this energy as often as you feel necessary. Generally, if you do have an

area of concern, activating this energy three to four times a day is wise.

***My Perfect Skin Cell Regeneration Enhancement!*** This enhancement focuses specifically on regeneration of skin cells that are perfect for your body! A perfect skin cell for you will be just a little different than someone else's perfect skin cell due to genetic differences. That is why this wonderful enhancement is brought forth to this reality designed to respond to your intention of enhancing your perfect skin cell regeneration.

Activate this enhancement by saying out loud or in your mind:  
***“My Perfect Skin Cell Regeneration Enhancement, Activate!”***

Some people feel a warmth move through their body, others don't feel anything and that is normal also! Activate ***My Perfect Skin Cell Regeneration Enhancement*** daily for optimal benefit.

Your skin cells will be encouraged to regenerate perfectly for you. Some people will notice that their skin accepts moisture from creams and oils more easily and holds that moisture longer than before they started using their perfect skin cell regeneration enhancement. Other people will feel the elasticity in their skin being renewed and notice that they heal faster from any abrasions or cuts. Winter time may not bring such deep cracks to their fingers. Each person has certain areas on their skin that have been less responsive to the topical treatments they've tried in the past.

Look forward to your skin gaining health.

Some people have had eczema of the contact or allergen kind. All of the functions within Skin Care are beneficial to reducing the severity and outbreaks of eczema and other skin disorders.

You may activate any of these aforementioned functions for other people.

## **Digestive Care**

Digestive Care energy system is designed to assist you and your body to have an efficient and comfortable digestive system. Digestion of solid and liquid foods is important. Digestion of the information resulting from situations in your life,

## DIGESTIVE CARE

and your positioning to them is another factor in your digestive system health and comfort.

Digestive Care contains a Digestive Shakti who brings assistance targeted at specific areas and purposes and these energy functions:

***Aloe Vera Healer, Villi Healing Session, and Gut Instinct Trust Ray.***

Villi are the finger like protrusions on the inner lining of your intestines.

***Digestive Care*** brings a new perspective and healing energy functions to the topic of digestive health. Your digestive system's purpose within the body is two-fold. There is definitely the purpose of converting food to useable sized matter that can be carried to various cells in your body. There is also the purpose of digesting life events and emanating outward your own positioning to your reality.

***Your digestive system gut has emotional cells within it, similar to your brain.  
It really does feel.***

More serotonin gets made by neuron cells that reside in your gastro-intestinal inner wall lining than your brain. These cells also produce nor-epinephrine, dopamine, and GABA. Your gastro-intestinal tract responds to internal and external stressors as well as how we perceive these stressors.

That means that things which occur in your daily life can be received as stressful by your gut. These stresses are received stronger when you respond badly to them. These stresses are less impactful if you are able to keep a good positive outlook on life.

The internal food stressors are toxic substances that can arrive with your food as well as any foods to which you may be allergic to.

People who are very empathic can respond negatively to even good healthy food if it was prepared by someone who was emitting anger or frustration energy. These adverse energy influences can be reduced by "clearing" your food with intention always before eating it.

The topic of one's digestive system and the many factors which contribute or detract from your digestive health are too varied to cover completely in this manual. After

## ATTUNE TO DIVINITY

you've received your attunement you'll be authorized to activate both the Digestive Care general energy and each energy function.

***Digestive Care*** provides you with a general digestive health improving energy that is delivered by the Digestive CARE Team. In this way the energies you receive when you say ***“Digestive Care, Activate!”*** are brought forth by Eternal Divine Intelligent Beings who have your highest good in mind and heart. When you spend the time to activate the various energy functions, you will receive more specialized assistance within the topic of that particular energy function. The Digestive Shakti has her own special which will be described in the latter section of the manual.

Digestive Care energy session helps you to digest whatever is going on in your life at this time. It helps you to properly take in what you need to and eliminate the remainder, energetically speaking. People don't realize, often times the importance of choosing where you stand. Choosing how to feel about what is happening in your life is so important. Bodies need closure. Bodies need to be able to be ready for your next day. When you have not accepted the previous day's events you are not fully ready for the next day.

When you feel that there might be something that you did not “get” from the day that just happened. That there might be some nuance or information that you did not notice, you hold on to most if not all about that day. Instead of the proper release of the day's events to drop away and clear for the new morning and day, you begin the day clogged up and tired.

Digestive Care activated as you are drifting off to sleep will assist your energy bodies to release all that is no longer needed to retain. Your higher self and soul will determine how Digestive Care functions, together with the Digestive CARE Team. CARE means Calling all Responsive Eternal Beings.

Digestive Care for your physical digestion helps all that is in your highest joyful good to be absorbed. Lack of absorption is a big problem for many people. Anyone who has more fat on their body than they want to have may be giving their body commands to “not” absorb their food.

It is very important to pay attention to what you are telling your body.  
What do you want your body to do when you eat a meal?

If you resist absorption of food on any level, you risk lack of vital nutrient absorption.

## DIGESTIVE CARE

This could result in your body becoming hungrier for the nutrients that it needs. You may find yourself desperate to eat more while at the very same time trying to eat less. Unless the food you are letting yourself eat has a very high concentration of nutrients, you may become nutrient deficient.

A good affirmation to utter with strong feeling upon the start of your meal each time is: **“Body, please absorb all the nutrients and food stuff that is in my highest joyful good, please render null and inert anything that is not, and excrete it at the next opportune and convenient time for me.”**

Now you constantly give your body the instruction to absorb the beneficial.

Please spend a few minutes to invite your *Digestive Care* attunement to release fully unto you. Simply say out loud or in your mind: **“I ask to fully receive my Digestive Care attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Some people feel the energy arrive, others don't. Please relax. The energy will usually flow 5-15 minutes.

Your attunement will easily arrive to you because Eternal Source is not limited by space or time. Digestive Care energy flows to your body and energy fields, providing you with a meet and greet to your CARE Team.

Now that you have paused to receive your attunement, you have the right to call upon and activate your Digestive Care energy functions and Shakti.

*Aloe Vera Healer* is both the spirit of the Aloe Vera plant and the essence of Aloe's healing physical constituents. It will activate especially for you or anyone who you activate this energy for. Aloe Vera Healer does require you to hold your mind to the thought of wanting Aloe's help.

If your mind wanders, her energy flow may cease. If you set her energy to activate in a macro set or in an angelic elemental healing template, the energies will continue. You or someone in the spiritual realm needs to be responsible for keeping the want for Aloe Vera Healer's presence to be active for you, or she will await the next time you are ready to receive.

## ATTUNE TO DIVINITY

Prior to receiving an Aloe Vera Healer session, please tell the Aloe Vera plant spirit how much time you are setting aside for this healing. I suggest that you recline or at least stay seated for the duration of your session.

Spiritual energies can work deeper when your muscles are not holding you upright or moving you. Aloe Vera has been known as and the "medicine plant", the "plant of immortality", and "lily of the desert".

It is native to the continent of Africa but grows in many other places.

It contains anti-inflammatory fatty acids that are helpful for the stomach, small intestine and colon. It naturally alkalizes digestive juices to reduce over acidity. Aloe Vera's active ingredients include essential oil, amino acids, minerals, vitamins, enzymes and glycol-proteins in about 5% of its mass. The remaining 95% is water.

Aloe Vera has been used by humans for as long as it has been growing here on planet Earth. It accelerates the healing of burn wounds. Aloe helps the inner lining of the entire digestive system's piping.

When you drink Aloe Vera's physical juices, please be aware that its juice has a laxative effect. The gel has the mucosal assisting qualities and does not promote the laxative (stool softening and "Need to go quickly." result).

Aloe Vera Healer will assist you where you need help in your digestive system. You can speak to the spirit of the Aloe Vera plant as you would speak with a revered elder.

Speak about your discomforts and ask for her wisdom and healing to arrive unto you in the best way for you and your body. Say audibly or in your mind:

**"Aloe Vera Healer, please activate!"**

***You can continue through the other energy functions in this manual, activating them while Aloe Vera Healer is working with you, so long as you lightly hold the thought that you do want Aloe Vera Healer to continue working with you during this entire session!***

Aloe Vera can be of great assistance to healing any gastro intestinal lining irritations, ulcers or colitis. It provides a salve energetically and physically to promote healing



## DIGESTIVE CARE

in a space that is free of further irritation.

Villi Healing Session has been composed as a result of doing many healing sessions with the CARE Team for people who have irritated bowel syndrome (IBS). IBS and other conditions that cause inflammation or rips in the lining of any part of your digestive tract can be difficult to heal.

Villi are the finger like protrusions that should be able to wave freely all along the inside of your digestive piping. Their purpose is to increase the surface area for nutrient absorption and to provide a barrier to toxins and waste products from entering the bloodstream. When they are not functioning properly fewer nutrients are absorbed and toxins can get into your bloodstream. If they are inflamed, swollen or otherwise incapacitated, great discomfort comes to you as the natural movement of food through your gut rubs against your villi.

The Villi Healing Session is a session. Please allow 15-30 minutes for this session or just activate it as you drift off to sleep. It will complete without your attention upon it. There is no need to remain awake while your villi are healing. This session will assist your villi to be healthy. When an area of the body has been in distress, it may not remember what it felt like to be healthy.

Your Villi Healing Session takes the consciousness of your villi cells and shifts it slightly out of this time space reality just long enough for it to “be” in a space of complete health. This causes the villi to remember what it is to be healthy and gives them a template to aim toward. Instead of just being miserable they will have a focus and be given the energy needed to heal.

The healing process is different for everyone. Some people feel positive benefits in the days immediately following one session. Other people need to repeatedly ask for and receive sessions in subsequent nights. It is wise to ask for a Villi Healing Session every three days for the first week and then once a week thereafter until your body feels better.

There are many reasons a person’s villi can be inflamed or otherwise in peril so it is wise to incorporate any dietary changes you feel are beneficial too.

A person can be allergic to a food, and ingestion of that food can cause an adverse reaction in the piping that the food passes through as well as in other areas of the body. Be observant of your body and how you feel after eating various foods to

## ATTUNE TO DIVINITY

determine if one is bothering your body. After your villi heal session, foods that used to bother you may not be a problem for you anymore.

Digestive Shakti is a great Shakti who I've worked with since 2008 personally after calling out to Source to bring me assistance.

When you received your Digestive Care attunement you also received a Digestive Shakti who has met and greeted your body. She has learned about your body's particular needs and concerns. Your Digestive Shakti can be activated when you have time to relax and let her work deeply or when you are "on the go." She does not require you to keep your attention focused upon her after you activate her, (ask her to assist you).

The Digestive Shakti is so wonderful and effective! I have a special fondness in my heart for her! She will listen to your requests. She is particularly useful to assist your body to accomplish a bowel movement.

If your body, because of the neuron cells in your gut, is persnickety about doing its elimination functions, the Digestive Shakti can help. For example, if your body likes total privacy and a relaxed atmosphere for such elimination function, and you are in a rush that morning, call upon the Digestive Shakti. Personally my body will not do its normal elimination actions of solid waste if it feels I am "needed" anywhere else!

That means that if someone else is waiting to use the bathroom, I might as well not be there because nothing is going to happen anyway! If I need to "hurry" to get ready my bowels will not move because they feel rushed!

If the phone rings my body feels that someone else "needs" me and my one opportunity for a bowel movement is gone. That is when calling upon the Digestive Shakti to please work with my body so that it knows that it has the time it needs to do its elimination functions. That is when calling upon the Digestive Shakti to shift how my body perceives the situation I am living in is very beneficial. Then the body will allow regular bowel function to happen and I can be comfortable that day! How can people not think that their body is intelligent and sentient (fully aware) when it reacts like a person?!

The Digestive Shakti can also assist people who have constipation for other reasons (other than just a moody gut!) The Digestive Shakti can help calm a digestive tract

## DIGESTIVE CARE

that has gotten stuck in one mode, that of diarrhea! When a body perceives that there is something to eject from itself, it can get stuck on ejection mode. Call upon the Digestive Shakti to help calm diarrhea. Please understand that a body will not be convinced to stop the waves of diarrhea if it has not already emptied its digestion pipeline completely.

Once that has occurred, the Digestive Shakti can be convincing for many people. The gut does have a mind of its own and even the Digestive Shakti cannot always get the gut to change its ejection or cramp mode.

Cramps in a person's gut is another topic that the Digestive Shakti can help ease. The topic is the same as with diarrhea. Sometimes the gut will agree with the Digestive Shakti, sometimes it won't. Simply the very fact that the Digestive Shakti can get the gut to pause and notice that the reason it was cramping or in diarrhea mode has passed, it often will cease the discomfort.

A Shakti is a divine intelligence similar to an angel, yet of a different lineage. I feel that Shakti are feminine, though I am not sure. When you receive an attunement and a Shakti arrives to assist you, she will stay near to you. You will need to ask for her to activate and bring her assistance to flow to you. She is very good at communicating with your body.

I usually think of Shakti as mighty power packed into a little ethereal form. The reason I think of them as little is because they go into the human body and move through the spaces between our spaces and cells. Shakti are a direct link with Divinity and even at times when we might not be able to feel our own connection with Source, Shakti can bring us help. Eternal Sacred Source is always there for us, yet at times, because of the chaos in the world around us or our own worries, it may be difficult to feel our own link to the Divine. Divinity lives within us. Yet living in this world there are many times that the outer noise or problems around us can buffer our natural ease of merging with Source.

Shakti can be sensitive. They need purity to function best. Consciously ask that any energies that are not in your highest joyful good be dropped away. Then call upon your Digestive Shakti for the assistance you want.

Say audibly or in your mind: ***“Digestive Shakti, please activate and help me!”***

Tell your Digestive Shakti what you want help with! Speak to her as you would a

## ATTUNE TO DIVINITY

respected elder.

Say: ***“Digestive Shakti, please help my stomach!”***

***“Digestive Shakti, please help me digest my food well and comfortably.”***

Say: ***“Digestive Shakti, please help my bowels eliminate waste today!”***

***Be direct and to the point about the action you are requesting of your Shakti.***

***Your Digestive Shakti requires that you ask for what you want.***

***Gut Instinct Trust Ray*** is another energy function that your one attunement to the Digestive Care energy system has authorized you to activate. As I mentioned earlier in this manual, your digestive pipeline has neuron cells in it that sense and give feelings. These feelings can pour through your body as fight or flight, comfort or discomfort.

You may have experience a “gut feeling” about something or someone in the past. How often do you act upon the feelings you receive? Do you take them seriously? It is wise to do so. The gut feeling or gut instinct is as real as it gets! The gut does not put its feelings through the filters that our mind does.

Therefore even if we can’t “believe” something to be true mentally, our gut gives us the true instinctual responses without any filtering. There are some thoughts and feelings that do require a filter to discern what is really felt.

Our gut picks up on things that our minds may miss or think is unbelievable. In this way our “gut instinct” is worth honing and increasing its sensitivity.

Instinct is something that an organism knows to do without formal instruction. Most of the time we hear of instinct it is in regards to a fixed pattern of behavior that is known to occur in certain species. Instinctual responses can vary with our environment. It is these instinctual responses that the Gut Instinct Trust Ray works with. The ability to simply “know” what is, rather than to have to discern based on information is a valuable ability. The gut has many cells that pick up on external and internal environmental stimuli. The awareness can peak and provide you with important feelings that can help you make decisions.

The Gut Instinct Trust Ray helps you to trust the feelings that your gut already gives you. The Gut Instinct Trust Ray can also help your gut recognize those feelings for

## DIGESTIVE CARE

what they are, and have the confidence that you will trust the message. It is when a person's gut is not trusted, that the gut often becomes more symptomatic. If you do not act upon or acknowledge the instinctual feelings your gut has been giving you, then your gut may feel neglected. If your gut feels like it isn't effectively passing along the feeling message it will often increase the feelings it is trying to alert you to.

This can result in cramping, diarrhea or nausea. It is important to learn how to notice the feelings that move through you without your body resorting to increasing the feelings to the point of major discomfort.

***I suggest that you activate your Gut Instinct Trust Ray often to gain the confidence you need to trust your gut!***

***As you begin to trust your gut more, then next step is to assure your gut that you have heeded the message even if you don't take immediate action.***

***That may require the communication assistance of the Digestive Shakti.***

***Please call upon your Digestive Shakti to tell your gut that you have felt and appreciate the message. That it is time to turn down the intensity of the feeling for it has been felt.***

***Some guts will be so relieved that you have actually felt the message that they will immediately calm the discomfort feelings. Other guts, in the absence of your immediate fight or flight action, may require more persuasion. In time, your body will learn that you have felt each message and will automatically turn down the feeling after it has been transmitted.***

***Remember that these are instinctual feelings. As such, the more discerning mind of "what is wise to do in this situation" is not "online" in your gut. That means that good communication of thanking your gut for its valuable message despite any discernible action on your part is necessary.***

Your Gut Instinct Trust Ray is also beneficial to teach your gut to trust you. If you have not been in the habit of communicating with your gut as if it is a sentient awareness, it may not trust that you respect it.

## ATTUNE TO DIVINITY

Some people have a definite healthy respect between them and their gut, if for no other reason than the very fact that it can stop all regular daily life activity if it is not happy. If a person's gut has to increase the feeling sense to get their attention, it will, and the results are mightily uncomfortable.

Let both you and your gut learn to trust one another more.

Say audible or in your mind: ***“Gut Instinct Trust Ray, Activate!”***  
***You've now set forth the intent to be receptive to being more trusting of your gut.***

Your gut will appreciate that it won't have to work so hard to do the job it knows it is to do for you. It has both the task of digesting food and passing along the feelings it feels instinctually from both the outside environment and you.

Sometimes it is how you feel about something that it mirrors back to you. It only wants to know that you realize what you feel!!! Sometimes we feel something that we don't want to feel and ignore it. Our gut rarely lets us ignore our feelings for very long.

We don't have to deeply feel uncomfortable emotions for a long time. We need only feel them long enough to acknowledge and thank them. Then they will pass and we can be free to live and feel other feelings.

There is the topic of empathic people who feel what other people are feeling. Sometimes empathic people have the most uncomfortable guts. Guts are going on instinct.

***Nowhere in the ‘instinct manual’ you were born with is there the statement of: “That feeling isn’t applicable” or “That feeling isn’t really yours”***

Any feeling that the gut presents you with is initially thought to be yours. It is thought, by the gut to be something felt as a result of your outer or inner environment yet still yours. Training your gut to recognize that some feelings are a result of you, a practitioner doing a reading for a client, is difficult. The gut rarely discerns where the feelings are coming from or whose they are in my experience. Maybe some people's gut does discern to that degree. I hope so.

I have found that simply to gain the ability to quickly acknowledge a feeling that

## DIGESTIVE CARE

your gut presents you with is the best way for the gut to “reset.” Then it will be ready to present you with the next feeling information.

If your gut is easily educated about “who’s” feelings it is feeling, I’m happy for you. If it isn’t, I suggest that you work with the Digestive Shakti and the Gut Instinct Trust Ray so that your gut will accept your acknowledgment of a feeling as sufficient proof that a message has been received. Most guts will automatically tone down the feeling sense once they know you have felt it. If you are still having difficulty gaining your guts agreement to turn down the feeling sense if the outside or inner environment still give feelings to feel, then activate the general Digestive Care energies before you sleep.

The Digestive Care energies are designed to assist with this concern. If your gut feelings are still on “high”, activating the Digestive Care energies before bed will help your body to digest what it needs to. Energetically speaking by digesting whatever events or stimuli caused your gut to give you intense feelings, it will eventually know that you have felt and heard its message.

Your positioning to reality is important. That tells universes and Eternal Sacred Source what you expect to receive in your life. It tells Eternal Sacred Source what you are open to receiving in your life.

Sometimes people are so closed that they cannot sustain the idea of receiving something good. It is these people whom Eternal Sacred Source seeks to assist to shift their positioning to reality. When your positioning to reality changes enough that you allow the possibility of something good happening to you, then finally something good can enter your reality.

Digestive Care helps you to be more receptive to good things happening to you and entering your reality, your life and the lives of your loved ones.

Digestive Care energies can be activated for other people. If you do so they will work in concert with the person’s higher self and soul. They will only be as beneficial as the person’s personality allows them to be. It is better for the person to at least request that you activate the energies. It is much better for you to provide and attunement for a person who is responsible enough to activate the energies for themselves.

## ***Spirulina Spectrum Ray***

### Consciousness Interfaces and Shape Shifting Key Codes

Spirulina Spectrum Ray brings you 3 main benefits:

- 1) Increased ability for your body to use the Light beyond the light of our solar sun as food in addition to your physical food.
- 2) Interface Templates for your consciousness to link up with the consciousness of other Beings, increasing your access during meditation or spiritual/shamanic style journeying.

***Spirulina Spectrum Ray is renowned for its access granting 'betwixt and between' experiences known during meditation and shamanic style journeys.***

- 3) Genetic Keys to any species originating in this Source system. In the spiritual realms during meditation or 'journeying' this provides ease of shape shifting. Each person's access to shape shifting genetic key codes varies widely based on your Higher Self, Soul and Source.

Find a quiet place where you won't be disturbed for about 15- 20 minutes. Be aware that your state of awareness will be altered after receiving your attunement. Please do not operate machinery. That means don't drive a car either within an hour of receiving your attunement.

Recline or sit comfortably and invite your ***Spirulina Spectrum Ray*** attunement to arrive unto you. Simply say out loud or in your mind:

***"I ask to fully receive my Spirulina Spectrum Ray as anchored by Mariah Windsong and made perfect by Eternal Sacred Source NOW!"***

Once you have received your attunement and the flow is established, it is wise to send the energies outward. Say: ***"Spirulina Spectrum Ray, Activate!"***

You can run the Spirulina Spectrum Ray energies for other people if you want to, and it will assist their bodies to more readily accept the Light beyond the Light as a food source. Spirulina Spectrum Ray when activated and 'run' or channeled for



## DIGESTIVE CARE

other people may also assist their own abilities in meditation or spiritual journeys.

Self-use will bring the most powerful results as Spirulina Spectrum Ray works with each person individually. Spirulina Spectrum Ray is such a powerful access provider in spiritual shamanic style journeys and meditations because its spiritual energies are full of key codes that were installed on this planet to be held and reproduced at the most basic level. Think of the incredible genius of hiding such important and powerful key codes in algae, one of the simplest life forms!

Spirulina's high RNA and DNA content make its ethereal energy construct a wonderful library for genetic information.

So many people look at crystals and in other naturally occurring forms for spiritual keys. Indeed there are many, many vitally important records and information contained in crystals and the access to them and Spirulina's key codes are dependent on where each person is in their spiritual development.

Spirulina Spectrum Ray will give you the keys to unlock as much information as is proper for you to have and utilize at this time. Please activate Spirulina Spectrum Ray often because this ray will be able to unlock new key codes for you tomorrow that you are not ready to have today.

Say: **"Spirulina Spectrum Ray Genetic Keys, Activate!"**

Spirulina Spectrum Ray's genetic key codes increase your shape shifting abilities. There are many fine books, workshops and other sources of information about shape shifting. Spirulina Spectrum Ray is most likely to enhance such abilities during advanced meditation and spiritual journeys.

Your use of Spirulina Spectrum Ray for shape shifting here in physicality is between you, your Guardians in the Light, other guides, teachers, Angels, your Higher Self, Soul and Eternal Sacred Source.

I have no idea what exactly the Spirulina Spectrum Ray will do for you. I do know that it will be beneficial to each person in a different way. I simply give you some examples of the range within which its gifts were shown to me. I've experienced some very powerful meditations and shamanic style spiritual journeys when I activate the Spirulina Spectrum Ray.

## ATTUNE TO DIVINITY

I feel the sun's energy and the Light beyond the Light strongly. I feel giddy and extra happy after such meditations because Spirulina Spectrum Ray's Interface Templates gift me with additional ease of access to merge with nature's life forms.

Say: **“Interface Templates, Activate!”**

**You'll need to be in meditation or spiritual journey and set your intent clearly for the type of life form you want to interface/merge with.**

I've enjoyed delightful consciousness interface experiences with birds, plants, trees and animals by activating the Spirulina Spectrum Ray.

Spirulina Spectrum Ray will also speed up your ability to use the Light beyond the light as food for your physicality.

Many of us are looking forward to raising our Light Quotient and frequencies of our physical body to such a level that we can transform to non-corporeal body (energy/lightbody) and back into physicality at will!

Spirulina Spectrum Ray gives your body the confidence that it will have all that it needs, by having the ability and ease of using Light as fuel.

This is a gradual process and different for each person. At the very least, activating the Spirulina Spectrum Ray will give you a better appreciation of how sunlight makes food for plants. Photosynthesis is a miracle!

## **Telepathy Gene Awakening**

Telepathic communication is most referred to as thought to thought communication between sentient beings. Telepathy is full thought communication. All the components of the thought are completely present. The Telepathy Gene Awakening shall awaken any genes in your body that are responsible for giving your brain the ability to interpret and consciously send telepathic thoughts. This is an awakening energy to use often.

## TELEPATHY GENE AWAKENING

The Telepathy Gene Awakening increases your ability to control what telepathy transmissions you receive and turn their volume up or down.

The Telepathy Gene Awakening vastly increases your ability to use gifts that your spirit and soul are already accustomed to using for communication.

There has recently been news in science of DNA strands seeming to communicate with other strands of DNA in a telepathic manner. As incredible as that is, it is not what this energy system is about. The Telepathy Gene Awakening energy system is designed to awakening any genes within your DNA that shall enable you to perceive telepathically.

Some of you already do receive information and thoughts telepathically. Others want to very much. Still others of you already have this gift and wish that you did not have this gift! It is possible that only some of the genes responsible for your telepathy have been awakening. Full awakening also includes the ability to control this gift. You will be able to at least turn it down if not complete off, when it is inconvenient or disturbing to you.

I postulate that there are specific genes in our DNA who are responsible for many of our abilities and allow our Divine Gifts to be functional for us while we are in physical embodiment. Thus, the awakening of these genes can be beneficial to fulfilling our life purpose and having a more enjoyable life.

The title of this energy system is the Telepathy Gene Awakening. I did not write it in the plural because each time you activate this energy system with your intention (after receiving the initial attunement) you will be awakening any genes that are ready to be awoken. This energy system is answerable to and responsive to your higher self, soul and Eternal Sacred Source.

Therefore only the awakening that is appropriate for you to experience today will occur! This is very important because the personality can be too ambitious or too fearful in regards to growth and spiritual awakening. By having the speed and timing of your telepathy gene awakenings under the authority of your higher self and soul, all occurs as is best for you.

There are many types of telepathy and many terminologies that you may have already heard or studied about. I will not be getting into the various terminologies here in this manual. I do not wish to limit how you at the higher levels and Eternal

## ATTUNE TO DIVINITY

Sacred Source wish to gift you with telepathy.

I will say that I perceive telepathy as ANY information or thought that arrives to me from a being or place that has not arrived by my regular five senses. I did not see it with my physical sight, I did not hear it with my physical hearing, I did not feel it with my physical skin, I did not taste it with my physical tongue, nor smell it with my physical nose.

Let us speak for a few minutes about thoughts. Telepathy, I postulate, is most in alignment with the transference of thoughts. This is because it is most often that you will be receiving information from another being.

This being could be in physical embodiment, such as a human being on planet Earth. This being could be an animal, plant, rock, bird, fish, amphibian, or reptile. This being could be a fairy, elf, deva, dryad, angel, Elohim, or other type of being. By being, I am referring to a sentient being.

A being who is sentient/self-aware and we either know its language or are telepathic, we can communicate with it! I may have listed beings in the above paragraph that you have either never consciously communicated with or do not believe actually exist! That is ok. The Telepathy Gene Awakening is all about awakening your body's ability to perceive the thoughts of any sentient being. When might you perceive these thoughts?

Ideally you will only perceive their thoughts when someone is transmitting directly to you. It is entirely possible that you will just "walk through" someone's thoughts. I experience people as very loud and "broadcasting" their thoughts even when there is no specific destination to their broadcasts! People think loudly, especially when they are feeling strong emotions of any kind.

I am not intending the Telepathic Gene Awakening to give you the ability nor right to pry into people's minds to see what they are thinking. That is morally wrong in my opinion. However, I am not that one in charge of what gifts open up to you, and I am in high hopes that you will be respectful in your use of any telepathic gifts that are awakening within you.

Telepathy is a natural way that our soul and many Lightbody embodiments and other types of physical forms communicate. I speak of this to say that it is natural to our being, our spirit and soul to communicate by thought!

## TELEPATHY GENE AWAKENING

Being here in a physical human body, we experience many limitations. As we grow spiritually, sometimes there are wisps of memories or night dreams of being in different places where we have abilities that have not manifested here in our human embodiment. Human bodies do have telepathy genes. They are easier to awaken in some bodies than they are in others. It doesn't matter what your genetic family history is, all human bodies do have telepathic genes awaiting awakening.

The Telepathy Gene Awakening shall assist your body to be as functional as your spirit is. Many times a person will grow spiritually so much faster than their physical body can. The Telepathy Gene Awakening will help your body keep up better with your own spiritual awakening and growth. Some of you won't notice any changes immediately. Then all of the sudden, you'll just know a thought that someone sent to you!

Telepathy is stronger and more noticeable with those who you have an emotional connection to. Unfortunately this is true whether the connection is positive or negative. That is why it is important to learn how to turn your abilities up and down so that you are not receiving thoughts that would be disturbing or are unwanted. I suggest that you seek psychic protection energy systems or training if you have never done so. It is wise to be adept at your own spiritual hygiene and know that you are in a free will zone here on Earth and can take responsibility for what information does and does not reach your consciousness!

It is also important to do spiritual hygiene to clear yourself of other people's thoughts daily. Clutter, be it physical, emotional or in thoughts, reduces your ability to manifest the life you want and to live an enjoyable, healthy life.

Back to the topic of thoughts now! Thoughts are amazingly complex and rich in their range of detail. A thought is not just words. Thoughts are multi-dimensional and contain feelings, scents, tastes, colors, visuals, and the entire communication. I do not have enough English words to describe the fullness and completeness of communication that arrives by way of thought.

Words and language written or spoken is very limiting. There is an incredible freedom when you receive a complete communication by way of thought. Those of you who already use telepathy with those who are not in bodies, angels or your loved ones who have passed from physical bodies know this. You know how impactful communication can be when all of the components are present. It is not just words!

## ATTUNE TO DIVINITY

Telepathy is the transference of everything you would want to “say” or experience you would want another to be fully aware of. What an angel wants to say to another angel may be very different than what you would want to say to a friend living on another continent. Angels usually use chromacolor spectrums, musical octaves, mathematical sequences and other light languages that are out of the range of our current awareness in their regular telepathic communications. They communicate about things they have experienced and about Divine Plans.

Angels are accustomed to making changes in creation to assist Earth and humanity. For an angel of eternal sacred source of love, light and life, shifting the very laws of nature is a natural occurrence. These are topics they may speak of telepathically to one another.

Yet, many angels have never been in physical embodiment. Only when in a physical body here on Earth can a being fully perceive scents, tastes, physical sensations and fully engage in life here in this reality. Sometimes, I am shown that beings can experience those things when merged with a human for a short or long period of time.

When I say that telepathy is a far richer way to communicate, I must clarify that statement by saying that one may still only communicate what one knows. While we here on Earth do not know of certain light languages, we do know what a flower smells like and food tastes like because we use our physical body to transmit these senses to our mind. Our being is interfaced with our mind, thus we are able to interact with the world around us fully.

Telepathy can be a broader, richer way to communicate long distance than a voice over the telephone or written communication. Telepathy utilized in person, combined with every physical and sensory way of communication that is appropriate given interaction you are presented with is optimal.

For example, if a couple is skilled in telepathy and want to communicate, they should use their verbal words, make eye contact and use telepathic communication. They could caress each other if they are in private, and they can kiss and taste one another too. If you are communicating in person with your child you can hold their hand and use your verbal words and make eye contact. Facial expressions add so very much to communications. You can telepathically communicate also.

If you are communicating with a business associate, (in the US) you can shake

## TELEPATHY GENE AWAKENING

hands, make eye contact, and use verbal communication. It is wise to monitor any telepathic thoughts that are projected outward from the person to see if they are congruent with the words, body language and facial expressions.

I give these few examples to say that telepathy is comprised of communication in the manner in which a person experiences the world around them and their own inner world atmosphere. This is different for an angel than a human. This is different for a human in one part of the world than it is for a human in another part of the world.

There are many angels who would want to be in a physical human body and some who are! Many of us want to experience life from the perspective of someone else, be that being of the same species as we are or another one!

Make the most of your communications by using every way that is appropriate in each situation. It is a trap to think that only using telepathic communication is fuller or better when you could communicate in person and have the added awareness of the person's facial expressions and voice. Telepathy alone is not better, nor a "higher" way of communicating.

It is far richer and fuller for long distance communication when combined with any other means of communication you have available. This could be telephone, email, or video webcam communication. Use all of your senses and allow telepathy to be one important part of filling in blanks about what a person is trying to communicate to you or what you want to say to them.

Telepathy with ones who are not in a body is quite a natural occurrence for many people. It is part of natural intuition. Receiving telepathic communication from someone in who is in a body is a natural occurrence yet one that is far rarer.

People have a resistance to telepathic communication because they usually want their own thoughts to remain private. Telepathy has been portrayed in movies and television shows as an aberrant condition familiar only to mutants or aliens. Film shows us that anyone else with such skills is often preyed upon by organizations wishing to study or use their skills for the organization's purposes.

In truth, telepathy with ones not in bodies as well as human and other life forms here on planet Earth is a result of certain genes awakening within your body and becoming fully functional. What could be more natural than that?

## ATTUNE TO DIVINITY

There are many people who have this ability and try to ignore it. Often telepathy is misunderstood and because of that a person doesn't hone their ability.

***When telepathic ability is worked with, a person becomes familiar with how it is perceived in their mind and being. Then, and only then can the additional skills of turning its volume up and down; together with psychic privacy protection and scanning the "airwaves of projected thoughts" for any useful transmissions be honed.***

Have you given much thought and attention to your own psychic privacy?

There are many good energy systems and ways to keep your own thoughts private. Firstly, be aware of the fact that anytime you "project" your thoughts, they are NOT private.

Many people think their thoughts "should" be private when in fact they have projected them outwards for anyone to pick up on. Think about your mind, your body, your aura. This is the usual range of influence that a person's personal energy is contained within.

When someone has been practicing extending their aura outwards or doing mediations of oneness, this personal energy influence is much larger. Be aware of when your personal energy extends outwards to 55 feet rather than the usual 3-4 feet outside your body. This is important!

Usually a person's personal energy extends out about as far as their hands reach out. That is why it is natural for most people to feel like their personal space is invaded if someone stands within that "personal space".

If you've been extending your own aura and awareness of life outward much further, I hope you also are practicing how to bring it back in close to your body. There are times when you will need to be in less space, for security purposes. If you don't want to perceive other people's random thoughts and emotions, or wish to keep your own thoughts and emotions private, pull your energy in. I do hope that in your practice of extending your aura outward, you have also practiced pulling it in.

Become very skilled at extending and retracting your own energy field/aura outward and back to very close around your own physical body. If your energy field is far out, then is it likely that others who are skilled at telepathy will pick up on more information about you than you may be intending to share. They will not have been



## TELEPATHY GENE AWAKENING

invading your mind, they will just be “reading” the information contained in your energy field.

Now, if you really like that feeling of being connected to all and having a wide, large aura, I highly suggest that you refine “what” it contains. Learn to keep your private thoughts in your mind, not projected out into your aura. This skill shall become natural once you have practiced it awhile. You may be surprised to learn just how many of your thoughts you spewed outward for anyone to perceive who knows how to!

Some people like to hold their thoughts in a pyramid formation in their mind. I do not like that method because it takes too much energy and work for me to maintain. I prefer a sphere or orb shape to contain my thoughts. Furthermore I often don’t even think of the shape. I prefer to think of all the rooms and spaces within my own mind that is my private area. Think of who is and is not allowed within there and set forth those parameters. That is a far stronger and easier to maintain method, in my own experience. Everyone is different. Explore, read, study, and see what works best for you.

Be aware of how you view that personal space in your mind and your body. There are many inner realms that exist within your own mind and body. Think about how you perceive yourself and consciously keep your thoughts within those areas. We can become lazy and broadcast thoughts that we don’t want to broadcast. Be aware of yourself and where your thoughts are.

Primary to keeping your own psychic space personal, as in your own thoughts your own, is trusting your helping healing ones of eternal life, love and light. There are many realities. There are many dimensions, places and spaces that you at the soul level know about. The you here at the personality level probably does not know about all of them. You at the soul level, me at the soul level surely does not know about all the places and spaces that exist within creation.

Beings can arrive and perceive about you from any place that they exist or can perceive or travel through. You most secure way to protect your own thoughts is to trust beings of eternal love, light and life to protect you.

This is a free will zone here on Earth. That means that there is a lot of protection that does not happen, just because people forget to ask or get too lazy to ask!!! Your helping healing ones, be they angels, guides, ancestors or nature beings, need your

## ATTUNE TO DIVINITY

permission to fully assist you!!!!

They need your permission daily. Not just once and that is all you think about the topic! Why so very often? Well, again, this is a free will zone and the laws of this reality insist that you continually affirm where you stand. For whom do you stand? What are your boundaries today? Are they different than yesterday?

That combined with the density of physical reality demands that you, every single day claim eternal life and ask for the assistance of your energy team. Those helping healing ones in eternal light, love and eternal life who want so very much to help you, they need you to free them to help you, by clarifying your parameters.

So let us help you do that. Think about who in your life, that you are aware of, that you would want to perceive your thoughts. Do you only want someone to perceive a thought you have sent out for them? Or would you allow them to “visit” you and perceive your thoughts?

Who qualifies as honest and whose motives are pure? These people are ones you can consider having possible permissions to be aware of your thoughts or not! It is ok to not let anyone know your thoughts!!!

Be very clear about who you do and don't know that should never have permission to be aware of your thoughts!

You can say something like: ***“Keep my thoughts private to all beings in a body!”***

Or, ***“Keep my thoughts private to everyone except my spouse!”*** Or

***“Keep my thoughts private to everyone except my helping healing beings of eternal love, light and life!”***

Or specify your own criteria.

Think about who you do trust in the spiritual realm and clarify who you are asking to help you and provide psychic protection. There are also energies that are beneficial to uphold the psychic protection intents that you set forth.

Maybe you don't know who specifically your helping healing ones in the light of

## TELEPATHY GENE AWAKENING

eternal sacred source are. Maybe you have different filtering criteria for who you will and won't allow to work with and communicate with you. I write here to say the "eternal love, light, life" criteria is the one that works for me, it might not for you.

It is also important to speak the criteria in the language you think in so that your declaration has the strongest possible effect! Think about what the criteria is for any being who you shall allow to communicate with you. Think about what the criteria is for the beings who will be your guardians to keep any out any communications from beings who are not in alignment with your truth.

Ah! Does that matter to you? To only be in communication with beings that are in alignment with your truth? It matters to me. I prefer to have any being whose allegiance is not in alignment with my truth; who feels the need to communicate with me, to pass the message to my guardians.

In this manner I do not risk opening my mind to any being that is not of the same alliance as I am. This may be too strict for you. There are some people who do not require such stringent regulations, for their own being is fully capable of bouncing anyone who might mean them harm in any way.

However, for most of us who are just beginning to navigate the new territory of thought to thought communication, it is very wise to specify who is allowed to traverse the personal areas of your being, such as your mind! I do not care how you do it, I do care that you think about this topic and make the specifications that matter to you!

Please spend a few minutes to invite your *Telepathy Gene Awakening* to release fully unto you. Simply say out loud or in your mind:

**"I ask to fully receive my Telepathy Gene Awakening as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!"**

Now that you have paused to receive your attunement, you have the right to call upon and activate your Telepathy Gene Awakening anytime you want to.

Say out loud or in your mind: **"Telepathy Gene Awakening, Activate!"**

*As you work with your newfound telepathy skill, I highly suggest that you*

## ATTUNE TO DIVINITY

*consciously set a space in your mind that is to receive these communications.*

You don't need to know "how" to do this. Let your brilliant mind and helping healing ones take care of the how. Your job is with your intention to say to yourself, your mind, your body, that there is to be a specific place with you that receives any telepathic information. Be clear to your body that this space is to be like a message receiver, and that it is to have five very separate and specific areas within it.

- 1) One area is to receive any telepathic communications that have been sent out specifically for you from ones in bodies, here on planet Earth in this reality. It might be a human, a pet, or other beings in bodies here on Earth.
- 2) Another area is to receive any telepathic communications that have been sent out specifically for you from one in bodies who are not here on Earth in this particular reality. That may mean Earth in an alternate or parallel reality or someone in a physical or semi-physical lightbody off planet someplace else.
- 3) Another area is to receive any telepathic communications that have been sent out specifically for you from ones not in bodies here on Earth or from elsewhere.
- 4) Another area is to receive any telepathic thoughts that have been projected from other people that may or may not be meant for you.
- 5) Another area is used to scan telepathic communications and thoughts that are in the "airwaves" and may provide you with necessary information for your own protection or the protection of your loved ones.

There is one friend I know who prefers to set up the area of her brain that is to receive telepathic information as one would imagine a reception desk.

There are Shakti or Light Beings or Angels who are responsible for giving her telepathic communications in the order they are received.

Sometimes she will change it so that more "urgent" messages arrive first and less urgent ones await her to review the messages at her convenience.

## YUNGANG GROTTOES EMPOWERMENT

I speak of all of this to give you some ideas about the manner in which others have chosen to organize the area of their mind/brain that receives telepathic communications so that there is nothing to be overwhelmed about!!!

This will also help you to become familiar with how data from various places or sources feels. It is beneficial to become as familiar with from “whom” and where a message arrives as it is to know what the message is. Your higher self and soul, together with your body control this awakening. You may awaken slowly or quickly as you continue to activate the Telepathy Gene Awakening in the next days, weeks and months.

Sometimes you will receive information and thoughts, and yet be only consciously aware of them if it is really important. That is alright also. Your body and mind knows what you are and are not ready to perceive.

## **Yungang Grottoes Empowerment**

Yungang means: Cloud Ridge

Yungang Grottoes Empowerment level 1 brings you access to the energies the statues of Yungang Grottoes represent as well as its sanctuary presence.

The Yungang Grottoes are located in the Wuzhou Mountain in Shanxi Province in China. "Yun" means "cloud" and "gang" means "ridge," so it is that Yungang means: "Cloud Ridge." These grottoes were carved out of the sandstone by men who were under the direction of Tan Yao. He was a renowned monk of his day.

These grottoes were carved back in the 5<sup>th</sup> and 6<sup>th</sup> Century. Tan Yao spent his lifetime on this project and it was under the protection of the Dynasty in rule at that time. The carving took over 64 years to complete the Yungang Grottoes and men continued the work after Tan Yao's passing.

***Yungang Grottoes level 1*** brings you the presence of deep meditation, peace and a centeredness that then coils up inside of you, ready and waiting to be sprung, to give you the energy you need for anything you need.

## ATTUNE TO DIVINITY

The carvers of these statues put in great effort to convey the sense of respectful sanctuary presence and meditation. In many of these statues, it is easy to see what someone who is at peace or deep in meditation would look like. The demeanor they hold and focus of inward and outward attention at the very same time is a wonderful state of being to aspire to.

There are more than 252 niches containing at least 5100 statues. Of the 52 original grottoes, now only 45 remain intact. The Yungang Grottoes near Datong City show the power and endurance in the Buddhist belief in China.

Please spend a few minutes to invite your Yungang Grottoes level 1 empowerment to release fully unto you. Say audibly or in your mind:

**“I now call forth my Yungang Grottoes level 1 empowerment, as founded by Mariah Windsong and made perfect by Eternal Sacred Source.”**

When you want to activate your empowerment, say out loud or in your mind:

**“Yungang Grottoes Empowerment, Activate!”**

You may or may not feel any sensations, it doesn't matter if you feel these subtle energies or not.

The energies are effective no matter whether you perceive them or not. Some people feel warmth or a tingling sensation, other notice pulses.

Once you have received that dose of energy for Yungang Grottoes, your body and spirit will recognize that energy and easily access the energy stream from Eternal Sacred Source that IS the energy stream of this particular energy system.

Now, anytime you want to, you can activate the Yungang Grottoes Empowerment and you will instantly be within the flow of its energy. The quality of Yungang Grottoes Empowerment is such that it expands and becomes more palpable, more noticeable when you let your mind rest gently upon the wanting to feel more centered and peaceful.

It doesn't matter whether you are skilled in meditation or not, to activate and benefit from Yungang Grottoes Empowerment. The mind calming effect of Yungang Grottoes can benefit everyone. If, however you do practice any type of meditation, it is likely that this empowerment will increase the benefits of your practice.

## YUNGANG GROTTOS EMPowerMENT

***Yungang Grottoes Empowerment level 2*** also requires you to spend a few moments to actively receive with your full intent the empowerment for this level of Yungang Grottoes. The dose of energy frequencies that will arrive unto you contain the access rights for you to activate any and all of the functions within level 2 of Yungang Grottoes Empowerment.

Please spend a few minutes to invite your Yungang Grottoes level 2 empowerment to release fully unto you. Say audibly or in your mind:

***“I now call forth my Yungang Grottoes level 2 empowerment, as founded by Mariah Windsong and made perfect by Eternal Sacred Source.”***

Now that you have paused to receive your empowerment, you have the right to call upon and activate each of the functions listed here. Please do so when you have a few minutes to marinate in the energy stream that will open for you. Each function’s name is the command code that will put you into alignment with the energy stream it is. Activating it with your intention, a strong feeling of wanting the energies that its name represents is all that is required to begin the energy flowing to you.

Usually it is necessary to keep your mind lightly resting upon the fact that you want this energy to continue flowing, for it to remain active. By moving your thought to another topic, the energy receives that as a message to cease its flow. There are some energies that are self-completing, that is will continue to flow until all that is needed at that time has been brought to you.

### ***Yungang Grottoes Level 2 functions for you to activate anytime:***

Each of these is listed with the word Activate following the name of the function. This will make it easy for you to simply say the name of the function, with strong intention for it to activate for you as a command.

Say any of these out loud or in your mind. You may move on to the next one after you’ve spent a few moments at least with each one.

***“Yungang Peace, Activate!”*** This activates the energy frequencies of peace to arrive to you that the Yungang Grottoes represent, straight from Eternal Sacred Source into the center of who you are. The more time you spend with your mind lightly resting upon the idea of being peace the better this works.

**“Yungang Reverence for Life, Activate!”** Now you’ve activated the particular energy frequencies that amplify Reverence for life!

This function is designed both for self-use, to increase your own reverence for life, and also to emanate outward, to increase the reverence for life in other people. In this way you will be sending out energy that appeals to a person’s reverence for life. Eternal Sacred Source gives them an opportunity to embody more reverence for life.

**“Yungang Meditation, Activate!”** Due to the fact that many people’s meditational practices aim at the emptying one of all thoughts, this energy function will continue to be of assistance, even once you stop thinking about it. This is one of those functions that will continue to completion for you this day while you are in meditation. Please understand that once this energy gets moving, it can take you into very deep states of meditation.

This means that your consciousness will shift into altered states that may not be so very attentive to your surroundings. Please never activate this energy if you will be driving a vehicle or operating machinery within two hours.

The function of Yungang Meditation is ‘programmable’ for the duration of time you wish to remain in a meditational state of mind. Even if you have no other energy system training that included setting an energy to run for a certain length of time, be assured this will work for you.

Simply Say: **“Yungang Meditation, Activate and Run for (length of time)”**  
such as  
20 minutes, 30 minutes, 45 minutes, 60 minutes, 90 minutes and so on.

If you need to resume a regular daily life activities type of mindset, and you are still feeling the expanded mental awareness of Yungang Meditation, simply say out loud or in your mind: **“Yungang Meditation, turn off!”**

It may still take a few minutes to return to an everyday sort of mindset. Drinking a glass of water and stretching your body also helps!

**“Yungang Buddha of Sakyamuni, Activate!”** Sakyamuni was born to a King Suddhodana and Queen Maha Maya in 563 and lived through 483BC.



## YUNGANG GROTTOS EMPowerMENT

His given name was Siddartha and his family name was Gautama. He was born into the Sakayan warrior caste and it was prophesied before his birth that he would either be a great world teacher or a great world leader. His father wanted him to be a great world leader and so protected him from witnessing the woes and plight of people in the world for many, many years.

He lived in the Himalayan foothills in a village called Lumbini, in the area now called S. Nepal. After he was married and fathered a son, upon receiving a spiritual quickening within him, he set off on his horse outside of the gates of his father's property. It was then that he saw sickness, death and despair. He sought the way of an ascetic and was known as the Monk of Gautama or Sakyamuni, which means 'The Ascetic of the Sakayas'.

**Yungang Grottoes Empowerment Level 3** contains 2 Yungang functions, an empowerment to Tan Yao (the man who carved and directed others to carve these grottoes), and confers upon you the ability to pass this entire energy system of Yungang Grottoes Empowerment onward to others.

Please spend a few minutes to invite your Yungang Grottoes Empowerment level 3 to release fully unto you. Say audibly or in your mind:

**"I now call forth to receive my Yungang Grottoes level 3 Empowerment to release fully unto me!"**

Now that you have paused to receive your attunement, you have the right to call upon and activate each of the following functions listed.

Say out loud or in your mind: **"Yungang Holy Life Purpose, Activate!"**

Yungang Holy Life Purpose function causes you to notice and more fully live your life's purpose. Yungang Holy Life Purpose helps you to stay on track for what is holy and purposefully yours to do in this life.

**"Yungang Power of Intention, Activate!"** Intention is a very specific mental positioning that can be illusive to some people. Yungang Power of Intention function activates your intentions. Intention is an action word.

It is the moving of energy in such a way that brings a response from Eternal Sacred Source to DO that which you intend. In alignment with the highest possibility for

## ATTUNE TO DIVINITY

all involved. It is done by Source. You are setting forth the call and Eternal Sacred Source responds to you by providing the energy to fulfill.

***Tan Yao Empowerment*** is an empowerment to the man whose life work and the life work of his workers is Yungang Grottoes. The energy of this empowerment of Tan Yao brings you his spiritual essence from the highest levels of who he is now and the noble attributes of the life he lived on Earth.

Tan Yao was a renowned Buddhist Monk who was able to persuade the Dynasty of his time to protect the South side of the Wuzhou Mountain for the carving of these grottoes. He worked the majority of his life on this project and inspired such dedication to Yungang Grottoes that the work continued after his death. The attributes you may call upon Tan Yao for included, but are not limited to:

*Dedication and follow through on projects that may take years to complete.*

*Perseverance in the face of difficulties both external and internal.*

*Hardworking and the ability to inspire others to help you in your endeavors.*

*Skills of influence with the people whose assistance will further your goals.*

*Ability to make manifest and visible in reality reflections of your faith that will serve to point others into the truth of their own being and light.*

*To bring hope to others by your own Divine Function, whatever that may be.*

*To inspire people to continue to express their faith for all to see, even after your part is complete, or you are no longer present here in physicality.*

### **Phase Shift Body**

Phase Shift Body is an energy system that uses a shifting movement to Phase Shift your body's energy signature slightly out of this reality. You only need to stay in Phase Shift for a few moments to energetically hide from a scan or energy probe that may be seeking to know your location.

Phase Shift Body is useful to activate while you are doing other spiritual hygiene techniques because its movement will dislodge many energy hooks and barbs. Phase Shift Body disorients other undesirable 'hitchhikers' such as negative entities so that use of other energy techniques can remove them easier. I like to use Phase Shift Body when I'm ducking out of other people's pictures of reality or emotions that I may have empathically picked up when out in public. Phase Shift Body is also useful to shift out of your own emotions if you've found it difficult to shift gears emotionally.

Phase Shift Body is an energy system I channeled back in 2007 and I've found it quite effective to use for many purposes ever since then. When you activate Phase Shift Body, it literally transports your body slightly into the space between this reality and a parallel reality. The effect of this shifting out of phase with this reality affords you a level of freedom energetically from being perceived by other people or their energy technology or spells.

You literally are not 'where' they expect you to be thus you have the time to strengthen your energy protection in a 'safe zone'. This means that you aren't coming under direct energetic fire or tugging from anyone who is seeking to energetically hook you, read you or pull energy from you.

Things that would have stopped and taken note of your whereabouts or attached to you keep on going because you are not fully in this reality.

Phase Shift Body is not an energy state to live in constantly. It simply gives you a bit of a time out that you must immediately take advantage of by using your

## ATTUNE TO DIVINITY

intention and asking for your helping healing ones in the light of eternal sacred source to also strengthen and secure your energetic security.

Phase Shift Body is also great to activate when you want to ‘shake off’ other people’s emotions that may have gotten stuck to you as you walked near someone. There are many instances where a quick activation of Phase Shift is useful and you aren’t in any dire situation. Think about the value of slightly shifting out of this reality to duck adverse geopathic energies.

Sometimes there is very strong leyline activity that you know is in a certain area through which you must pass along your way to work. If you don’t have time for a full Leyline Bio Life Symmetry activation, a quick Phase Shift Body activation will suspend you from the leyline effects as you pass by.

Please spend a few minutes to invite your Phase Shift Body attunement to release fully unto you. Say audibly or in your mind: **“Phase Shift Body attunement, arrive unto me, made perfect for me by Eternal Sacred Source.”**

Simply Say: **“Phase Shift Body, Activate!”** and intend to shift slightly right or left in a diagonally or horizontal manner. You may or may not feel anything. Simply trust that you are moving just a little out of this reality for a few moments to ‘catch your breath’ energetically and strengthen yourself.

It doesn’t matter if you feel the subtle movement of your Phase Shift Body or not. The movement is effective no matter whether you perceive it or not.

Some people feel a ripple or tingling sensation, other notice pulses or start to feel weightless or disoriented. Phase Shift Body naturally remains active for only a few moments unless you consciously intend to keep it activate for a few more moments. It isn’t wise for you to constantly live in the state of Phase Shift Body because it is a state of transport and motion designed for dropping away what does not belong.

A person needs to live in sync with this reality in order for the body to remain healthy and to manifest here in this reality. Phase Shift Body is an energy system whose function is designed to be used up to several times a day if need be, but only for a few moments per activation.

Think for a moment about the concept of parallel realities. Stretch your mind and conceive of a multi-verse that has not just one universe but many. A parallel reality is very similar to this reality with only slight differences. Phase Shift Body does not take you into a parallel reality, but into the margins, the spaces between this reality

## PHASE SHIFT BODY

and another one.

That helps keep your energy signature out of the usual places that are searched by many beings with ill intents. It is your Divine Birthright to be safe. Phase Shift Body is one tactical energy technique that gives you the freedom to have a few moments away from the usual 'place' that your energy signature exists in this reality of planet Earth. It is your responsibility to use those moments wisely. Use your intention after you activate Phase Shift Body to 'do' the work that you wanted the space and help to do!

You can call in and ask for assistance from any spiritual being that you trust to help you after you've activated Phase Shift Body. You can use the strength of your own intention to move colors and reiki and light through your body to remove unwanted influences and other people's emotions.

After you've activated Phase Shift Body you can set your intention and use any other energy system you are attuned to or elemental or angelic energies to which you have a natural affiliation. Call upon any ancients, guides, or power animals that you usually work with. If, instead of a shamanic perspective to your spiritual life, you resonate more with a particular religious doctrine or spiritual theology please invoke the assistance of those in the spiritual realms who you trust! There are myriad paths to Eternal Sacred Source and beings that assist. Please call upon those who are dear to your heart and that you respect.

These beings will be by your side after you activate Phase Shift Body to help you remove anything you want removed and strengthen you.

***The most important thing to remember about Phase Shift Body is that energies that do not belong will appear differently and be easier to discard in the moments directly after you've activated your Phase Shift Body.***

***This is because you, all the energy that comprises your spirit being, your body and all the energy fields that surround your body are being transported slightly into a different reality. Anything that doesn't belong with you will not be vibrating at the same frequency.***

***When your Phase Shift Body is activated all that is you, energy and matter, will be slightly lifted and shifted. Anything else won't have the knowing of what we are doing and won't be able to keep up! It will look, feel or respond differently***

*than it did just moments before. There is a slight gap between it and you now and that makes it so much easier to slough off, extract or transmute!*

*Even dense energy that is you own energy, such as concentrated stress in muscles or crystallized energy in your feet will be easier to diffuse and dissolve away in the moments after activating your Phase Shift Body.*

*This is because energy that is not free flowing and moving in the proper manner within your body will be 'out of sync' with you in the moments while your Phase Shift Body is activate! The beauty of this is that the movement of your Phase Shift Body can 'unlock' locked stuck energy as the rest of your body and energy moves, it dislodges the obsolete energy patterns that kept the stuck energy in place.*

## **Image Impact Intensity Reducer**

When you've witnessed, experienced or been told about something that is visually intense, the emotional impact can be traumatic and repeat often as your mind returns to the image in your mind's eye. It is beneficial to have help reduce the intensity and thus the emotional impact such images hold.

Image Impact Intensity Reducer has served me well for over a year to reduce the impact of visually intense images so that I live healthier each day.

Image Impact Intensity Reducer can be activated for personally experienced situations, television or movie images as well as things you read or stories you are told about. Sometimes a person can be told a story of something terrible that happened to another person and their mind can present a very vivid and disturbing picture. When this happens, your mind may go back to image over and over again. Instead of the image reducing in intensity, and thus the emotional impact you ascribe to it, the intensity stays the same or even increases.

***Image Impact Intensity Reducer is an incredible energy system!*** You might want to think of it as scrubbing bubbles that blur the sharpness of the image so that while it still exists in your memory it isn't so bright!

Your mind is amazing and it will also seek to go over the details of images that are

## IMAGE IMPACT INTENSITY REDUCER

either outlandish or ones that were traumatic or violent. The reason this happens is twofold. One, when something seems odd or out of the ordinary, your mind seeks to make it blend in and become familiar. Thus the image is lifted up for your conscious mind to look at again and again.

When the image contained violence or the threat of violence or was otherwise traumatic to someone in the ‘scene’, your mind will once again proffer the image up for you to look at again and again. This has a protection purpose in it of making you look to see if there is a danger which, knowing more about, could keep you safe in the future. Unfortunately there is a side effect of your emotions feeling like what is happening in the image is happening to you. If indeed it did happen to you in the past, this is a ‘reliving’ of the trauma. If it is an image from television, movies, something you witnesses or someone told you about, now you still get to feel the impact of that intense image.

*Image Impact Intensity Reducer* can reduce the intensity of those images so that your mind either won’t present them to you so frequently, or will stop presenting them to you completely.

Please spend a few minutes to invite your Image Impact Intensity Reducer to release fully unto you. Say: **“I now ask for my Image Impact Intensity Reducer attunement, as founded by Mariah Windsong, and made perfect by Eternal Sacred Source, to release unto me.”**

It will flow into your body and energy field, into all of who you are, as a meet and greet of those energies, so you can activate them anytime! Now that you have paused to receive your attunement, you have the right to call upon and activate your Image Impact Intensity Reducer anytime you need or want to!

Say out loud or in your mind: **“Image Impact Intensity Reducer”**  
Say it several times.

That will get the energy moving, then lift up, albeit briefly, in your mind the image that has been bothering you.

Then several more times say: **“Image Impact Intensity Reducer”**

Imagine scrubbing bubbles moving over the image that bothered you! The Image

## ATTUNE TO DIVINITY

Impact Intensity Reducer can be thought of as many little scrubbing bubbles that move over the image, blurring the image from view.

For practice, you can activate the Image Impact Intensity Reducer after you've chosen an image to work on. This might be something from your past that happened to you. It might be something that someone told you about and you are bothered that someone experienced that trauma.

It might be something that you saw on television. You know it was just actors and the work of computer generated graphics. But if those cinematographers did their job, the images seemed real to you.

If there was a highly emotional scene on the screen that combined action and violence your own mind may have difficulty stopping thinking about it. That is a very useful time to activate your Image Impact Intensity Reducer.

For people whose mind proffers back up to them images that they witnessed in the daytime, during their night dreams, I highly recommend activating your Image Impact Intensity Reducer before you retire to sleep at night.

For use before bedtime, you would NOT want to lift up in your mind's eye any intense images.

Simply say: **“Image Impact Intensity Reducer, please activate and blur any uncomfortable images from today”.**

You don't need to clarify whether it was something you saw in the media or was told about or read about or experienced. What is important is that you directed the energy to blur any uncomfortable images from today. Notice that you clarified what type of images and 'when' they entered your consciousness. Your Image Impact Intensity Reducer is 'programmable'. I suggest that if you are not choosing to lift up particular images for it to reduce the intensity of, that you specify the type of images and when those images entered your consciousness.

This is true even if it is an image from last night's dream that showed up for the first time in a dream and you don't want to see it again tonight.

Simply say:



## IMAGE IMPACT INTENSITY REDUCER

### **“Image Impact Intensity Reducer, blur anything uncomfortable from last night.”**

Use your own words to clarify what intensity to reduce.

*Image Impact Intensity Reducer* is a tool I find very valuable to use on a regular basis. In my own life, people tell me a lot of traumas that occurred to them, as they are asking for my assistance to heal their lives and feel better.

Now I have intense images of the experiences they told me and I love Image Impact Intensity Reducer very much because it means that I don't have to live out their experiences in my night dreams. I have a very active mind.

If I didn't use Image Impact Intensity Reducer my mind would likely put me into a scenario in a night dream with images from what the person experienced. This is because many people's minds like to review and look at all aspects of a situation that they don't want to have happen to them. Oddly enough, for you the person in the dream state, it feels like it IS happening to you. That is not comfortable. However, Image Impact Intensity Reducer can reduce that brightness of the topic or images that I was told about, so that my brain doesn't need to review it. Now I can sleep peacefully instead of living out another person's terrible experience.

### **Attention persons who are increasing their intuition and connection with their Higher Self, Soul and Source!**

As you purposely sensitize yourself and your senses to subtle energies, you may be surprised to start feeling more! You may start actually feeling the scenario that the news speaks of or the movie presents. “Ludicrous!” you may be ready to tell me! “Totally ridiculous!” Until it happens to you.

The becoming more sensitive and bothered by scenes of violence or sadness is normal as your extra sensory perceptions increase. Simply becoming more aware of your own soul can trigger these empathic experiences.

A person may suddenly start being bothered by images that previously they were calloused to. Things are only now starting to be ‘too intense’. If you start thinking about types of images in actions shows or the news which never used to be floating around in your mind, do not be alarmed. Please understand that as your compassion

for life increases, it is normal to be disturbed by witnessing violence. Your mind does not differentiate whether it was a real occurrence or ‘just a show’. Activate Image Impact Intensity Reducer anytime you need to. It may also be wise to limit your exposure to violence and traumatic visual and audio stimulation as well for your health.

## **Astral Body Radiance**

Astral Body Radiance provides updated, strengthened and easy to use cleaning and repair maintenance for your astral body. Anytime your spirit travels outside of your physical body its luminous body is exposed to the realms it traverses. Astral Body Cloak is a garment for your spirit to travel in relative anonymity. Astral Body Retrieval brings more of you back from where ever you were, if part of you did not return from its travels.

Please spend a few minutes to invite your *Astral Body Radiance* to release fully unto you.

Simply say out loud or in your mind:

**“I ask to fully receive my Astral Body Radiance attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Your attunement will easily arrive to you because Eternal Source is not limited by space or time. Your Astral Body Radiance attunement arrives unto you, to clean and repair your astral light body so it shines!

Many writers and practitioners refer to the astral body as the “etheric body”, positing that “astral” denotes an experience of dream-symbols, archetypes, memories, spiritual beings and visionary landscapes.

In all of my research to determine a “proper” definition of astral to describe to you, all I found was a wide range of varying opinion. This was across many religions and philosophies of thought. It is only the aspect(s) of your soul which have incarnated into your physical body which travels in your astral body! Therefore I seek to describe to you what my understanding is of this which I call the "astral body". Likely others will have definitions that fit better.

## ASTRAL BODY RADIANCE

All I can say is that when this energy system was brought to me by my guides and guardians of Eternal Light, they gave me the English name of this energy system as Astral Body Radiance!

If another language is preferred by you instead of English, please seek the words that best describe a healthy and brilliantly alive form that moves from reality to reality carrying your spirit. It is the expression of you that you travel in and greet beings in other realities.

By "astral body" I am referring to the garment of light which safely carries the aspects of you, your being and or conscious awareness when you go places without moving your physical body.

Your astral body is a light form or light body that houses your spirit when your consciousness is not only present in your physical body.

Examples of times when you may be in your astral body are below, but not limited to these examples:

*Dreaming while sleeping*  
*Lucid Dreaming*  
*Fantasizing*  
*Meditating*  
*Astral Projection*  
*Night work while sleeping*  
*Shamanic Journeying*  
*Ecstatic Spiritual Experience*  
*Visions*  
*Bi-location*  
*Spiritually assisting others to "cross-over"*  
*Inner Planes Travel*

Your spirit is a conscious awareness of you which may or may not remember the experience thereof upon your complete return here to a regular state of consciousness.

When any aspect of your spirit goes somewhere outside of your physical body, it can be exposed to the environment through which it travels and any beings it encounters.

## ATTUNE TO DIVINITY

We are born with a strong, complexly formed astral body. Over the years, this body can get worn down and things can be lodged in our astral bodies that do not belong there. Imagine, for a moment, if you were traveling through an asteroid belt and physical celestial bodies moved through your astral light body. There could be dust and sand stuck in the outer layers of your astral light body. While this may seem a little “far-fetched”, the concept is solid and true. In actuality what usually happens is that the “fabric” of your astral light body becomes stretched and gets thin in various areas.

This happens more because of the changes in gravity, time and spacial relativity that a person in astral body travels through as they go from one reality to another.

This happens whether you are conscious of your travels or whether they happen while you are asleep in the dream state. We rarely stay in our body when we are asleep. There are some sleep dreams in which a person's brain is simply reviewing the day. Some sleep dreams review information you've studied recently or how you feel about any part of your life and the people, animals and situations therein.

You are physically in your body (at least most of you is) for this type of dream. This is true even if the scenarios your brain creates seems to have put you in a different place. I believe that there are sleep dreams that, if we remember them upon waking, are actually dreams of where our spirit was while our body was sleeping.

We may have been in the heavenly realms. We may have been in various dimensions of reality or parallel realities. We may have been in the inner planes visiting with our spirit guides or animal totems.

The Kodiak Bear animal totem or spirit is the provider of the deep cleaning and repair functions of this energy system. The first few times you activate Astral Body Radiance please plan to be reclined and relaxed for close to an hour or more, each time. Thereafter, you will be able to activate this energy system when you only have 10 or 20 minutes to receive its cleaning and repairing functions.

Bears have been considered strong and helpful spirit animals by many ancient peoples. The spiritual energy of Kodiak Bear is very skilled at removing anything from your astral body that does not belong there.

Mama Kodiak will then snuggle with you and hold you while she "fills in" any thin or weak spots that your astral light body may have. In this way she surrounds you

## ASTRAL BODY RADIANCE

with a very loving and protective energy that you may feel even hours or days after you've invited her to assist you.

Say audibly or in your mind: **“Astral Body Radiance, Activate!”**

In your mind's eye, picture yourself being hugged by a big mama Kodiak Bear.

Relax, she is here energetically to assist you and it is supremely safe to allow her complete access to your astral luminous body. This energy film or casing that surrounds your spirit whenever you leave your body for any reason needs to be tended to. It requires regular cleaning and maintenance to stay strong.

Astral Body Radiance is about cleaning, repair and setting a shine the astral body that you travel in throughout realms and dimensions!

Astral Body Radiance is the maintenance that is necessary so that when you visit with Angels, guides, guardians and other places and peoples you are brilliant and healthy! This is to say, the spirit body that you present to others when you are not in your physical body will be radiant!!

### **Using Astral Body Radiance in session for other people:**

This Astral Body Radiance energy system is very user friendly.

All that is required, to activate this energy system for other people, even at a distance, is to receive their permission to activate it for them. With that being said, it is vitally important that unless you know for sure that the person is relaxed and staying still in one place for almost an hour, do not activate this system for them. It is the spirit of the Mama Kodiak Bear who is doing this energy session for them, not you, therefore please be respectful. Make sure the person is in a receptive physical position and likely to remain so for quite a while before you wake Mama Kodiak Bear, calling upon her by activating Astral Body Radiance.

If this is the first time that a person has received the deep cleaning and astral body repair, Mama Kodiak Bear might be working on them for a long time. Even if the deep clean is fast, the repair work can take a while and is not something that can be rushed. It is always best to just find out when the person would be sleeping and activate for them about an hour after they've retired for their night's sleep.

## ATTUNE TO DIVINITY

Say: **“Astral Body Radiance, please activate for (name of person), Thank You, Thank You, Thank You! Mama Kodiak Bear!”**

There are many places and times that our spirit can travel to while we are sleeping. Most of these places are approved by our guardians and we are fulfilling our divine functions and purpose. However, there are night travels while our body is asleep in which we go to places we are not supposed to go.

These places may be dangerous to our spirits and our astral body. Sometimes it is our curiosity that drives our spirit to “go” and visit somewhere that we’ve been cautioned not to go. Other times it is our love for others that propels us to enter realms that could be dangerous for us to be in.

Astral Body Radiance has an energy garment that I highly suggest that you activate and consciously wear prior to any spirit travels and when your body sleeps. This energy garment is called ***Astral Body Cloak***. This cloak makes it less likely for you to be noticed by ones who would seek to use you or cause you harm.

You may now activate your ***Astral Body Cloak*** by saying audibly or in your mind with strong feeling of wanting it: **“Astral Body Cloak, Activate!”**

***This is wise to activate anytime you consciously enter a shamanic journey or meditate with the purpose of going into the inner or outer planes of reality, or at night before you sleep, or if you intend to astral travel.***

If you’ve ever felt “dumped” back into your body at the last minute when your physical body awakens, this could be what happened.

Astral Body Cloak is designed especially for people who have not yet learned how to control their spirit while sleeping.

I still have much to learn about controlling myself in regards to where I visit when I sleep and have learned that I visited places I was not supposed to. Astral Body Cloak is very useful for me and I appreciate it very much!

Astral Body Retrieval has been channeled to give you the authority to “call back” unto you aspects of your spirit and astral body that have been detained. Astral Body Retrieval is easy to use. The name of this energy function is imbued with the power

## ASTRAL BODY RADIANCE

to actively return you unto you if any part of your spirit is elsewhere, scared or is lost.

Maybe you were simply having fun someplace else and did not completely return when your body awoke. The only time this may not be completely effective is if you are actually doing your spirit work, on behalf of others, and are needed there by Divinity. Think, for a moment of the times when there are natural disasters when manner people are dying. There are also times when people need help to stay conscious, if it is better for them to be alive, and were they to fall asleep, they would die. This is often true of victims of earthquakes when buildings have fallen upon them and they are stuck in the wreckage.

Your spiritual presence with that person, in your angelic or astral body can minister to these people and often keep them awake and present long enough to be rescued. In that instance, *Astral Body Retrieval* would not necessarily bring all of you back to this reality. Likely there would be enough of who you are, present with your body to function, albeit not at full power.

You might feel spacey, like part of you is someplace else, and it is. You are doing your spiritual duty and ministry. In those situations, if at all possible, it is wise to recline, and meditate, pray or consciously put yourself into service.

By doing so, you may even physically go back to sleep, but more of who you are would be “there” doing the work that Eternal Sacred Source needs you to do for those people or animals and birds at this time. Maybe trees and Earth need your attention some days.

We have many places and being to which we may be in service in our personal ministry. Sometimes we are needed in places that are not even in this physical reality. Maybe it is this physical reality, but a different time! Maybe it is a different reality, yet you are still needed. In those times, it is vital to be sovereign over your beingness. This is to say that you always have a choice in this free will reality. You can choose to recline and be fully present for divinity to put you into service of all eternal life.

You could choose to say, “Not now. There are things that I need to do here in this reality in order to keep a roof over my head and food in my belly so that I can be of service to divinity and all eternal life again real soon!” If that is your position this day then please, in service to all eternal life and all humans on this planet, nature

## ATTUNE TO DIVINITY

and Earth herself, pray. Call out to all light workers, all persons both in body and those who are not currently in a body, to step forth and assist with whatever it is that you are being called to do. Now the need can be met and you can still do what you needed to be doing here in this reality.

Say: **“I now call forth, all manner of helping healing ones in body and those who are not currently in a body, to step forward and go to whoever and where ever I am being called instead of me, NOW! Thank-You!”**

Now that you’ve earnestly prayed that prayer, activate Astral Body Retrieval again, it should work completely this time. You’ve stepped into your mastery as a fully conscious spiritual being, in a body on planet Earth and said not now, and called forth ones to assist in your stead.

You are clearing seeking to retrieve the astral body and your spirit which left your physical body recently, unto you, here and now. This is NOT a soul retrieval. This is not a soul part retrieval. Let me be clear about this. Please intend to receive back into your body only your energy that was in your body but went traveling.

If you seek to return unto you all that existed at your soul level, you could be inviting a tumultuous near future. Sometimes parts of your soul leave if they feel it is unsafe or they are very sad. They go various places, but are held safe by divinity and sometimes are in need of healing prior to being returned to your body. We are not inviting soul parts back at this time.

Think of your astral body as an envelope or film that surrounds your spirit when your consciousness or any aspect of you goes traveling outside of your body. Let us say for example, that ten facets or aspects of the you that normally exists in your body went traveling outside of your body.

Maybe two parts, facets, or aspects of your spirit were particularly fascinated by something that they witnessed or were just enjoying a forest somewhere and your body woke up. It is possible that 8 aspects/parts/facets of you would return to your body and two would remain awhile longer where they were.

A duplicate astral body would be formed to contain and protect the 2 aspects/parts/facets of your spirit that chose to stay there awhile. It is a copy of the membrane or film that surrounds your spirit and gives you travel ability. I think it is made of the same light-stuff which now protects the 2 aspects of your spirit. The other 8 parts



## ASTRAL BODY RADIANCE

returned to your body when you awoke.

It is important that you are requesting Astral Body Retrieval to return unto you the parts of your spirit that lingered even when your body awoke from its night of sleep. This can also occur if you are on a shamanic journey, astral projection, meditation or other spirit journey. Sometimes a person's body is afraid that too many aspects of a person's spirit will prefer to be elsewhere, rather than here in the body. If this fear is very great, it is possible that the person's body will choose not to allow a person to travel consciously. This means that even if you learned how to shamanic journey or have spirit visions and travels, there could be a time when your body itself may restrict such activities.

If this ever happens, it becomes important to write many reasons why you want to be in a body. This happened to me two decades ago. I had to write 55 reasons a day, for 2 months, why I wanted to be in a body. Thereafter my body was finally convinced that I really wanted to be in it, and it allowed me once again to consciously "travel" in the spiritual realms.

So if you ever feel somewhat spacey after you awake in the morning, or after any conscious or semi-conscious spirit journey, please activate Astral Body Retrieval.

Say with strong feeling: **“Astral Body Retrieval, return my astral bodies and spirit unto me, completely from all places, spaces and times I be, to my physical body, NOW!”**

It is not wise to do this type of retrieval for another person, as it is stronger when the person his or herself asks for their own spirit and astral bodies to return. However, there may be proper occasion for you, the practitioner, to provide this service to your client. If so, please simply follow your inner guidance as to when to do and in what situations.

***Astral Body Radiance and all of its energy functions can be activated daily. You may find that with daily use, your Kodiak Bear’s deep cleaning and repair functions will happen much faster than they did when you first invited her to clean and repair your astral light body.***

## Strategic Skills Empowerment

Strategic Skills Empowerment attunement and energy system contains the energy functions of Strategic Knowledge Ray, Strategic Wisdom Ray, Strategic Intuition Ray and Strategic Protection Field. Strategic Skills give you the advantage in business, gaming, academia and competitions.

This Strategic Skills Empowerment arrived to me late summer of 2010. I've been working with it since then and it has provided me with a great increase in my knowledge of strategy and how to use it in any situation!

This is very exciting to me and others who have already sampled the benefits of this Strategic Skills Empowerment energy system! Strategy is a word of military origin, and refers to a plan of action designed to achieve a particular goal. It has many other uses in addition to military uses that help people out step and maneuver in such a way as to achieve a goal first that others are also attempting to achieve.

You must accept your Strategic Skills Empowerment in order to have the right to call upon and activate all of the functions (Rays of energy and energy Field) that comprise this energy system.

Please spend a few minutes to invite your *Strategic Skills Empowerment* level 1 to release fully unto you.

Simply say out loud or in your mind: **“I ask now to fully receive the Strategic Skills Empowerment level 1 as founded by Mariah Windsong and made perfect by Eternal Sacred Source!”**

Now you may call upon and activate with your thought intention, or speak the titles out loud for each of the energy rays arriving of Eternal Sacred Source to you!

**“Strategic Knowledge Ray, Activate and Flow!”**

**“Strategic Wisdom Ray, Activate and Flow!”**

**“Strategic Intuition Ray, Activate and Flow!”**

It would be wise to keep your mind resting lightly on your

## STRATEGIC SKILLS EMPOWERMENT

Desire for the energy to continue to flow to you and through your mind and being.

When you are ready for level 2, say out loud or in your mind:

**“I ask now to fully receive the Strategic Skills Empowerment level 2, founded by Mariah Windson and made perfect by Eternal Sacred Source!”**

Your level 2 attunement to ***Strategic Skills Empowerment*** gives you the right to call upon two additional energy functions: Strategic Intuition Ray and Strategic Protection Field!

Strategic Intuition Ray is an energy ray that increases your natural intuition, your ability to receiving knowing about strategy. Whatever situation you are in or are preparing for. Intuition, that innate knowing that simply arrives unto you, will be stronger and you will notice the information easily! Many people already have intuition, but don't notice that the knowing has arrived. They seem to have difficulty accessing it! Strategic Intuition Ray increases your receipt of strategic knowing and the awareness of what has been received!

The more often you activate this energy ray the more adept you will become at working with this ability. Your Strategic Intuition will increase the more time you spend in the flow of your Strategic Intuition Ray!

Simply say out loud or in your mind: **“Strategic Intuition Ray, Activate!”**

The energy flow of this ray will begin immediately whether you feel it or not. It is necessary to keep your mind lightly resting upon the desire that you do want the Strategic Intuition Ray to continue to be flow and also upon any topic you want to receive strategic intuition about.

Your Strategic Protection Field is very useful. Most people find it beneficial to keep their strategies private. Whether personal strategy or the strategy of a team or company privacy is vital to success. If others from an opposing team or your competition learn of your strategy, they will adjust their strategy and you may lose your competitive advantage.

Therefore a Strategic Protection Field has been brought forth. It is your responsibility to activate this energy often. Your Strategic Protection Field is pure and divine,

## ATTUNE TO DIVINITY

responding to your intention. It will not be effective if you are duplicitous or dishonest. You need to be pure of heart and use this simply to protect your own proprietary strategy.

Say out loud or in your mind: **“Strategic Protection Field, Activate!”**

You can expand your Strategic Protection Field with your thoughts, to surround the idea of your strategy. This will cause it to be less noticeable to others. You will have a better chance of keeping your strategy private!

You can activate multiples, thus creating as many Strategic Protection Fields spheres as you need to. Make one for each strategy you have or are privileged to have knowledge of. Some people have a difficult time keeping secrets and so your Strategic Protection Field will help you keep your strategy private!

Reactivate each Strategic Protection Field every 3 days to keep the energy field strong. If you feel that others are actively trying to perceive your strategy by real life investigating or by psychic probing, you may need to reactivate your Strategic Protection Field every few hours or more often.

## **My Power Mastery**

Various realities have different laws and principles which govern the environment, and most importantly your ability to access your power.

This My Power Mastery energy system is vital to all persons who count on their spiritual ability to affect change within the environment they find themselves. This includes, but is not limited to this reality, alternate and parallel realities, realities your consciousness shifts into during meditation or the places you travel to during your sleep time dreams.

All of the abilities which have become natural to you, whether you were born with them or awakened them recently, are dependent upon the laws and principles of the reality you are within, in order to function as you expect.

A person is restricted by the rules of their reality until they interface fully.

## MY POWER MASTERY

***My Power Mastery*** is an energy system which has been channeled to provide you with the sequence of commands that shall assist you to align, access, interface, utilize and finally master your personal power in synergy with Divinity. (This is your free will intent fueled by your energy and Divinity.)

As you step into you power fully in this reality, it may open some of the abilities that are common to you from your memories of other times and places. You can unlock your personal power to be stronger and more effective.

There are things that you take for granted here in this reality, such as being able to send reiki to a friend or loved on. Maybe your spiritual skills include traversing realities and being very conscious in other realities. Maybe you are accustomed to speeding up or slowing down time. Maybe you know how to heat up your feet when they are cold. Maybe you use your sexual spark or sacred Kundalini to provide more energy for your body throughout the day.

Maybe you use your internal life force to focus a creative thought and bring it to reality. Maybe you constantly commune with the angels and are accustomed to always feeling their presence. Maybe you keep the presence of the Holy Spirit bright and strong in your heart.

Maybe you know how to heat an object to the point where its components are excited enough to bend if you need them to. Maybe you pinpoint weak places between the realities and consciously travel through them to other realities. Maybe you've mastered bi-location or often use telepathy with friends.

It is entirely possible that in some of your dream states, you've mastered skills that don't work here in this reality. Maybe, in your night dreams you can call upon the winds to gather in intensity and support your intentions. Maybe you can fly in your night dreams or move objects with a thought.

If you want to manipulate the reality you find yourself in, you must master the laws and principles upon which that reality is constructed and abides by.

Frustration about not being able to do that which you are accustomed to, in a reality you find yourself in, is a main cause of stress to both mind and body. Your ***“My Power”*** is your ability to use intention to affect something.

## ATTUNE TO DIVINITY

Maybe it is thought intent of what you want in your life and Eternal Sacred Source responds to bring it into your life.

Maybe it is your ability to physically move your muscles and blink your eyes! Your power is that freedom to do anything with your mind and or the form/body you find yourself in.

My Power Mastery was initially conceived for use during shamanic journeys, spiritual meditation journeys and night dream work.

There are ones of us to whom it feels very real when we awaken in the morning, remembering being in another place. If the skills and abilities we are accustomed to using in this reality did not work in our night dream it can be very frustrating.

Let us say for example that you are accustomed to doing reiki here in this reality. Maybe in your night work (in the dream state) you are in a place where people are hurt from a disaster and you want to alleviate pain.

In this reality you know you can help, yet for some reason no reiki comes out of your hands when you place them on or near the hurt people in another reality. Imagine your frustration. This is a simplified example, yet a very real concern for many people who are conscious of their night work dreams.

Do you always have access to your gifts and abilities in the places you arrive unto in your night work? I speak of night work as the work a person's spirit does while their body is asleep. There are many of us who firmly believe that while our body sleeps we are often out and about in other places helping people. We believe that most of this work is ordained by our higher self, soul and Eternal Sacred Source.

In the best of times, our guardian angels and guides have escorted us to the places that require our assistance. Usually those environments are congruent with Earth environments. The same principles of physics would function as they do here on Earth in this reality.

Sometimes people's spirits wander to places where others need help without our angels and guides actually escorting us. It is in these places that we can find ourselves in very foreign environments where our usual skills and spiritual abilities don't work as expected.

## MY POWER MASTERY

Imagine the increase in your ministry, after you've received attunements into this energy system and use it regularly! Your guides and Angels can take you to places that your abilities were previously restricted from use, and now your mastery of your power in alignment with Divinity will be incredible!

### **Benefits you may receive from activation and regular use of My Power Mastery could be but are not limited to:**

Be a more effective minister everywhere and anywhere you are no matter whether you are consciously aware of where you are ministering.

Unlock the use of spiritual gifts that have been elusive to you.

Remove limitations to the use of your personal power  
as restricted by local laws and principles,  
environments,  
planetary interference  
and other counteracting magic or energies.

Unlock your personal power,  
your spiritual skills and abilities to free it for use in any place  
your spirit travels to.

Reduce tiredness upon waking from night dreams.

Increase your long distance healing effectiveness through time and space  
in this reality and for past life work for yourself and others.

Reduce bad experiences in night dreams by freeing your abilities to function.

Align yourself with this planetary system, especially for those from away.

Please spend a few minutes to invite your first level attunement of  
***My Power Mastery*** to release fully unto you.

Simply say out loud or in your mind:

***“I ask to fully receive my 1st level attunement of My Power Mastery founded by  
Mariah Windsong and made perfect by  
Eternal Sacred Source, NOW!”***

## ATTUNE TO DIVINITY

Your 1st level attunement increases your ability to notice and coalesce (pool together) your personal power so that you can focus it with intention for spiritual and magical workings with Eternal Sacred Source anywhere.

*Level 1 attunement provides you with energy functions assisting you to align with and access your personal power both in this reality and in other realities. (places, future, past, in various realms of reality and timelines)*

*Level 2 attunement of your **My Power Mastery** brings you the ability to honor your emotions, yet not be ruled by them. You can observe a situation with the optimal demeanor instead of being swept away by the current.*

*Level 3 attunement of your **My Power Mastery** upgrades the energies propelling you into mastery of your personal power. Please recognize that these energy functions are still viable and very important even after you've accepted your 2nd and 3rd level attunement into this **My Power Mastery** energy system. Initially you shall align yourself with the variables which control your access to your personal power and the effectiveness or lack thereof of your spiritual abilities in this reality. This may unlock additional latent spiritual abilities.*

Then you can activate the same energy functions prior to sleep time or when you are headed into a spiritual journey in which it is likely that your consciousness may traverse realities and enter into a place that has different environmental conditions. That place's laws and principles may be different also. This is why it is necessary to align and then gain access to your personal power from within that "system", "reality" or hologram.

It is essential that you learn the codes and can, with ease, gain access to your personal power (your intention fueled by your will and personal energy).

You are of the Divine. You, your spirit are part of Divinity. You have Divinity within you. You can access Eternal Sacred Source's power and amplifying energy which is the fuel that carries out your spiritual gifts and abilities, in all places and in all times that you access to your own personal power.

When you are in a place whose environment and local rules and principles of manifesting are different from what you are accustomed to, reiki, and other spiritual abilities might not "turn on" with thought intent.



## MY POWER MASTERY

After you've aligned yourself with the local reality and planet upon which you find yourself and interface with the laws and principles that rule that place, then your abilities are granted to you. This is part of mastering your personal power in synergy with Divinity, anywhere and any when you are.

You may awaken in the morning from a dream and remember that while in the dream you were conscious enough to think of the name of this energy system with intention, activating it. You may have thought of the topic of several of the energy functions, such as align with the environment and local laws and principles. Then access opened to you automatically.

Eventually activating these energy functions will become automatic, no matter what environment you find yourself in. It won't matter whether you are consciously there, or whether you remember the experience afterward.

The important thing is that you've done the preparation and given yourself the commands necessary to align with the local environment and laws and principles of manipulating your reality. The part of you that is interacting with that reality will easily reach for and gain access to its personal power.

This is a great gift to your body, mind and emotional body as well. There are many times when people feel tired or stressed out and don't know why. Often this is due to the work their spirit does while they are sleeping, and not even consciously aware that they were busy.

Humans are awakening into their multi-dimensional potential. But they often expect that spiritual energy and the movement of that energy will function in the same manner as planet Earth. This is not so, and has led to wounding of spirit and imprint of wounding on the person's physical body here on Earth.

The strain of difficult experiences that happened when a person was not fully in their body can often translate into stress for their physical body here.

This can be reduced by a person activating *My Power Mastery*, and gaining access to their personal power and spiritual gifts everywhere they are.

Begin by activating each energy function with intention in the order listed below. Do this for this reality first. Then do so with intention for your night sleep dreams

## ATTUNE TO DIVINITY

and anytime you shift your consciousness into other realities.

Find a quiet place where you won't be disturbed for 15-20 minutes at least.

Say with strong intent to receive: **“My Power Alignment, Activate Now!”**

***Some people feel out of place in their own body and have not yet located the area in their body through which their personal power arrives from their higher self and soul. You are aligning with your personal power now. Take a deep breath and intend to brighten and deepen your power now!***

Say audibly or in your mind 3 times with strong intent to be granted access to your full personal flow of power: **“My Power Access, Activate Now!”**

***Initially this happens from this reality, to give you access to more of your personal power from where you are in this body, in this reality.***

The next time you activate this energy function you can do so with the intent that you will be granted access to your personal power in any reality you arrive into. Some places are very different than here, and the sense of separation from source is even greater, believe it or not, it is true.

You may easily have access to the full concentration of who you are and your personal power here. Then, the moment you are in a different reality, in a different situation, possibly a different body, accessing your power could feel out of reach unless you think to activate this energy function.

***Remember that by personal power, we are speaking about your own will, the energy of your spirit and the concentration of you, which is available to spark action of any of your spiritual abilities, calling forth the response of Divinity to carry out your intention.***

Now it is time to activate your ***My Environmental Interface***. Here in this reality, if you have been in this body since birth you are probably fairly comfortable with how Earth's atmosphere feels. You are likely accustomed to the strength of gravity on Earth and the various electro-magnetic fields you encounter both in your local area and if you physically travel.

## MY POWER MASTERY

If you have bumped into resistance while doing spiritual healing work or other divine magical works it is possible that My Environmental Interface will free you to achieve much more here in this reality!

If you find Earth and Her environment to be somewhat foreign to you, it is possible that the last time you were in a body, was on planet that had a very different environment and physical or divine laws governing it.

Even if you were very skilled in spiritual works and healing or manifesting in a previous life, Earth's gravity and elements may be difficult to work with.

Maybe you were in a luminous body on a continent here on Earth, which is no longer above the ocean. There were different levels of elements present in the atmosphere back then and more importantly, your body was not as dense as human bodies are now. This means that your intents may have been easier to bring into full physical manifestation than they are now.

Many of the difficulties practitioners of the mystical divine arts encounter are due to the gap between the way their soul remembers how to "do" something and the reality of manifesting such works here while in this body.

This My Power Mastery energy system is designed to transcend several of the most common difficulties. It does not attend to karmic limitations for those are of a different nature than simply aligning and gaining access.

It is also possible that once you have gained access to your personal power in a stronger way, through working with this energy system, you will also gain the insight to transcend various adverse karmic consequences.

In other places, the environment may govern how spiritual energies affect its physical and non-physical realms. A person who is skilled in the art of camouflage, blending in with their surroundings so as to not be noticed here in this reality may not realize that their ability is not working there.

Conversely, an ability which you know that you always do in your night dreams, effortlessly, yet you've never before been able to achieve here in this reality, you may start to be able to do after taking this course! You may soon master that skill here in this reality instead of just in the dream state while sleeping! What incredible freedom you shall know as you realize that much of your limitation has been due to not fully aligning and interfacing with the reality in which you find yourself. Once

## ATTUNE TO DIVINITY

you have done that properly, much usually comes into alignment easily and new abilities can be accessed.

Say with strong feeling, 3 times: **“My Environmental Interface, Activate!”**

***Please assure your body and spirit that you have full mobility and any interface is as a dance, one that you can move in and out of at will.***

***My Current Planetary Alignment*** is necessary in order to align you to the planet you find yourself on. Most of the time that is Earth, especially when you are awake in your daily life. Other times in your night dreams or during spiritual journeys it might not be. Please notice that just because you are living here on Earth, it doesn't mean that you are already aligned to this planet.

Some of you feel very out of place on Earth and so reach for the place of your origin or another planet that is of comfort to you. If you are not aligned to Earth, yet are trying to manifest what you want here on Earth, you aren't using all of the power and energy available to attract the person or object of your desire to arrive to you here on Earth. You may be manifesting toward the planet that you are aligned with rather than here, and since here is where you are currently living in physicality the outcome may not be as desired.

Dancing is a very good energy movement to adopt during these spiritual alignments and gaining access to more of your personal power. Your soul and heart can dwell with another planet or region of space and time yet manifest what you want here, if you align to this planet too. It is not one or the other. This is a very important message. You can have it all; it is possible!

It doesn't matter if you like being on Earth. It doesn't matter if you like Earth or not. This is a very practical alignment. Earth appreciates your appreciation but it isn't necessary to this alignment's effectiveness. Think of this alignment as an instruction to Divinity about “where” you are working from and “where” you want the results to be sent! It is an address!

Say audibly or in your mind 3 times:

**“My Current Planetary Alignment, Activate Now!”**

## MY POWER MASTERY

Give yourself directions to activate this My Current Planetary Alignment when you are in your night dreams and find yourself on a different planet yet need full access to your personal power,  
your spiritual abilities  
and the full flow and support of Eternal Sacred Source's Power!

Trust that you will remember in that reality to align to that current planet.  
And you will, whether you remember the dream or not.

***My Local Laws and Principles Power Access and Interface***, is an important energy function of this My Power Mastery energy system.

You can be in alignment with the current planet, its environment and have access to your own personal power, and still not be able to channel any spiritual energy nor activate any of your spiritual abilities if you don't know what the rules of manifesting are in that reality. You need to gain access to know what those laws and principles of manifesting or interaction with the substance of that reality and then interface with it to be able to affect change of any kind within it.

Don't worry about whether you consciously understand what those local laws and principles are. Trust that they exist, and may be limiting your ability to function spiritually and activate energies or avatar like skills.

When one understands something it may be known as common technology, and when it is not understood it may be considered magic. I prefer not to use the word magic, though some people like to.

I say spiritual workings because any intention set forth in alignment with Divinity when you have full access to your personal power can be instantly made manifest. This affects change in the environment you are in.

It can assist you to be safe and to go unnoticed through crowds as well as move energy for healing or defense. Each person has different natural spiritual skills and has developed those skills at different rates and levels.

I seek to assist you to remove limitations to your natural abilities and learned skills that you may not have been aware were slowing you down. As with the previous energy function, this one is to be activated for this reality and then set your intent

## ATTUNE TO DIVINITY

that you will remember to activate it when in a dream or any other reality or spiritual journey. Say audibly or in your mind 3 times:

**“My Local Laws and Principles Power Access and Interface, Activate!”**

There are many night dreams in which people are doing the spiritual work that they don't have the opportunity to do here in this reality.

Level 2 attunement of My Power Mastery may be accepted after you have consciously activated each of the aforementioned energy functions in level 1.

Say 3 times with strong intention to receive:

**“I ask to fully receive my 2nd level attunement of My Power Mastery as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

*Level 2 of My Power Mastery provides you with the ability to view any emotionally charged situation and choose how to respond to it.*

*You are able to hold to the demeanor you choose within those moments.*

*You true feelings about the situation can be entered into at a later time.*

*If being immersed in your natural emotions may cause you to be in danger or lose your competitive “edge” you can be in the right emotions for those moments and enter your own emotions later.*

*For example, if you learned that someone had information that is necessary to an investigation that you are involved in, and that information was emotionally charged for you personally, it is wise for that person to have no indication that the information they revealed has anything to do with you personally.*

*There are other times when, a friend or spouse says something that triggers your anger or incredulity.*

## MY POWER MASTERY

***Until you determine why you are suddenly upset, it is likely that exploring the reason with that person right then could lead to some hurt feelings or misunderstanding.***

***You can use My Power Mastery to observe, adopt the appropriate demeanor for the moment,  
then, when you have time to yourself,  
consciously go into your emotions with My Power Mastery's assistance.***

Level 2 of My Power Mastery is designed so that you can function optimally in difficult situations. You can understand yourself better soon thereafter.

You will have deeper, healthier relationships as you are able to delve deeper into your natural emotions at times when you've the time to explore them without adversely affecting your work or other opportunities.

This is not being "phony". It is a real tool that provides you with the ability to think accurately at times when emotions would to overrun you in such a way that makes it difficult to carry out a task that can't wait until later.

Emotions are a fuel. Some of the most effective manifesting is done when a person aligns their emotions and intentions. Attracting what a person really wants into their life is easier when your emotions are congruent with your intentions. It can be difficult to know how you really feel about something.

Emotions exist in layers. Sometimes you need to move through several layers of emotion to learn your base feelings about a person or situation.

This is often true when contrary emotions exist at the very same time. It can be very confusing. My Power Mastery is an energy that, when you say that phrase with intention, the title of this energy system is a key word which will assist you to go to the next level of an emotion. In this way you can move through various layers of emotion that you feel about a situation or a person, without being "stuck" in any one emotion.

This helps you have a much truer sense of how you feel about the entire situation and gives you a perspective that enables you to choose how to respond, instead of just reacting to one layer of emotion.

## ATTUNE TO DIVINITY

Some people have worried that if they set their real feelings aside, even briefly that they could “lose out” on the gifts of healing or processing a particular strong emotion. With My Power Mastery, you can easily re-enter an emotion for any reason from any other emotional state. If you need to grieve, and being sad would have paralyzed you from attending to necessary tasks and responsibilities now, at the day or week’s end you can do so. With My Power Mastery you always have the help you need to re-enter an emotional state. This can be for any reason you choose.

Let us return, for just a moment, to the postulation that the clarity and intensity of a person’s emotions in alignment with their intention vastly increases the effectiveness of the intention. When you activate My Power Mastery in any reality you can easily summon the appropriate emotion to fuel the intention and spiritual magical working you are setting forth. Here you might be setting your intention to increase health, or bring more financial prosperity to you. Maybe you want to attract a loving relationship.

In your spiritual work during your night dreams, maybe increasing your emotional state would fuel your ability to stay camouflaged or have the physical strength to pull someone from a crashing building. Simply being familiar with this energy system and the key words of My Power Mastery will be incredibly useful to you in ways you may not even realize now. Your spirit will reach for the assistance of this keyword and energy activation anywhere and any when you are even if you don’t remember what was happening after you awake or return to this particular reality.

That is why it is important to activate all of the energy functions in level 1 several times not just once each. You will want to train yourself to be accustomed to reaching for these energy streams. Thereafter, anytime you even think, My Power Mastery, you will have a much greater mobility to navigate within your own emotions. When you can navigate your emotions easily you can then combine the optimal emotion with your intention!

When you find an emotion welling up inside of you at a time when swimming in that emotion may reduce your alertness and put you or others in danger, simply think: “**My Power Mastery!**” and ask to stay in the emotion or state of mind that is optimal for now. It may take some practice, but it has helped many people and I know you’ll receive benefit too.

There are some realities in which, if you can think it with enough feeling, it manifests instantly. This is not only a wonderful experience, it can be essential. If



## MY POWER MASTERY

others are accustomed to using their emotion to bring thought forms into reality, and you aren't, you would be at a disadvantage.

Learning to use your emotions to consciously fuel your intentions in this reality speeds up the results of prosperity intentions. In other realities it can be the difference between having the tools you need made physically manifest in a healing or defensive situation. In a reality where the environment and things in it are manipulated by thought intent combined with emotion, it is essential that you already have this skill perfected.

If you don't regularly remember your dreams, perfecting the skill of emotion and thought intent can benefit you by reducing the stress of your night work.

Night work is known as the work or ministry your spirit does while your physical body is asleep. Some people go into meditation and put themselves into service with Eternal Sacred Source. In a deep meditation or trance their spirit is more concentrated in other places. These people may or may not remember what they were doing during these times of service to Source.

If you are not properly prepared for any of the above types of spiritual service, and sustain wounds in other realities, it is possible that your body imprints the wound physically. Some people awaken with bruises. Others have mysterious aches or injuries that have no correlation with any injury in this reality. A person's body is supposed to be completely safe here in this reality from anything that happens in other realities. However, if a person's experience was particularly wounding or difficult in another reality their physical body can get confused and think that the experience was real here.

Any energy system that prepares you spiritually to be more skilled and have more of your personal power present with you, anywhere you are, will help you to be more successful in your ministry and work in other realities.

You will awaken or return to your everyday state of mind free of any impingements from experiences elsewhere. This is an incredible gift to give yourself and to Eternal Sacred Source. Level 3 attunement of My Power Mastery may be accepted after a wait of at least 3 days after accepting the first level attunement and you must have activated all of the functions in level 1 and accepted all of the attunements in order.

Say 3 times with strong intention to receive:

***“I ask to fully receive my 3rd level attunement of My Power Mastery as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”***

***This 3rd level of My Power Mastery greatly increases the amplitude this energy system brings you.***

***This energy system’s first 2 levels have assisted to strengthen and fortify your energetic circulatory system.***

***Now you can easily receive and work with this 3rd level flow of My Power Mastery!***

## **Light Quotient Maintenance Rays**

Many of us have a daily or at least weekly practice of opening our bodies to hold Higher Light Frequencies. Our spiritual practices increase our capacity to run Higher Light of various modalities through our body. When we are in public areas around people of various densities and emotions, our percentage of Higher Light Frequencies often lowers.

***The Light Quotient Maintenance Rays will assist us to keep the level we’ve attained by anchoring it into our body cells, sub-atomics and the entire microcosm within.***

These Rays appeared to me as shiny bright green edged in spring green and sunny yellow. I was shown the end opening of one of these Rays and it looked like a cross-section of a fiber-optic cable. The energies of Estuaries are included in this attunement. During the entire bringing in of these energies to earth I was shown aerial visuals, as if from an airplane, of Estuaries.

I was also shown river flows, and the land shaping interplay of designs. The tributaries of water carving paths in silt and sand were quite beautiful. The message here is of our personal energy merging with the energy of Source. We are all of that Water of Life, and each of our paths to Source are different, yet have similar patterns within the whole.

## LIGHT QUOTIENT MAINTENANCE RAYS

Allow 20-30 minutes to fully receive your attunement. It is recommended that you call in the attunement before bed. You don't know how much work the Rays will need to do within your body on their first arrival and it might take a lot longer than a half hour. *Rev. Diane "Mystical Flame" Finn, RMT* co-founded this energy system with me in 2009.

Call in your Light Quotient Maintenance Rays by saying audibly or in your mind:

**"I now call forth my Light Quotient Maintenance Rays attunement, founded by Mariah Windsong and Mystical Flame as prepared and released unto me perfectly by Eternal Sacred Source. Please plug me into my sacred codes for this incarnation, perfectly."**

When you call in your attunement it is important to immediately intend with your free will choice to anchor (ground) these Rays into your body. Invite the energies into your cells, your sub-atomics and your microcosm within. These are Rays, energy streams from Source designed to perform certain functions within physical bodies. They bring in Higher Light, and 'adjust' areas of the body that have resistance to these frequencies to achieve integration and a unified whole.

If you do not invite them into your cells and further inward, you may feel a pressure build in your feet. The Light Quotient Maintenance Rays are designed to anchor in your body and inner microcosm, not Earth. Due to their design, they will not anchor within your body and deeper unless you invite them to do so.

It isn't necessary to mentally understand the landscape of all that we are when inviting these Rays inward for this to work.

### **Working with the Light Quotient Maintenance Rays:**

Run at least once within 24 after your attunement, and as often as you feel drawn to work with these Rays. Allow another 20-30 minutes to activate the Rays when you can recline or be horizontal.

Activate the Light Quotient Maintenance Rays and once again invite them to anchor in your body cells, sub-atomics and microcosm.

If there are areas of the body related to energy holding capacity or forming resistance, the Rays may go there. I have noticed that the Light Quotient Maintenance Rays will even go to body areas that are holding emotional wounds and mend them. The Rays will run their maintenance cycle and your body may feel quite warm and you

become very sleepy during this process.

Once the cycle is completed, most people feel ready to resume their daily life activities.

**Activating the Light Quotient Maintenance Rays for other people:**

After your attunement, you may activate these energies for other people with intention after gaining their permission.

It is important to ask another person's Higher Self and body consciousness prior to attempting to activate the Light Quotient Maintenance Rays for others. Be respectful of people's free will.

These Rays will not activate if they are not wanted. This is the safety of this energy system. They will only be able to do as much as allowed by the personality of a person. It is also courteous to activate these Rays for other people when they are sleeping, unless it is an agreed time of meditation/relaxation for the person. You do not want to cause the person to be sleepy in the midst of their work or when their physical reflexes need to be. The Rays' safety is about whether they are wanted or not. NOT about whether it is a good time to receive!

You need to be responsible with your activation privilege.

Much more work can be done if you gain the co-operation of people's body consciousness and Higher Self, even if you are not able to consciously ask the persons for their permission.

After you activate the Light Quotient Maintenance Rays for another person, and intend for them to anchor within their body cells, sub-atoms and microcosm, your job is complete. The cycle will complete on its own.

You activate the energy, intend to anchor where, then go on and do something else. You do NOT 'run' the energy. I assure you that you do not want to be in an energy stream that is not calibrated for you. That would not be a comfortable nor healthy experience!

## The Strength Movers of the Light

The *Strength Movers of the Light Divine Energy System* will attune you to the functions and action sets that are associated with these Light Beings. They will also give you the Empowerments to the *Strength Movers of the Light* themselves and the *Light Attendants* who are associated with them.

Their names may be printed on cards, to make a deck of cards that may assist you to determine which of the Strength Movers of the Light want to respond to your question or intention at this time. This makes it easier to be unattached to the outcome of our question or our conscious mind's expectation or who of the Strength Movers of the Light are best suited to assist you right now.

*The Strength Movers of the Light* are a group of Light Beings, many of whom you already work with by other names. They come together under the name of *Strength Movers of the Light* to bring you specific attributes, access and actions that you may otherwise have difficulty identifying and setting into motion for your life intentions.

They are Ascended Masters, Ancient Ones, Shining Ones, Archangels, Nature Spirits and others of Divine Lineages which prefer to remain in mystery in respect of the name by which they are normally known. These energies are aligned with Divine Law and Will. This means that if anyone attempts to use them for other than the Highest Divine Good they will simply be inactive and not carry out that part of your intention.

*The Strength Movers of the Light* are the *Light Beings*, the full authority Beings, here in the present time, for your edification along your path. They encourage you to be fully “you” and enjoy in your physical life here and now all that you want, to support your journey in Service to All Life, your Soul and Source.

The *Light Attendants* were initially thought of simply as verbs or action words. I know them now to be Servants of the Light who are happy to wear the cloak that the English word ‘Light’ represents, to give us the movement and skills to carry out our intentions here in the physical world. They are used in conjunction with the Strength Movers of the Light and are happy to follow our requests so long as they are in alignment with Divine Will. Most of the names of the *Light Attendants* are one word verbs. They are full of action and do much of the movements that are needed to carry out what the Strength Movers of the Light want to do for you.

## ATTUNE TO DIVINITY

The **Functions** are specific commands that will achieve what is needed in the moment. They are, of course, carried out by The Strength Movers of the Light and the Light Attendants, though I was not privileged to know who is doing the work. It is likely they don't want us attaching to the concept of only a particular group of them doing the Functions.

The **Action Sets** are usually more than one Command, normally a series of commands to do what is needed in the moment for our body or to fuel our intentions. As these Beings and commands were revealed to me over a period of 2 ½ years, they were written on business card sized paper, to create a deck of cards. They were shuffled and used for my own personal divination and when doing sessions. I found this felt very odd at first, because I have never used any deck of cards whatsoever either in my work with clients, nor personally.

You can print your cards on business card size stock paper. They provide excellent thickness and size for shuffling and using your cards. It matters not how you create the cards. Some people don't even use them. I like cards on thick paper. They feel wonderful.

When used with intention, each card represents a Light Being or a command that has a movement or attribute associated with it. The deck of cards does provide a way to remove our conscious mind from the 'what is required now' equation.

### ***To use your deck of cards:***

You would shuffle them three times while holding in your mind (or preferably saying out loud if the environment allows for it) the question or situation you are wanting to know - WHO is best suited to come forward to assist you this day for this topic?

(Even if this results in the commands rather than the individual Strength Movers of the Light or the Light Assistants, they will still be present.)

Once your deck is shuffled, you will hold the deck in your dominant hand (with the writing visible on front) and cut the deck with the thumb of your other hand, while the forefinger of that hand lightly touches the bottom of the deck.

Remove the card that is visible under that thumb and set it face-up on the table/surface near you. Then shuffle the deck another time and cut the deck as before, pulling out the card you see.

## THE STRENGTH MOVERS OF THE LIGHT

Repeat the procedure until you have a set of six cards removed from your deck and lined up in rows of three. Now shuffle and cut the deck twice more, placing one card at the top as a capstone and one beneath the two rows as a foundation.

You now have your eight cards, representing the energies that have come forward to work with you in relation to the topic you had in mind during the shuffling and cutting of the deck.

To work with the *Strength Movers of the Light*, begin working with the foundation card (the one you placed under the two rows of 6 cards) and hold it in your hand, sending Reiki, Love, Light, Appreciation, whatever you are attuned to or simply feel moved to send to that particular Being.

***This is the amazing Key of the whole system, you send to that Being and it unleashes its Power and Attributes to you and your intentions.  
If you've accepted the attunement to Appreciation Rays, activate them while thinking of any of the Strength Movers of the Light.***

Yes, of course it would do so simply if asked, however by sending the Being Light and Love we are tapping into the Shefa (Divine Flow of Blessings) and aligning ourselves with that Principle.

You will send the energy just as you would to a loved one or client, and then when you feel the flow of energy slow or cease, set the card back in place and reach for the left hand bottom card. Please send that Being Light and Love.

When you feel the flow of energy slow or cease, set the card back in its place and reach for the right hand bottom card.

Repeat the process as you then move to the next left hand then right hand card until all have been sent Love and Light. Then you will complete the process with the Capstone (top center) card, also sending that Being Light and Love. When you have completed the entire process, you will notice that you have received an infilling from them while you were in communion with them.

After your second attunement and you have chosen cards for another person, you will continue with the procedure of holding each card individually and sending Love and Light to the Light Beings indicated by the cards. The outpouring release of their energies and influence will go to the person's life.

## ATTUNE TO DIVINITY

You can expect the same amount of good benefit to you from this procedure as you receive by doing any Divine Energy modality for others. Once you have been working with the cards several times a week for 6 to 8 months, it has been noticed that you can shuffle and cut the deck mentally and trust the card you are shown is the next one to work with, both for yourself and others.

You can receive the whole 8 spread this way mentally. If you are one of those people who have a photographic memory, then simply memorize the cards and then feel free to receive the selection of cards mentally. Receiving the cards mentally requires that you have developed your Divination ability sufficiently to truly hold the positioning of non-attachment to the answers received. To be in that receptive state where you trust that you are not influencing the cards received by your conscious mind is what is necessary.

If you trust your Guardians in the Light and your own sacred space within to received exactly what is needed in each now moment, then feel free to receive your card selection mentally. It does however help to be consciously aware of what cards are in your palette for to receive from!

***There are two attunements for the Strength Movers of the Light:***

Your ***first*** attunement will give you access to their energies for personal use.

Your ***second*** attunement will provide you with the privilege to choose cards for others; releasing their energies to/for the person's life.

Your level 1 empowerment ***of Strength Movers of the Light*** usually arrives in a Sphere of Light that has waves of Turquoise, Magenta, Silver, Copper, Forest Green, and Fuchsia Pink, shot through with a piercing clear to White Shimmering with Sunny Yellow fleck of Light through it.

Please call in your 1<sup>st</sup> level attunement for ***Strength Movers of the Light*** to release fully unto you. Simply say out loud or in your mind:

***“I now receive the Highest Divine level one empowerment for Strength Movers of the Light as sent by Mariah Windsong and made perfect by Eternal Sacred Source.”***

The 2<sup>nd</sup> level of ***Strength Movers of the Light*** usually arrives in a Sphere of Light that is striped with Cherry Apple Bright Red, Dark Purple, Royal Deep Blue, Ebony Shiny Black of the Void and



## THE STRENGTH MOVERS OF THE LIGHT

Bright Glowing White edged with Golden Yellow.

Please call in your 2nd level attunement for *Strength Movers of the Light* to release fully unto you. Simply say out loud or in your mind:

***“I now receive the Highest Divine level two empowerment for Strength Movers of the Light as sent by Mariah Windsong and made perfect by Eternal Sacred Source.”***

This Strength Movers of the Light energy system is for edification purposes only. Please always seek a properly licensed health care provider for a health concern.

The Strength Movers of the Light’s names indicate their purpose, function for you. These are in English because that is the language I consciously know. Therefore, if another language is native to you, and you know of a word in your language that approximates the meaning in the English words below, feel free to substitute the English names for ones from your own language.

Making your card deck in your own native language may have more power of intention, because your mind is already wired to respond quicker to words in your own most familiar language. If anyone would like to submit card decks in languages other than English for me to make available for people that would be great! I also welcome simply lists of the below names in other languages for people to make their own card decks with. Thanks!

### ***Strength Movers of the Light:***

***Density of Desire***

***Temple Within***

***Resplendence***

***Stranger Ways of Receiving***

***Provider of Financial Wealth***

***Galaxies Within***

***Intelligence Collector***

***Sensational Outburst***

***Hasty Retreat***

***Jugglers of Form***

***Facets of Divinity***

***Heralded Arrival***

ATTUNE TO DIVINITY

*Feminine Assurance*

*Waters of Life*

*Royalty*

*Destiny Surfer*

*A blank card...representing the Void of Potential*

*Magnetic Attractor*

*Grandmother Time*

*Temple Offerings*

*Unfurling Design*

*Sacred Utterances*

*Sacred Warrior*

*Delightful Aspirations*

*Reflections of Divinity*

*Direct Descendant*

*Receptive Awareness*

*Comfort Wrap*

*Relaxation Glider*

*Direct Influence*

*Grandfather Sky*

*Frequency Changer*

*Resonance Beyond*

*Mighty Flow of Resources*

*Steadfast Masculine*

*Hidden Temple*

*Sacred Thresholds*

*Dropping into Sustenance*

*Delight in Life*

*Rational Intent*

*Prism Release*

*Resurgence of Calm*

*Majesty Awaits*

*Wondrous Song*

*Light Attendants are verb (action) words:*

*Rider*

*Courier*

*Dancer*

*Lifter*

*Release*

*Holder*

## THE STRENGTH MOVERS OF THE LIGHT

*Slider*

*Tailor*

*Insulator*

*Lifter*

*Intake*

*Driver*

*Glider*

*Singer*

*Protector*

*Director*

*Weaver*

*Threader*

*Alentus (the Light which exists without being created)*

*Handle (something used to have leverage)*

*Transmuter*

*Agitate (to shake)*

*Motivator*

*Mover*

*Shifter*

### **Functions:**

***Impulse Release:*** Use Impulse Release when something is sticky, not wanting to move, OR you feel a draw or pull to do something that is really not in alignment with you and Source at this time.

***Withdraw Extraction:*** Withdraw Extraction is similar to the movement and action that a Shaman would do when extracting something that does not belong in a body or any of our energy fields. However, this is a safer movement if you are not a seasoned Shaman, because there is no risk to you taking in the energy being extracted. Imagine yourself as simply the director...NOT the one 'doing' the extraction. Otherwise, well, you could take all sorts of 'nasties' in to you!

***Reverse Weave:*** I really Love Reverse Weave! It seems to me that us here in physical bodies are creating connections all of the time, whether we really want to or not. A connection will be made, though it might not align with our true wants and values. So, us here in bodies are great big weavers.

Once we become conscious of certain weaves we have created, hey, now there is a simple way to have that thread back itself right on out of there, without causing

## ATTUNE TO DIVINITY

damage to other threads and connections. You might even notice that the rest of the design tightens up after Reverse Weave has backed itself out. It is stronger. I truly have never looked to see where the Reverse Weave puts what it has pulled out. Though knowing Spirit as I do, it is the Master Recycler, so I'm sure the energy is *Just Energy* sent to Source and made new!

***Singular Injector:*** Yes, this is for putting energy in. Sometimes there is not much space to direct the energy in, or to send the energy through certain cells or energy fields would cause a change in the cells or energy field as it passed through. Therefore, to use Singular Injector, it does indeed go through without causing effect to the spaces/membranes/life/intelligence that must be traversed in order to get the energies to the desired location.

### ***Action Sets:***

***Activate the Action sets with full intention. Saying them as commands.***

#### ***Glorious Reorganization***

Pulse from Higher Dimensions to you

Strengthen

Secure

#### ***Clearing***

Set to Vibrate

Swirl

Reverse Swirl

#### ***Intentions for Manifesting***

Emit

Inward Draw

***To infuse your body's cells with Rays/Colours/Energies think of the color, ray or energy you intend to send and "do" the following commands mentally.***

1) Hold

2) Bathe

3) Tint

4) Permeate

5) Shake

6) Still

7) Charge

## ROOT CHAKRA REALIGNMENT

### 8) Release

*When doing an entity removal* and you want containment while calling in the appropriate Angels, either send the being on to its next highest level of evolution or back from where it came depending on its choice. Say with Authority:

***Encapsulate!  
Parameters of Form!***

*Synergize Realities:* I love Synergize Realities too! It really does help, especially when you are doing multi-dimensional stuff and really don't know what you are doing where or when, and need more of you HERE! Wherever here is!

## Root Chakra Realignment

***Root Chakra Realignment is for when you've decided to move on, yet still long for or 'feel' him/her.***

You've asked the universe why if he's/she's not for you, are you still thinking about and longing for him/her, even after declaring that this is ***“SO, OVER!”***

When we've felt desire and grown love for a person, especially if there has ever been a positive response from him/her, and even more so if we've been sexually active, we lock into position with that person energetically.

If you could see what some of us see when we look at you, the cords that have connected two people, even when one has more interest than the other, it would be so obvious that when someone says they feel like they can't move on, why that is truth.

This is truth, whether you are actively still feeling love for the person, or whether you are done with him/her that you don't EVER want to see or hear from them again.

And the odd part about romantic connections is that often we can feel all of those emotions at the very same time.

***Root Chakra Re-Alignment is most effective when you've made a clear decision, that for whatever reason, it isn't healthy for you to be connected to this person and you choose to be open to a healthy relationship.***

Be truly open to that.....whether it is a new person or this interaction transforms to be in your joyful highest good!

The three places I most often see people locked into others from are the root chakra, (base of spine), 3rd chakra area, (solar plexus, just below breastbone), and 4th chakra, (heart). There are techniques for dealing with connections that come from each of these areas of our body. The one I shall explain for you here is the Root Chakra Alignment.

Our first/root chakra is the area from which we reach out to home/tribe, the positioning of this area is to home and hearth. Who do we connect to as being ours? There are many good books on this subject in regard to family/tribe. Here I speak of it in regards to your connection to your previous love interest or where you connect to community or groups.

When I do a session and look at you, I see the first/root chakra looking like the gears of a massive old fashioned clock. If you are locked in with a person, the gears have gotten stuck in place with that person.....even if you were never actually 'with' that person. Your positioning....how you reached out and to whom, is totally obvious when I look at you etherically.

These techniques are designed to be done by practitioners on themselves and for their clients. This means that it requires an immense amount of focused intent to speak these commands. Trust that your Guardians in the Light will carry these out, rearranging your energetic positioning as is proper.

I believe that if we want health and freedom enough.....that all manner of forces of the Light will come to support us. We must simply ASK with all of our heart and all of our being. We don't need to understand the underlying mechanisms of the actions requested.

Generally it is Arch Angel Michael, or Raphael or Ariel that comes to assist, or if you are of a Shamanic belief, various power animals and elementals might answer your request.

## ROOT CHAKRA REALIGNMENT

Understand, please, Divinity is ONE, we call God, Goddess, Great Spirit, Universal Intelligence by many names; it matters not....whatever form of Divine assistance you are comfortable with will arrive to assist you. Divinity likes to work within your particular doctrinal and belief systems unless you are ready for another viewpoint or your lesson is to break free of particular ‘boxes’ of perception.

Root Chakra Re-Alignment has more uses than simply to unlock your unhealthy connection with him or her. It is also to unlock and disengage you from unhealthy patterns of connection with family or other groups.

Please spend a few minutes to invite your Root Chakra Realignment attunement to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Root Chakra Realignment attunement as founded by Mariah Windson and made perfect for me by Eternal Sacred Source, NOW!”**

Root Chakra Re-Alignment is so very useful because it is not just to attend to the re-alignment of your connection with someone who you’ve felt romantic inclinations towards. The next time you want a session, you may focus specifically on the proper alignment with name of person, be it romantic interest or family or co-worker or group.

Simply think of a person, even if you are not sure whether you are locked into an unhealthy pattern with this person, and begin the command sequence.

This command sequence provides a very thorough re-alignment because your conscious intent can be involved in each step of the process.

Soon you will know the commands by memory. Eventually you will only need to activate Root Chakra Re-Alignment and lightly touch upon the steps in your mind, albeit briefly.

Root Chakra Re-Alignment energy knows what to do. Remember that it is always under the authority of your higher self, soul and source. By speaking the commands with intention, you also give your mind something to do, while the energy does its job. Sometimes, if we are just sitting or lying there wondering what an energy will do, we get in the way mentally.

***THOUGHT INTENTION IS VERY POWERFUL, SO USE IT WISELY!***

Below are a series of Commands for your first chakra area...

1) ***“UNLOCK!”*** .....thus dissolving any locks put in place by previous vows to this person at any level within your being, in regards to what you will be for or to him/her. *When we ‘hope for’ an interaction to occur with a person, we are setting forth our intention. This is mightily strong and taken as an instruction by our being, and it can define our role with this person.*

2) ***“LOOSEN!”*** .....this movement is a bit of shaking back and forth.

3) ***“LUBRICATE!”*** ....asking Grace Elohim to assist to smooth over any rough areas to make this shift more comfortable while bringing you into the present rather than past referencing.

4) ***“DISENGAGE!”***.... Yes, literally disengage! When I do this for clients it looks like the gears of a massive clock pulling apart from one another. It is at this point that the person usually feels immediately better, like they can breathe and have their own energy again....rather than a feeling of it draining out of them. This is true whether they have unconsciously been sending the other person energy or whether the other person has been ‘tugging’ on them.

5) ***“SHED SPURS!”***.....now that those gears are apart, there is often concentrated energy that looks bone spurs. They stick out here and there on the inner gears of our chakras. This is caused by being locked into position with this person for so long.

*Upon this command being spoken, you may see them sheared off, and the surface of the inner workings of your chakra now looks smooth and feels clean.*

6) ***“ALIGN!”***....ah, what are we aligning to? It is most beneficial to align upward through the core of your body toward and through your head up to your Soul and then up through your soul to SOURCE!

7) ***“RECALIBRATE!”***...this command will recalibrate you to the energy frequency of your soul, fostering ease of communication between and attributes to arrive to you from your soul and SOURCE.



## ROOT CHAKRA REALIGNMENT

8) **“SNYC!”** ...synchronizes you with your Helping Healing Ones of the Light of Eternal Sacred Source. Now you can easily notice and receive all information that is applicable for you and in the most gentle, joyful highest good in each now moment. Gain a stronger connection with your Angels.

9) **“ENGAGE!”**...engages your root chakra and all you are now aligned and synchronized with so that you are ‘online’ so to speak with energy flowing in both directions from you to your soul and Source and from them to you!

You have the sovereign authority over who to be connected with energetically and who not to.

*The root chakra is a place where many people will tug at you if their needs are not met and so a re-alignment is a ‘breather’.*

It is as a deep breath and now you can either begin anew with this person, or move on. If you are in an unhealthy marriage or relationship Root Chakra Re-Alignment only attends to your own energetic connection with this person from the Root Chakra. You do not have to change the agreements in the relationship, nor even disconnect at the Heart Chakra.

If the current connect is unhealthy, you have the right to disconnect and re-align yourself with the energy that created you and sustains you.

Often times when two people are stuck energetically, locked into old unhealthy patterns they don’t know how to start again. Sometimes all that is necessary is to re-align one of the person’s root chakra’s upward to Source and then the two people can reconnect in a healthy way. Many people are worried that if they disconnect at all from another person, that they are breaking a vow to be that person’s mate.

This could not be further from the truth. Love does not disappear. Sometimes people treat each other in unkind ways when problems exist in a relationship, even though both people love one another deeply.

Then it is difficult to shift the dynamic in a relationship when you are both linked into one another in the same way that existed during the unkind treatment. By disengaging and allowing yourself to connect up to Source, you are then in a much better place energetically to re-unite with your mate. Now you can re-start fresh in

a healthy way together!

Another important topic has to do with people ‘merging’ with others or consciously attempting to forge an energetic link with another person.

It is not ethical to try and connect with a person who is not consciously choosing to be connected with you. I speak of this because as people become more adept at putting their consciously in various places this does become an ethical concern.

If this has happened to you, and you feel that you are being ‘tugged on’ by anyone who you do not want to be connected with, Root Chakra Re-Alignment can help. When you activate it for a complete disconnection it is wise to state that intent clearly. Direct your Angels and Guides to NOT allow (name of person) to re-connect to your Root Chakra.

If you are gaining skill at merging with animals, plants or Angels in your meditations, please remember the free will rule, and stay out of other people’s energy systems unless you are verbally invited to arrive.

Practitioners ~ ***Root Chakra Re-Alignment*** is a wonderful tool to utilize in person or for long distance sessions with clients. Many massage therapists, counselors, Reiki Practitioners, Shamans and others who practice various energy modalities really enjoy Root Chakra Re-Alignment. It is versatile and works so very well in various client life situations. This energy technique arrived in 2008 and I’ve been teaching it privately since then. I’m thrilled to present it to you here in a manner that you can use for you and your clients. You have a tried and true system here that will serve you for the rest of your professional and personal life!

When you are working long distance with a client, it is always wise to activate the Hon-Sha-Ze-Sho-Nen Reiki portal before beginning a Root Chakra Re-Alignment session. However, if you are not a Reiki level 2 or higher, you may confidently facilitate a long distance Root Chakra Re-Alignment because this energy is carried forth and administered by many helping healing guardians in the Light.

They and your client’s higher self and soul will be sure to provide an impeccable session. Your job is to hold sacred space for your client, so that there are comfortable, calm and more likely to open at a personality level to the shifts that occur during a Root Chakra Re-Alignment session.

## ROOT CHAKRA REALIGNMENT

Once your client has verbally agreed that they do want a Root Chakra Re-Alignment, you can either say each command out aloud or mentally in your mind while you are talking with your client about something else.

Some people need to be distracted to relax enough to allow a Root Chakra Re-Alignment to happen if they are afraid of losing a connection with someone. There are many times when a woman or man is finally willing to disconnect from an 'old love' that has been gone for a long time. Much fear can arise at the prospect of being 'disconnected' from someone who they still love. This is especially true if they believe at any level of their being that this connection might be 'all that remains' of a previous relationship. That is when distraction and working behind the scenes is real beneficial!

If you are working long distance with a client who is not on the phone with you, use Root Chakra Re-Alignment as you would any of your other energy system tools. Send in real time or chi-ball as is customary for you and your clients. Root Chakra Re-Alignment is useful for, disconnecting from an unhealthy pattern with a person. This could be a mate, friend, lover, ex-lover, co-worker, business associate, a family member, or a group.

### **Chromacolor Fire Body**

Chromacolor Fire Body is comprised of chromocolored fire letters. After you've accepted your attunement, you have access to call upon this garment of chromo colored light to support your body. Fire letters are multi and inter-dimensional active communication from Eternal Sacred Source to you.

This means that you will have a continuing line of communication and support between you, your soul and Eternal Sacred Source every time you wear this garment. Fire letters are often considered to be thoughts from the Divine which contain instructions for your physicality to be raised.

Fire letters can be in the form of sacred language full thought forms which are not distorted by time, space or lower energies of control and perversion. In this way, your Chromacolor Fire Body can protect and uplift you always.

When you think about your body, and you being in your body, consider a Chromacolor Fire Body as a garment of chromacolored light that vibrates at such a high level that it appears fire-like in its intensity and strength.

It will “burn” through any lower energies that would have sought to bring you down to their level of despair or uncertainty about your path in life.

You will have a much easier time being you! The authentic aspects of you will remain intact and indeed be fed by your upgraded connection with Eternal Sacred Source when you wear your Chromacolor Fire Body!

Some people can feel the refining quality of this garment of light. Others don't feel anything, and that is alright too. It is still working! What is important to know is that the “firey” quality of this garment is a spiritual energy. It is not elemental fire and will not be uncomfortable. Actually, the feeling of being freed from the uncomfortable density of lower energies will be refreshing and uplifting. You may

## CHROMACOLOR FIRE BODY

feel like you are stepping out of the gooey, mucky mud or dark clouds into a gentle dawn of a day.

When related to colors, the term “chroma” refers to its hue, intensity and strength. “Chromo” means color or pigmentation.

Throughout the spiritual realms, color is used as a form of communication. When combined with various sacred language letters, it provides a much more complete form of communication from Eternal Sacred Source to you.

Eternal Light Beings, Angels and other Eternal Beings in various physical forms utilize chromo fire letters to hold true their communication's meaning and potency. Additionally, color is an indwelling of the various rays of light by which creation thought is made manifest in physicality.

Fire letters in full chromacolor are in a broad spectrum. They can hold a more stable instruction or meaning than other types of communication. When a garment of light is made of chromacolor fire body it is dynamic! It will be responsive to your needs while bringing in to your physicality whatever you need most from Eternal Sacred Source.

Please spend a few minutes to invite your Chromacolor Fire Body attunement to release fully unto you. Simply say out loud or in your mind:

**“I ask to fully receive my Chromacolor Firebody as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Chromacolor Fire Body arrives to your body and energy fields, refining the quality of your aura.

***Density and distortions of reality shoot outward and leave your aura.***

***Call upon and activate your Chromacolor Fire Body twice a day to keep yourself at full protection. This is for biological physical bodies. There is a need for Divine communication to come into contact with a physical body here on planet Earth for its instructions to open fully.***

***This is why prayer is so potent. You, as a person in a physical body here on planet***

## ATTUNE TO DIVINITY

*Earth, have authority to summon assistance from beyond this time and space reality. That is why Angels can't just do all for us. We, as ones in physicality truly have dominion over this physical realm. As such it is up to us to be mature spiritual beings, in full awareness of our birthright of divinity. In this way, we from within this reality can summons assistance from Eternal Sacred Source in all manner of intensity and victory!*

*Step into your spiritual power and activate your Chromacolor Fire Body!*

Say audibly or in your mind with full manner of intent:

**"Chromacolor Fire Body, Activate!"**

You may activate this Chromacolor Fire Body for another person, only with their full, conscious permission. Thanks for respecting this regulation.

As with any initiation, Chromacolor Fire Body speeds a person's spiritual development. This may mean change. Change without a person's conscious understanding as to what triggered it can be disconcerting or confusing.

Upholding faith is most important. Therefore activate this garment of light only when someone has asked you to do so.

## Crossing Over Brigade Initiation

The Crossing Over Brigade Initiation provides you with the authority to and privilege of calling upon this troop of sacred gatekeepers and escorts for anyone who needs their assistance. If you are an Ordained Minister, or in the course of your daily life or night work, you have ever helped people cross over from this reality to the heavenly realms, this initiation is for you!

The Crossing Over Brigade Initiation is especially useful with those people who either don't believe in life after death, or aren't scared that that won't arrive into a good place. These people are often unwilling to go onward.

The Crossing Over Brigade beings are highly persuasive in a loving manner.

The Crossing Over Brigade Initiation is an extremely powerful connection with this troop of sacred gatekeepers and angels. Their authority is strong.

## CROSSING OVER BRIGADE INITIATION

After you accept your initiation, you have the privilege of calling upon them when you need to. Please be assured that they will arrive quickly for whoever you call them for. You may feel a rush of wind or a tingling sensation when you call them for a person, animal, bird or other being whose life has left their body. This is often called psychopomp work. Some people are already very skilled at this kind of work.

"Psychopomps (from the Greek word *ψυχοπομπός* (*psychopompos*), literally meaning the "guide of souls") whose responsibility is to escort newly deceased souls to the after-life. Their role is not to judge the deceased, but simply provide safe passage." A shaman can also provide this role, not only to those who are passing from this life, but also to those who are entering this life, such as the soul of a baby.

Each culture has its own affiliation with certain beings that provide this service. The Crossing Over Brigade will be composed of the beings that are familiar to the person, based on current life beliefs and genetic and soul lineage. As you can imagine, quite a group of beings arrive in the brigade to assist the one who is crossing over. In Christianity and some other religions an Angel is common celestial being who would arrive to assist.

If an angel is not a being who the person who you are calling the brigade for would feel an affiliation with, the ones whom the person does trust spiritually would arrive. Psychopomp work is not work I'm called to do very often, or at least not until recently! There were some particularly difficult "crossing over" situations I attended recently. One was so difficult that out of my desire and need to help this person cross into the heavenly realms my calls were answered by the Crossing Over Brigade.

This was the first time I'd even noticed this troop as a fully formed group that had such authority, worked together and gave me the name by which to call them anytime I or others have such the need. It was apparent that calling upon them required an initiation into their ranks, a formal asking to be introduced to them, and the privilege of calling upon them being granted.

Your initiation into the Crossing Over Brigade gives you the authority to call upon this troop of gate keepers to assist others' souls to pass from this reality into the heavenly realms.

"Brigade" usually refers to a group of people who are ready for tactical battle against some type of strife or opponent. I found it very fascinating that the term

*brigade* is what they wanted to be called in English! I would not have chosen to name them that!

I am told that it is precisely because there is *strife*, *conflict* or an *adversary*, that they are needed. In most cases the conflict exists within the person. A person or animal, fish, fowl or amphibian that has passed quickly from its physical body, when the physical body perishes, may not realize that its body is dead. Because it is “conscious” it may believe that it is still “alive”. Accidents that kill humans, birds, reptiles, and animals are where this is frequently seen.

Slaughter houses are another place where there can be disembodied spirits that are disoriented. Usually there are plenty of “escorts” around to take any being onward from this reality after their body has perished. However, when there has been extreme shock, there can be resistance to going onward.

This is even more common with pets who are loyal to their “owners” and who feel like they need to go back to them. This is also common for any person who passes with any type of “unfinished” business. Even in a death that occurred as a result of a slow disease, if the deceased didn’t get to say things they wanted to express to their loved ones, people can resist going onward.

For humans, the strife (fight, conflict, or struggle) can be due to what they were taught about the afterlife or lack thereof when they were in body.

What they chose to believe is very important. If someone’s belief system did not allow room for them to change their view of spiritual things and the afterlife or lack thereof, even very skilled and “celestial and loving” angels cannot convince a person to “cross-over”.

Literally, after a person’s spirit leaves their body, there are Divine Loving Beings who arrive to escort them from this reality into whatever mansion world they are prepared for. This is the next spiritual reality that they will allow themselves to be escorted to. What I have learned about all of this is that it can range from simple to extremely complex.

Let us say, for example, that someone’s body dies, and the spirit drifts out of it. Now it is there, in the room, same reality as its body was, yet its perspective has changed because it is not limited by being attached to the physical body. It sees its angels, power animals, gods and goddess, whoever in the spiritual realm that it will



## CROSSING OVER BRIGADE INITIATION

“allow” itself to see.

When such people die, they are still sovereign over their own reality whether they realize it or not. This means that they will be presented with their ancestors and angels.

They may be presented with a “Tunnel of Light” or beckoned to walk across a shining bridge. They know well enough that if they were to cross they would be leaving “here” and going someplace else.

If their fear is greater than the persuasion of the escort committee (their angels and guides in the spiritual realm) then they may not accept the offer to step forward.

In that case, they may stay in this reality floating around for a while. If their belief about what the afterlife consists of is really strong, they may “create” a reality that fits with that belief. They will find themselves “in” that reality.

It could be enjoyable or terrible. If the person does not allow for what truly “is”, the stepping forward from here and crossing over into the “mansion world” or heaven that wants to welcome them, they have the freedom to exist in a world that their mind constructs.

If enough other people have similar beliefs, be they enjoyable realities or “hell”, they will be in a reality that seems very real. It will be real to them because it is all they will accept as real. It sometimes takes anywhere from many years to centuries to “awaken” a person from such an existence after they have settled into the reality that they, and others with a similar belief, have created.

Consciousness is very powerful. We, as co-creators with the Divine, can create whatever we want. We simply don’t realize it.

When we are not limited by the physical body, our consciousness can more easily “be” wherever we think we are.

These realities are not optimal for so much more love and delight awaits!

The Crossing Over Brigade Initiation gives you the right to call upon this brigade of crossing over specialists. They are able to more fully convince the spirit that their

## ATTUNE TO DIVINITY

body has deceased and that there is a better place to go.

It is the goal of most of the spiritual realms' inhabitants to get spirits quickly over to where they "belong". It can be damaging to a person, even at the soul level when they languish in an area that is truly not meant for them to be in.

When a person won't allow themselves to accept that a good place awaits them, it takes more authority to convince them that it is "OK" to accept.

The longer people are in a world of their own mental construct, the more elaborate it can become and the harder it is for them to accept crossing over into the place they were "supposed" to be -the places in the Heavenly Realms of Love, Light, Joy, and Delight!

There are many religions here on planet Earth. The deceased are welcomed by those who fit the religion to which they ascribed on Earth, together with some beings who are affiliated with their soul lineage - even if those beings don't fit into the little categories that the person's religion allowed for.

This gives a person the opportunity to open to new realities. After all, they are not in their bodies anymore, so it is a great time to see what really can be!

If they are not open to the existence of the beings they've been associated with in their soul lineage, those beings will "blink out of reality" for them.

Often the person may be transported to a heaven that is in alignment with their particular religion. This allows them to settle in and slowly, in their own time open to the greater reality that exists in the higher heavens.

Pets and animals require special care because they can just be quite confused if their veil between Earth life and the "beyond" was quite strong. Some pets and animals live "betwixt and between" the realities even while in their bodies! For them crossing over is very easy. But accidental or brutal death for animals can leave them wandering in this reality, without knowing how to cross over. That is when psychopomp work can be really important and compassionate.

With wild animals it is more of a "rescuing" of their spirits and a quick transport. There is not usually much resistance. The term *brigade* is also used to indicate

## CROSSING OVER BRIGADE INITIATION

firefighters or other rescue teams and so in this instance is appropriate for rescuing spirits who are lost and missed the first opportunity to cross over. Remember that by “crossing over” we are referring to a spirit’s journey from this reality to its spiritual home or heaven.

Pets can often have more resistance because they bond quite strongly at times with their people. The Crossing Over Brigade may need to assure them that they will be able “visit” their people at a later time, or that someone will be sent into their people’s lives to take care of them emotionally.

Pets are very dedicated to their jobs as our companions. When they pass on that is usually what can keep them from being willing to go forward - their concern for our emotional or physical needs being met. They often need the assurance that either another companion animal or person will arrive.

Think of it as “passing the torch”. If a companion animal does not “see” that happening, they can be very resistant to crossing over. Or they may have already crossed over but be back here too often and lose their way back.

The Crossing Over Brigade is most often needed for those who are fearful of what may or may not exist in the afterlife and for accidental or brutal deaths.

The physical body deaths that are “expected” due to injury or disease, but that take a while to happen provide time for both the spiritual realm and other humans to prepare the person to cross over. Unless there is great resistance by the person who will be crossing over, the passage should be smooth.

For ministers, and those who in their night time work and sleep travels find themselves in situations where they are trying to assist and convince spirits to cross over, this energy system is very necessary for you.

Your job is very simple, yet incredibly important. It is to “Call Forth” the Crossing Over Brigade to arrive and help (send the image of the person or the energy signature of “who” needs the help mentally).

Wherever you are, in various times, places and spaces, when you encounter a “lost or resistant spirit”, when you call for the Crossing Over Brigade to arrive, they will. When you make that call with your mind, your exact time and location is marked

## ATTUNE TO DIVINITY

and they will arrive where they need to be.

I will caution you now. You do NOT need to remain with the spirit that you called for help about. There are times when such a spirit may begin the interaction with you in a kind manner, only to become mean when you call for help. You can leave instantly and trust that your call for help has been registered and all will be taken care of.

In situations involving animals, there is not usually the worry that they would become violent, and so if you feel no danger, it is fine to stay with them until you feel the presence of the Crossing Over Brigade.

It is unlikely that you would need to call upon the Crossing Over Brigade prior to someone's death. This would only be done if you see the internal struggle about what will happen after death to be mighty and terrible.

In that situation, calling for the Crossing Over Brigade to help ease the internal strife is wise and an act of mercy.

Please understand, the Crossing Over Brigade does not "cause" a person to cross over who is still in a live body, well, that is if it is its own body.

They can be useful in possession cases to free a person and their body from an unwanted inhabitant within the body.

The Crossing Over Brigade will indeed help the people resolve their own fears about crossing over. They will help the people to spiritually be able to think "what if" there was a reality different than what we are imagining?

They will help the people accept forgiveness for any wrong that they feel would prevent them from going to a good place after death.

They will help a people to open to the possibility of a heaven that is better than the limiting view that their religion may have had.

In other words, no purgatory is needed! But if the people feel that they must have a purgatory, they may indeed place themselves there mentally. And that is a place no people need to stay in, not even for a little while unless they can't be coaxed out by

## CROSSING OVER BRIGADE INITIATION

any celestial being!

You will be able to easily and quickly call upon the Crossing Over Brigade if you think they might be helpful. Then your part of the job is complete.

This is well, for there is much help that needs to be called forth from within this reality. Helping Healing Ones are limited in what they can do until called.

Please spend a few minutes to invite your *Crossing Over Brigade Initiation* to release fully unto you. Simply say out loud or in your mind: **“I ask to fully receive my initiation into the Crossing Over Brigade as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Your attunement will easily arrive to you because Eternal Source is not limited by space or time. Your initiation into the Crossing Over Brigade arrive to your body and energy fields, providing you with the authority and privilege of calling the Crossing Over Brigade for anyone you need to.

You will notice that after you’ve accepted this initiation, you will automatically use this energy system even in your night dreams.

It is easy and natural to call upon the Crossing Over Brigade.  
Trust yourself.

Trust that you will know exactly what situations require you  
to call the Crossing Over Brigade.

To use this energy system for others, say audibly or in your mind  
any of the following affirmations:

**“Crossing Over Brigade, Help!”**

**“Crossing Over Brigade, Activate!”**

**“Crossing Over Brigade, Arrive for \_\_\_\_\_”**

*(describe or mentally lift up image or energy signature of the one for whom you*

*are calling the help for)*

Now you may step out of their energy and continue your day or night.

## **Elemental Spirit Whisperer Genetic Awakening**

Awakens the genetics that allow your physical body to interface and make changes in the structural reality of matter here in this reality. Whisperer refers to speaking a secret in private between two self-aware beings.

Level 1 contains genetic awakening and education about working with the sentient awareness within elements. Level 2 strengthens Elemental Spirit Whisperer!

The term "whisperer" has gained popularity as one making conscious contact with another in a private manner. This is to say that communication is occurring and that others in the vicinity are not aware of it. Only the "whisperer" and the subject know what has been communicated.

This has a great advantage, especially in times when it is important that one's opponent is kept in the dark about the instructions you've communicated.

The spirit of the element is also spoken of in the title of this energy system.

The importance here is that you are gaining cooperation with the spirit, not control over it. The term sorcerer and wizard have a history of being associated with gaining control over the elements or other beings.

Even the term "shaman" has, upon occasion been associated with having control over spirits. The "bad" shamans have been known even to exert control over other people. I have been trained in shamanism and the pure art is all about conscious cooperation with beings in this and other realities.

I wanted to use the word shaman in this particular energy system for you, but was shown that there was more power in the word "whisperer" for the purpose of this energy system.

The purpose of this energy system is to awaken the genetic codes that are currently

dormant in your body, which, when awakened, will give you conscious awareness of psychic communication and possibly a feeling sense of the element you seek to communicate with. You will also gain the ability to sense changes in matter, and the membranes between the various realities. When someone has gained the cooperation of the sentient awareness within anything, they have gained true power with that item or being.

There is much more power in having the conscious awareness of something working with you, also drawing power from Source and putting their spark of divinity and whatever level of intelligence they've been granted from Source in service for your purpose, rather than gaining control over it. If you gain control over anything, you risk two very major problems. The risk of these two problems would be a great weakness you don't need.

If you gain control over a substance, item or being, it could:

- 1) Turn on you willingly and then use its attributes or abilities against you. Any other allies it has would also have a direct line in to you, because you have been open to it, expecting it to do your bidding. You would not have any shield or defense against it for you would not be expecting that it would work against you. You may have expected to have control over it but likely wouldn't.
- 2) Turn on you unwillingly if someone else gains control over it. It could then use its attributes or abilities against you. Ditto to all else I said in the above paragraph.

***If you gain the cooperation of, rather than control over something, you have a stronger ally with it.***

It is unlikely that it would turn on you, because you have treated it with respect and it has self-worth because you've sought its assistance rather than made it your slave.

You have further protection against its turning upon you, for it "feels good" from working in concert with you, instead of being controlled. You retain healthy boundaries because you are treating it as if it has its own mind. When people think they are controlling something, they often underestimate it and take it for granted.

## ATTUNE TO DIVINITY

Once it starts feeling resentful it is much more likely to switch allegiances. Any being or item you are working with as an ally or familiar has a much more positive energetic positioning with you than one whom you treat as a slave or underling. Beings or items that are controlled are also more at risk of changing its allegiance. If you are controlling it, it is actually open to someone else who is stronger, taking over that control or sending his or her influence into it. An energy overlay of another person could occur without your knowledge in a controlled being.

This energy overlay may not immediately cause the item or being to start doing its will. It may simply bide its time and be in observation of all you are doing and all you have the item or being do with or for you. In contrast, a being or item that is simply your ally, working willingly with you is allowed to be stronger of its own accord, for it pulls energy from Source itself. It will have its natural psychic self-defense much as people have natural defenses against others controlling their minds. Some people have stronger defenses than others obviously.

If an item or being controlled by you, its own natural psychic self-defense is compromised. This is a disadvantage for both of you because it is obvious to any “onlookers” that this item or being is not operating at its own full strength. Furthermore, if you control anything there is a visible, perceptible link between you and the item or being. Thus there is not the privacy that may indeed be necessary in the future.

The privacy of no one else being aware of what or who you are associated with can be the difference between life and death. For simple healing purposes utilizing the cooperation of elements, it may seem odd to be hearing such serious advice about privacy. We do not completely know what will happen in the future. I am confident that the cosmic rules that govern the region of time and space in which Earth finds itself will be changing. I believe in a multiverse in which there are parallel realities existing very near to “here”.

When, not if, the membranes or walls between these realities fail, we may be faced with a very different set of rules about what constitutes “solid” matter and who or what has consciousness. The realities have been kept separate during this karma game. There are adverse forces that would seek to penetrate this reality. Already there are thin spots between the membranes of reality, and “stuff” that is benign in another reality can be nasty and cause damage to both people and the physical structure of our reality on Earth.



Humanity has been given free will. We have to gain the maturity to use our abilities wisely and start treating everything as if it does have intelligence.

The Divine flows through all and each speck of matter muon or wave that was matter a mere moment before may or may not have conscious awareness in that instant. But, in the next moment it will awaken and have full conscious and intelligent awareness and purpose of intent.

When things that did not belong in this reality slide through dimensional and reality “thin spots” they are indeed a danger to the “usual” way this reality functions. Being adept at working with the elements here in this reality will give you and your loved ones an advantage over those who are simply at the mercy of whatever arrives to here. When you can work with the elements to strengthen their innate abilities, you can reinforce the walls of your own home. You can set protections around yourself and those you love with ease instead of being at a loss to do anything to protect your family and friends.

When all major religions and all ancient texts of instructions talk about choosing “what side ye shall be on”, they are not joking. There will arrive a time when things are not “normal”.

This is not something thrust upon us at the whim of a Deity. It is a result of the natural cycle. Life on this planet has existed quite separately from the rest of the multiverse, highly protected.

There will come a time when all beings must choose whether to be on the side of “control” or “co-creation”. If you are in alliance with co-creation, you will seek to gain your alliances freely. You have a higher hope for a better world and treat all as having conscious intelligence. You respect the Divinity in others. If you are on the side of control, you expect that your control over others and the power you can glean from it will serve you better than co-creation.

Please choose co-creation, for it is the final “test” of the karma game being played out in this reality.

If you choose “co-creation” you will indeed instantly place yourself into a reality that is hopeful, easier, and more peaceful. You can still have a lot of high velocity fun of co-creation and fantastic technologies and art!

You can avoid the darkness of those who have chosen control. If you choose control

## ATTUNE TO DIVINITY

you are instantly aligning yourself with those who believe that to claim control over others is to be more powerful.

This is the trap of dark magic and any “path” of an adept that requires you to cast spells “over” another or gain dominion over elements and spirits.

The allure of such power is a danger for it makes you believe that you can do ‘thus and such’. There will always be someone, in this reality or another, who has more control than you. That makes you open to be controlled by them. Simply by seeking control over another (even if you don’t think it has conscious awareness or any intelligence) puts you at risk of being controlled by others instead!

Life can get better and better! Yes! There are going to be many planetary and reality changes in the coming years and decades. It is my truth and from all I’ve witnessed the plans used to make this universe were changed before they were implemented, and that our reality will only stay separate from the other realities for a certain length of time.

Linear time is changing and the nature of time is changing. It was known from the “beginning” of this universe that eventually the membranes between the realities would get too weak to keep everything separate. If the plans for this particular universe had not been intercepted, and substitute coding used, it would have stood strong indefinitely.

However, because those who initially created our universe had free will, and thought that they could do “better” than the plans Eternal Sacred Source had given them, they made changes with their “local” wisdom. This was instead of using Divinity’s Infinite wisdom. When people say we live in an imperfect universe they have that correct. People don’t usually understand why we live in an imperfect universe when Divinity is considered perfect.

Eternal Sacred Source may be perfect, and its plans for this universe were impeccable. Yet, those who carried out those plans thought that they could improve upon them, and it did not turn out so well.

There are very specific light codes that were left out of the plans upon which this universe was created. This information is important because it helps you to understand why it is more exalted to seek an ally with elemental intelligences than to seek to control them. Working with the elements is to work with the very fabric

upon which the physical matter base is structured.

Some people have already awakened the genetic codes in their bodies, which gives them the ability to work more consciously with the elements.

I use the word elements to represent the irreducible constituents of any matter based item or physical form. The word element also refers to the forces of weather, thermals and the essence of an entity (spirit of a sentient being).

An element could be an element on the periodic table. These elements are the building blocks for physically matter in this reality.

In another reality, there may be different elements. Elements are the basic individual “essence” of something. If that something is matter based, we tend to think about an element as the smallest particle or form that still has the characteristics of what has been named.

If it is not matter based, we still think of the element as something that is recognizable by the characteristics or spirit of a particular kind or group. All persons in a body on planet Earth have the original genetic codes that, if awakened would grant them the ability to communicate with the elements.

In most people, those codes are currently dormant, as it was advantageous to the local lords for man to be controllable.

It was advantageous to them for people to be restrained and not gain their full co-creatorship privileges here while on planet Earth. If people woke up fully to work in conscious co-creative partnership with all of the elements, no lie could stop them! We cannot be fooled when we are aware of the sentient intelligence and in alliance with the structure and matter base upon which forms our bodies and the planet we walk upon.

When all that we encounter in our surroundings can actively shift its form in unison with our own body and being we are truly gaining avatar-like abilities that are our soul’s birthright. This energy system helps awaken these abilities. In this way we surpass the initial separation of matter and the spirit, as the two are no longer speaking separate languages.

We won’t be bowing down to local lords. Their examples of power do not “wow” us for we know that we co-create our reality moment by moment.

We are growing stronger in the living light of Eternal Sacred Source.

## ATTUNE TO DIVINITY

We are not susceptible to the control of others for we are one with the energy that originally conceived us; no longer entrapped by those who twisted the Creators plans upon setting life into motion upon this planet.

This Elemental Spirit Whisperer Genetic Awakening energy system is designed to be activated frequently. Your genetic codes will awaken and “come online” under the authority of your higher self and soul.

This is like unlocking the door, unlocking the potential at your genetic level. How fast and far you go with the ability thereafter is determined by many other factors, the most important of which is how often you spend time in the energies of this *Elemental Spirit Whisperer Genetic Awakening*.

All of the other activities you do and skills you learn can only get you so far, without the unlocking and awakening of your genetic codes that give you the ability to more fully communicate with the elements.

This is not the only way someone can awaken those codes, but it is the only energy system I’m aware of thus far which is specifically brought through with Eternal Sacred Source energy to awaken them for you.

When a person works with an energy system, it is a faster way to achieve one’s spiritual goals than by prayer alone. That is because prayer is the asking, and the energy system is one answer to that prayer.

It is the incoming energy flow that is designed specifically to respond to a person’s sincere request to work more consciously with the elements here on Earth. Your higher self and soul know what level of power you are ready to wield. They know how much your life can change and you can stay responsible and focused. Your body also has to adapt to this awakening.

It means that you will feel more subtle energies and the mind must make new connections to perceive communication with the elements.

A good friend has wanted to work more consciously with the elements for a long time, and this energy system was inspired by his sincere request for assistance. When working with these energies, it is best to begin by accepting the attunement.

Please spend a few minutes to invite your 1st level attunement of Elemental Spirit

## ELEMENTAL SPIRIT WHISPERER GENETIC AWAKENING

Genetic Whisperer Awakening to release fully unto you.

Simply say out loud or in your mind:

**“I ask to fully receive my level 1 Elemental Spirit Whisperer Genetic Awakening as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Elemental Spirit Whisperer Genetic Awakening arrives unto your body and energy fields, awakening your genetic ability to communicate more consciously with all the elements currently known and unknown.

Now it is time to activate this energy system again.

Say audibly or in your mind:

**“Elemental Spirit Whisperer Genetic Awakening, please Activate!”**

Each time you activate this level of the awakening, it will do something new for you.

It will awaken any genetics that you, at the higher levels are willing to allow to be awoken, NOW!

It will forge mental pathways that cause you to perceive communication with the elements!

It will help your body and nerves forge new sensory receptors to be conscious of subtle energies and reiki.

Here are some of the benefits you may receive when using this system:

*Allow for the possibility that elements think and can communicate.*

*Begin to perceive the presence of the elemental spirits.*

*Gain an alliance with various elements.*

*Gain the security of having the elements' assistance in case of emergency.*

ATTUNE TO DIVINITY

*Learn about each elemental spirit's abilities and when to ask for their help.*

*Notice that the elements can call on others of their kind to arrive.*

*Recognize the co-creative force that elements can bring to bear on any co-creative endeavor or for conflict resolution.*

*Confidence that the elemental spirits will assist you in any natural disaster.*

*Begin to notice the co-operation of elemental spirits in your everyday life.*

*Moisture increases in the land to stave off forest fires from reaching homes.*

*Clouds form and rain happens to save crops from withering.*

*Tensile strength of a wooden plank increases when a child walks on an old bridge across a stream or ravine.*

*Any physical form can become more effective and efficient when you have an alliance with the elemental spirits which comprise its form and call upon them for assistance.*

*Batteries can last longer in an emergency situation if you call upon the elemental spirits of the battery's interior.*

*These are just of a few of the ways that whispering to the elemental spirits can help you and others you call upon them for co-operation.*

No matter what your current skill level is as shamanic style journeying, telepathy or other ways of communicating with the spiritual beings within everything here on planet Earth, this Elemental Spirit Whisperer Genetic Awakening will do something beneficial for you.

**Think first about the elements in your everyday life.**

***What is the floor of your home made of?  
What is the chair you sit upon made of?***

ELEMENTAL SPIRIT WHISPERER GENETIC AWAKENING

*What is the vehicle you use for transportation made of?*

*What is the bed you sleep in made of?*

*Look at the physical structures in your local community.*

*What are the buildings that you frequently go into each week made of?*

*Be aware of any bridges or archways. What are they made of?*

*If you don't already know just by looking, research and learn.*

*Who is near your home in the way of trees and bushes?*

*Learn the types of trees and bushes by name.*

*What are the names of the local water sources?*

*Is there a river or lake nearby?*

*From where does the water that comes into your home arrive from?*

*Another state or a local aquifer?*

Learn what your sacred and defensive tools are made of. There could be a time in the future when co-creative alliance and communication with the elemental spirit of those tools will make them work more efficiently and in a manner necessary to the moment that is essential.

When you are ready to gain a better relationship with any item, structure or tool near you, please be in a comfortable position and think about it.

1) Say audibly or in your mind:

**"Elemental Spirit Whisperer Genetic Awakening, Activate!"**

2) Appreciate the item, structure or tool.

3) Be curious to know more about the item, structure, tool or element.

4) Extend a request for two-way communication with it.

(If you are having difficulty considering it to be self-aware and capable of communication, you can send the message to an angel or guide near it)

5) Ask it if it wants to work in co-operation and co-creation with you. If you already perceive your guardians and guides yet communication with the elements is new, you may wish to ask them to relay the messages.

6) Imagine that it said yes, what would that feel like?

## ATTUNE TO DIVINITY

Imagine that it said, no, what would that feel like?

Ask it again if it wants to work in co-operation and co-creation with you. Be still and sense whether you received a yes or a no. (Most people feel a yes as a “go ahead” or “ok” and a no as a “blocked wall” or stiffness.)

If you don't get a sense of yes or no, that is all right also. This is about beginning and forging relationships with your surroundings and the elements that comprise it in new ways. Make this a habit, for the next few days, weeks and months.

You will surprise yourself with your observation skills. Eventually, simply by your familiarity with your surroundings and the elements that comprise it, you will know instantly if there has been a disturbance. You will know if something is there that should not be.

You will have an increased ability to sense what is out of place. This can be important for safety. You will know when you need to be aware of possible danger. You will know what you need to do to clear out the presence of anything in order to have a stronger sacred space for your sacred co-creative work.

If an unforeseen circumstance arrives in which you need the assistance of an element to help save someone or prevent further harm, you may be pleasantly surprised to receive help that can only be counted as miraculous!!!

The word “familiar” in magical workings often refers to a bird or animal in the spirit realm as well as those in physicality. It is the relationship between a particular animal or bird as well as a familiarity with all of their kind which serves the shaman or spiritual practitioner so well.

So too with the elemental spirits, a familiarity with them will serve you well. As you appreciate them and continue to extend the invitation to communicate, they may surprise you by communicating with you when you least expect it. You may suddenly get a strange feeling of something wet and sticky being poured over you and an urge to go to the other side of your land.

You arrive and see that someone changed their oil and it is left on a rock that has a slight depression in it. You notice that a family of ducks is on their way through here from where they sleep to their usual pond. If you had not come by to remove the oil, their little ones may have walked right through it.



## ELEMENTAL SPIRIT WHISPERER GENETIC AWAKENING

The feeling sense was strong enough for the elements to bring your attention to something that a human's hands needed to take care of on behalf of those who are innocent and would have been harmed. This type of assistance may not seem all flashy and exciting, but it definitely matters in a big way to those little ducks.

In this way, the elemental spirits will know that you can perceive them and will respond on behalf of all life on Earth. You will be granted more personal power and abilities as you show that you are responsible.

Now that you've worked with this energy system for a while, preferably at least 3 days, you can call in your attunement to the 2nd level.

The 2nd level of this energy system is brought forth to us so that people can quickly and effectively activate this energy when you need a boost of the energy frequency by which the elements can communicate with you through.

Say audibly or in your mind:

***“I now fully call forth my level 2 attunement now of  
Elemental Spirit Whisperer to strengthen my already awakened  
familiarity and affiliation with the elements.”***

Many times there are elemental spirits who “could” communicate with you but feel no reason to do so. Your desire to communicate with them is appreciated but not necessarily a reason for them to “chat” with you.

When a life form is in danger in any way, that is often the spark that causes an otherwise uncommunicative elemental spirit to be willing to reach out to a human - especially a human that has already made overtures to them.

You may not even learn if it was the tree, the rock or a bird flying by who caused you to have the feeling to go over there to that side of your property.

The more you respond when you get those little “feelings” the more often the elemental spirits will continue to communicate with you. Since the physical bodies of people animals, birds, fish, amphibians and reptiles are also made of elements be not surprised when you start receiving information from them!

I speak of the everyday life situations and the extraordinary life threatening ones

## ATTUNE TO DIVINITY

because this is real life. If you are a healer by trade, practicing the healing arts to help others and earn your living, this energy system may increase your ability to communicate with the bodies of your clients.

You may find that you can determine the illness and cure for animal ills easily now that you've strengthened your communication with the elements.

Every physical body has a consciousness. This energy system does not specifically increase your communication with the consciousness of that body as a whole but it DOES increase your communication with the elements which comprise the structure of the body.

This gives you a greater ability to promote healing and change. How many times have you gained a sense of what is wrong in the body yet it felt that the "stuff" (elements) that comprises the body was being uncooperative and unwilling to shift energetically. The changes you wanted to help the body make previously felt illusive because the elements that the body was made of seemed not to "hear" or wish to respond to your ministrations. It may be wise to activate this energy system anytime you do energy healing work and reiki for yourself and other people.

Say audibly or in your mind:

**"Elemental Spirit Whisperer, Activate!"**

***Then re-affirm your intention to assist this body to heal, be comfortable integrate healing energies, or whatever the intention of that session is.***

***You will be forging a link of communication with the elements that comprise every part of the body.***

***This works well for all life forms on planet Earth.***

***This works for all life forms in parallel realities of Earth.***

***Whether you believe that a molecule of iron in a person's blood has conscious awareness or not ~ can you see how it is helpful for that iron molecule to respond to the instructions of health and cooperation you are sending?***

***If an anemic person has insufficient iron, the efficiency of each iron molecule is essential to that person's energy level and health.***

## ELEMENTAL SPIRIT WHISPERER GENETIC AWAKENING

There are a multitude of applications for this energy system in so many areas of your life. So please be creative and co-create with Eternal Sacred Source and all the elements that comprise the physical and gaseous environment here on Earth for the health and enlightenment of us all.

***Every time you say with intention: “Elemental Spirit Whisperer, Activate!” a bridging of communication is constructed by which you and the elements involved in this particular event/situation/session/treatment can be in cooperation completely.***

If you don't activate Elemental Spirit Whisperer every time you are involved in a situation where the cooperation and understanding of the elements could prove useful, you aren't using every technique currently available to you for maximum benefit.

Be wise and keep trying this energy function. It may prove useful to you. When is it a good idea to activate this energy system? Anytime you want to bring about changes in physical matter or a gaseous environment (such as air). Anytime that the cooperation of or communication with the elements that comprise matter would be beneficial to your workings and the situation you find yourself in or to help others.

This energy system synergizes perfectly with all other energy systems whose energy is of love and light. It works at a distance or in person, and is only limited by your belief and willingness to continue to activate it. The first level of this energy system is to be activated frequently so that any additional genetic codes that are ready to awaken shall.

***The second level of this energy system is to be activated anytime you'd like a better line of communication or cooperation with the elements within a body, matter, or the environment.***

***I'm so excited and grateful to be able to channel and explain this energy system. This is just the start! It is between you, Source and the elements to continue to expand the uses of this energy system. If you are already skilled at shamanic journey or meditation, I strongly urge you to activate Elemental Spirit Whisperer to “meet and greet” local structures.***

There may be times in the future when the membranes between the worlds or

realities get too thin to keep the parallel realities separate. When that happens the “rules” of our own reality may change. That which we could count upon may not be the same. That which was solid, may not be so solid.

How much more important may it be to have the conscious co-operation and co-creative synergy with the elements when you are in a five story building and you can see right through the floor. What happens when the molecules appear to separate, and well, they really are moving further apart because another reality is intersecting with your own? You begin to fall through the floor and then remember that you’ve already grown a relationship with the steel and wood of your building. You call out to the elements in your floor.

Say audibly or in your mind:

**“Elemental Spirit Whisperer, Activate!”**

You call out to them to hold together and provide the solid structure that your body needs in order to stand upon it. Now, you do the same throughout the entire building and save all of the inhabitants of your building from falling through to their death. Remember that “whisperer” simply means that the communication need not be shouted, this is a mind-to-mind communication. That which seems not so interesting right now may seem entirely essential when the rules of our reality change.

When another reality intersects with ours, the elements in our reality may not know that it is “preferred” that they stay in the form and configuration they were in mere moments before. They may feel “pulled” into another configuration when the walls between realities get too thin to keep the influence of the other realities from changing our reality. This is when a strong request from a human who has already made conscious contact with the elemental spirits can “jolt” them into recognizing that there is some reason for them to maintain their previous configuration.

Furthermore it may indeed take some effort on the part of the elements to not be drawn into the “vacuum” of the reality that may be intersecting with ours. You, with conscious intent will need to pull energy from Eternal Sacred Source and remind the Elemental Spirits to do the same. It will indeed be a conscious co-creative effort to help the elemental spirits keep their previous form. This may or may not be something that can be held for a long time.

You and the elemental spirits may be able to help them hold their previous form just long enough for people and pets to get to safety. Then, as you and the elemental

## ELEMENTAL SPIRIT WHISPERER GENETIC AWAKENING

spirits drop your focus and intention, you will see how much you all were really doing, as the building may come crashing down.

Some Earthquakes already are the result of thin places in the walls between the realities and when they collide instead of pass seamlessly by one another it is the reason for the “unexpected” and difficult to explain Earthquakes.

I wish to say that already there are many possible uses for working co-creatively with the elemental spirits even if you don't know exactly when or in what way this alliance will be necessary. Each person's abilities and ministry will be different. This energy system is both broad and very specific. Level 1 helps everyone awaken their genetic codes so that they can more fully interact with and gain the alliance of the elements that we live around every day.

If you are skilled at Shamanic Journey or meditation, please try several different spirit journeys or quiet meditational times during which you activate level 2 of this system. Use the method that works best for you. The purpose is to establish a “meet and greet” forging a bridge of familiarity with the element.

If you are new to moving your consciousness over to an element or being, you may wish to study shamanism or seek a meditation that feels right to you.

You aren't asking a question of the element at this point. You wish to greet and give them an opportunity to meet you also. Now you will be acquainted. This will serve you both well should there be need of cooperation between you.

Find a quiet place where you won't be disturbed for at least 10 to 30 minutes.

Sit or recline in the position most suited to quiet your mind and promote your ability to remain still for the duration of your meditation or journey.

Some people prefer to use quiet music or a drumming recording that keeps a fast, constant rate of drumming in order to assist them to shift their consciousness slightly out of ordinary reality. You are looking to “go” to a place that is betwixt and between where you are and “where” the element is.

If you are not choosing an individual element it may prove useful to determine what or who the elements have combined to form. Elements love to mix and combine with one another and as such rarely exist individually. Even when they do, there are so many of them that they take on a “group” consciousness.

Therefore, be aware that you may be greeted by the representative - the awareness that is the one who will speak on behalf of the elements in that particular structure,

## ATTUNE TO DIVINITY

item, or form.

What is very important about this spiritual journey is to greet the elements within the structure. You are not asking them for a favor, you've not even met them yet. That would be like asking a stranger for a favor, or asking them personal questions when there is not yet any familiarity between you. This is why it is beneficial to greet these elements without asking anything in return.

Let us say there it is a bridge in your local town that you want to greet the elements therein. If you can get to a quiet place within you while out in public and you prefer to be physically touching the bridge, you could go to it for your spiritual journey. Please understand that there is no need to actually be there physically. You need only to have a clear intent as to where and to what you are going to meet.

You may use other energy systems or mediational or journey techniques to shift your consciousness so that it is easier to place your consciousness "at" the bridge. Now think of the bridge and place yourself just in front of it in your mind's eye. Imagine greeting it and asking permission to meet it. This is very different from just walking upon it. You are treating it with respect.

Say audibly or in your mind:

**"Elemental Spirit Whisperer, Activate!"**

You may wish to say this 3 times or more as a mantra.

Then once again place your consciousness at the bridge,  
greeting it and seeking to meet it.

You may or may not feel or see anything in your mind.  
You may feel a sense of surprise as the bridge's elements  
are rarely approached by humans.

You may receive a gruff, "Go away".

Respect that and remove your consciousness from there.

Even if you get a "Go away", contact has been made!

ELEMENTAL SPIRIT WHISPERER GENETIC AWAKENING

The fact that you did as directed will be remembered.

If ever there was an emergency and you needed the assistance of the elements in that physical bridge, you would likely receive the help.

You might hear, "Who goes there?"

You can send the thought of your name.

Usually that also means, "What do you want?"

Send appreciation for the beauty and functionality of the bridge to it.

Send only a request of wanting, to meet the bridge's conscious awareness.

At this point you've already met the bridge, received a response, but it needs to know that you are only seeking to get to know it.

If you did not feel anything, do not despair.

Let that be the try for that structure.

Go to another place in your mind and try there.

What you have accomplished by making a conscious effort to make contact with the elements of the various structures, is to alert them of the fact that you are open to communication.

Thereafter, if "need be" they will reach out to you by thought and you will know what you need to know.

This is true even if you've never consciously communicated with elements, animals, birds or angels previously. It is often true that such beings and elements are strong willed and won't communicate unless they think it is necessary.

It doesn't mean that you can't hear them.

## ATTUNE TO DIVINITY

It doesn't mean that you weren't successful in your journey.

It just means that they didn't want to respond at that moment.

That is their choice and it must be respected.

Here are some examples of good topics to go to:

*A local statue*  
*Your ceremonial sword*  
*Your wand*  
*Your walking stick*  
*Your stairs*  
*A local building*  
*A local fence*  
*A local boulder*  
*Your car*  
*A guitar*  
*Other musical instruments*

## Petroglyph Key Awakening

Petroglyphs are images carved or etched into rocks. They often represent full thought concepts, not just individual words. Many Petroglyphs are maps to various spiritual realms. Yes, some were for mundane daily life information that needed to be passed along from generation to generation. Symbols that provide multidimensional spiritual information can be received in people's night dreams. Many of you awaken in the morning to remember scores of symbols that are unfamiliar to your conscious mind.

People speak to me of writing these symbols and keeping them close. You may feel that these images are familiar to you on a soul or ancestral level. ***Petroglyph Key Awakening*** provides that spark of awakening for your conscious mind to activate and use the symbols' meanings.

Petroglyph Key Awakening energy system enhances your spiritual understanding



## PETROGLYPH KEY AWAKENING

of petroglyphs by increasing the communication between you, your higher self, soul and the I AM Presence of the Eternal Divine.

Some people want very much to expand their conscious knowledge of the information and enlightenment they already realize is being received when they view petroglyphs.

***Petroglyph Key Awakening*** can establish new pathways of understanding for you from your spiritual body and higher self. A morpheme is the smallest meaningful unit of language. A pictograph is an image drawn or painted on a rock face. The word petroglyph comes from the Greek words petros meaning “stone” and glyphein meaning “to carve. Since they usually represent a word (logogram or logograph) the universal nature of logograms makes it ideal for Divinity to communicate with us, and connect us with eternal truth.

There is evidence of petroglyphs carved in stones from most beings that have been in physicality at some point in the history of Earth. Holography (from the Greek ὅλος *hólos*, “whole” + γραφή *grafē*, “writing, or drawing”) can also be used to store, retrieve, and process information.

It is one of the ways that eternal light beings beam information to people. Holograms bring a much fuller understanding of the concepts being transmitted. Petroglyphs are often the 2 dimensional representations of these much more complete transmissions.

One of the beauties of petroglyphs is that the viewing of them can trigger the understanding of the corresponding hologram. ***Petroglyph Key Awakening*** provides you with the spiritual keys to open your understanding to the fuller wisdom the image has to give. It matters not what terminology you use when you speak of these images. What matters is that you open to the deeper spiritual meanings within them.

What might you expect to notice after your Petroglyph Key Awakening?

It may be more of a feeling sense of the receipt of symbols and their corresponding meanings as evidenced by the type of night dreams a person would have if they’ve been studying a lot. Those type of sifting, sorting and reviewing dreams that arrive when you’ve consumed a massive amount of information. You may or may not have a conscious sense of what topics the images even represent and you may or may not remember the images upon waking.

A viewing of the history channel’s shows on television may spark a “download”

## ATTUNE TO DIVINITY

of ancestral memory of places and information. Your Petroglyph Keys are similar to the Gifts of the Holy Spirit in regards to “when” they fully manifest, which is, “when needed!” Therefore you may feel sensations of heightened awareness and receipt of a stream of information without having immediate conscious access to the details of that information, until the time is right.

When you DO need to access that information it will be there as if it is something you have known all of your life. Some people receive holographic symbols that could be languages from other cultures on or off of planet. Other people receive “plans” for ascension or maps to navigate in the spiritual realms. Still other people receive in their mind’s eye the same Petroglyphs which are on rock faces here on planet Earth, and the complete conscious understanding of the wisdom which was etched therein to be kept safe for generations and read by those who have gained the spiritual awakening to receive the keys.

Please spend a few minutes to invite your Petroglyph Key Awakening to release fully unto you. Simply say: **“I ask to fully receive my Petroglyph Key Awakening attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

***Petroglyph Key Awakening*** energy flows to your body and energy fields providing you with your key codes.

Relax and re-activate your Petroglyph Key Awakening energy system now:  
**“Petroglyph Key Awakening Activate for me Now!”**

This energy system is an awakening. It prepares your mind and body to receive and understand higher wisdom and information. Exactly what Petroglyphs and symbols you will comprehend is determined by what your purpose is, what you are ready to be aware of together with what is needed in each now moment.

If your purpose is that of an ambassador between cultures you may suddenly become aware of the nuances in communication and body gestures. If your purpose is that of shaman who practices for others you may become aware of maps through spiritual worlds.

If your purpose is that of a shaman whose specialty is herbs, you may become aware of recipes your ancestors used and additional herbal wisdom may open to you.

## PETROGLYPH KEY AWAKENING

If your purpose is enlightenment, you may learn about yourself in deeper ways than you ever imagined possible, thus giving you ways to remove blocks to your enlightenment.

If your purpose is taking care of your family and being the best person you can be you may become aware of how better to manage family communications and resources.

Petroglyphs contain historical and other worldly information that can be useful to you in this world. By other worldly I could be speaking of information received by the carver in trance or beings not born on Earth could have arrived and done some carving in rocks also.

Your Petroglyph Key Awakening will certainly prepare your mind and spiritual being to better receive information from beyond this time space reality and make use of it at the proper time and in the proper space.

Petroglyphs you see contain a wealth of information you can't see. Symbols you receive in sleep or meditation are also holographic. Be wise and ask for these images to open their knowledge to you.

If you speak to a symbol or Petroglyph as if it is a sentient, alive being, you may be very surprised in that it may respond. This could seem like a far-fetched "outlandish" idea. It has much to do with respect.

If you respect something enough to speak to it, you might just find out that it has more abilities than you ever thought possible. Up to and including speech! For if a symbol opens its knowledge to you, and suddenly you know all about it, is that not more valuable than if it grew a mouth and spoke audibly?

Expect the unexpected and trust that your mind is gaining the ability to finally function at levels only your higher self and soul did previously.

There are many good activations and awakening energies. ***Petroglyph Key Awakening*** is one that specifically attends to awakening and teaching your mind how to interpret the messages within Petroglyphs and other symbols. Symbols can have different meanings to different people.

## ATTUNE TO DIVINITY

Worry not about what information you are receiving. Simply allow the process to unfold naturally. It is a good idea to activate Petroglyph Key Awakening at least once a week. It does not matter if you are interested in symbols.

It doesn't matter if you have any Petroglyphs in mind or not. This is one of those great energy systems that prepare your mind and being here in this reality to perceive and understand multidimensional information. It is possible that this Petroglyph Key Awakening may awaken you to work with your genetic or soul lineage information consciously.

Activating Petroglyph Key Awakening for other people requires that they give you their full permission to activate this energy.

Petroglyph Key Awakening is an energy system which really changes a person's perception of reality. If a person is in illusion about some area of their lives they may not be able to stay in illusion after these energies are activated for them. A person must consciously ask to receive this awakening.

## **Angelic Elemental Templates**

Angelic Elemental Templates are actively tended energy template for healing sessions or attunements. They are comprised of the Eternal Sentient Intelligence of both the Angelic and Elemental realms. Beings of the Angelic lineage and beings who are the sentient awareness of the elements here on planet Earth join together to bring you balanced perspectives from here and beyond this time, space, and three dimensional reality.

Angelic Elemental Teaching Templates provide a way for you to energetically record and send channeled teaching information to students. Angelic Elemental Templates combine and administer the energies perfectly for each person. They are a wise choice for both personal and professional use during sessions or for providing attunements to a list of people.

Instructions provided for personal healing, facilitating healing sessions or attunements for several people concurrently, as well as sending the energies of any session into a light sphere for the client to 'call in' later.

## ANGELIC ELEMENTAL TEMPLATES

There are other kinds of templates that holistic healing modalities have utilized when there is a desire to gain assistance from several kinds of spiritual beings for a healing session, teaching workshop, or group attunements. It is my understanding that those templates came forth as a result of people wanting to use their intent for the healing or teacher, rather than having to keep the strength of intent required in order to work with several kinds of spiritual beings, here in this reality.

I've worked with several of these and respect the founders who have channeled these other templates. The one I had worked with most often, required the person whose intent is the point in physicality, here in this reality, to remain focused. ***Sometimes the healing work that the beings in the spiritual realms wish to do for a person will go on much longer than it is practical for a person to remain focused here in physicality.***

There have been many, many times I would simply tell the group of Light Beings to go ahead and continue the work on a client or friend, and step out of the energy. Ah, much to my dismay, once you agree to stand for a person, energetically to hold the sacred space, you continue to do that until the session is complete. When you've already given permission to the Beings of Light to continue the session, it means that you are also still part of the template, doing your job too.

***I would notice, on many days, that part of me, my consciousness would be 'busy' elsewhere and I'd be spacey and unfocused here in this reality.***

Needless to say, that is not a beneficial way to continue a person's workday or to enter into other healing sessions for subsequent clients! The other templates I'd worked with all required you, the person in physicality, to consciously 'close' the template when the session was done and only then is your commitment to that session complete!

I was initially trained in Shamanic style spiritual journeying, in 1998. In shamanic journeying you shift your consciousness, to be aware of other spiritual realms and beings, while you are concurrently still in physical body here in this reality. This is in modern times often accomplished by a consistent sound, such as a drum or rain stick. Generally there is a desire to gain either assistance or teaching from various beings in these other realms.

Angelic Elemental Templates arrived in answer to my desire and prayer to have a user friendly template in which to work for sessions and attunements. In this way I

## ATTUNE TO DIVINITY

could set forth energies, and know they would be tended to!

When you want to provide a remote healing session to one or more people or attunements of the same energy system to several people Angelic Elemental Templates are an excellent choice! They will arrive upon request to provide both the enclosure/casing for the energies and the loving divine intelligent tending of Angelic and Elemental Beings. These beings work directly with the person's personality, higher self, soul and Eternal Sacred Source receiving constantly updated information about exactly how the energies you suggest and direct are to be compiled and administered.

There are several kinds of templates, based on what type of session are providing your clients, students, friends, or loved ones. Thus you will choose what suits the situation best and expect that the Angelic Elemental Attendants will adjust things as they see fit to perfectly facilitate the session or attunement for the person who is to receive it.

There have been more and more requests from clients for remote healing sessions and attunements where our schedules don't match up for 'real time' energy work. For attunements, that concern has been solved for many years by simply sending the stream of energy that IS that particular energy system, into a chi-ball, light sphere, or 'banking' the energy for the person to 'call in' at a time when it is convenient. But are you adept at doing this for a healing session? What if your client wants to receive their healing session in the evening and you will be spending time with your family during that time?

You can 'do' your clients' healing session with the intent that all of the energies you activate and work that you facilitate for your client will be actually be 'received' when they 'call in' their session. That works quite well and many practitioners are already doing that! The person's own helping healing guides and guardians release the energies perfectly for them!

An upgraded version of this type of 'call in at your convenience' healing session is the Angelic Elemental Template. You would ask the Angelic Elemental Attendants to create a chi ball or light sphere to hold the session.

You would then facilitate the healing session however you normally would. Each practitioner has their own gifts, skills, ways that they perceive the client's energies and activate various energy systems and 'view' how the person and their

## ANGELIC ELEMENTAL TEMPLATES

body responds the work they are facilitating. When the person ‘calls in’ their healing session, they will be receiving their session in ‘real time’ together with any work the Angelic Elemental Attendants see needs to be done. They bring the balanced perspectives of Elemental and Angelic Realms to the healing session for your client, friend, or loved one.

In order for you to gain the authorization to work with the Angelic Elemental Templates, please spend a few minutes to invite your Angelic Elemental Templates attunement to release fully unto you. Say audibly or in your mind:

***“I now call forth to receive my Angelic Elemental Templates attunement as founded by Mariah Windsong and made perfect by Eternal Sacred Source.”***

You may or may not feel any sensations. It doesn’t matter if you feel these subtle energies or not. They are effective no matter whether you perceive them or not.

Some people feel warmth or tingling sensation, others notice pulses.

This is a meet and greet for you, the energy signature of your intention to work with the Angelic Elemental Attendants and their Templates!

Now that you have paused to receive your attunement, you have the right to call upon and activate each of the functions listed here. Please do so when you have a few minutes and definite purpose to work with the template that will be created and open to you.

### ***Conducting Angelic Elemental Healing Template Sessions:***

One of the most excited benefits of Angelic Elemental Templates is the ***vastly increased*** length of time any healing session you set forth! If you are a practitioner, and want to do a session for a client, friend or loved one, ask the Angelic Elemental Attendants to create and open the ***Angelic Elemental Healing Template***. Then begin the session in the manner you normally would, imagining the person to be inside the light sphere/chi ball and direct the energies to them.

Take the recipient’s needs and concerns into consideration and perceive what is required in whatever way works for you. Begin in this manner, whether it is a ‘real time’ session where the recipient is currently in their own home relaxed and ready to receive their healing, or whether you’ll be sending the energies into a light sphere for the person to call in later.

## ATTUNE TO DIVINITY

There is instruction about Chi Ball/Light Sphere creation further on in this manual. If you do shamanic work you may go into the shamanic journey state to perceive what is required and to work with your helping healing ones. You may simply go into a deep meditation or perceive in a clairsentient, clairvoyant or clairaudient manner, anything Spirit wishes to make you aware of as you facilitate this session. Any energy systems and reiki that you activate and send to the recipient of this healing session would be done in the usual manner, following the directions of each energy system's manual.

After you get the energies going, and do whatever is for you to do at this time for the person (charging per minute if that is your business custom), you can step out of the energies. Speak to the *Angelic Elemental Attendants* as you would address respected elders. Tell them your intentions for this session from here forward. Tell them if you want them to continue to flow the energies you've activated. Tell the Angelic Elemental Attendants if you intend to 'return', stepping back into the sacred space of this session in a little while to 'see' what the next steps in the healing session may be.

There might be work that needs to be done for the person that would ONLY be revealed AFTER the person has marinated in the flow of energies for a while! If the client is on a budget and not able or willing to pay for you to keep the flow of energies active for a long time, with the Angelic Elemental Attendants help the energies have continued to flow.

Now you step back into the energies of the session and perceive what you need to do next. Maybe the person feels safe enough now to let certain limitations or blocks be removed! Maybe the person's body is ready to accept repair and rejuvenation energies, whereas two hours ago their body would barely accept relaxation or clearing energies!

What a wonderful gift for all of us to work with these Angelic Elemental Healing Templates and Angelic Elemental Attendants!! They are able to step in and keep their intent upon the energies so that the person receiving this session can receive a vastly more effective session! You, as the facilitator and practitioner can do your part, yes, charging fairly for the time you do spend doing energy work and activating various Divine energy streams or doing clearing, encouraging healing and manifesting work.

You may have told the Angelic Elemental Attendants that your part in the session



## ANGELIC ELEMENTAL TEMPLATES

is complete, and instructed them to keep the energies flowing as long as they deem appropriate, then to please close, seal and send the energy session to the person it is intended for. This is an incredible benefit!

Remember what I mentioned earlier in this manual about some templates requiring you to keep some of your own energy in the template for the entire length of time that it is active and open?

Well, with Angelic Elemental Healing Templates, you can go on about your day, entering into other sessions or your daily activities without any personal energy or awareness lingering in the template.

You are not required to have your attention, energy, or awareness be in an Angelic Elemental Healing Template for the Angelic Elemental Attendants to complete and send the session to the person!

You are required to consciously step out of the energies of the session when your part is complete. If you are nosy enough to need to know what is happening in that template session, then yes, by your curiosity, your energy will still be there. This is one way to use Angelic Elemental Healing Template session for a client, friend or loved one.

If you'd like to maximize your time while multiplying the benefit for your clients, friends or loved ones you would ask that an Angelic Elemental Healing Template be created and opened for the first person and work in your usual way, activating any energies that you deem appropriate.

Then instruct the Angelic Elemental Attendants to continue the energy flow. Next you would ask for an Angelic Elemental Healing Template be created and opened for the next person. Now activate energies flows for that person.

You can have as many Angelic Elemental Healing Templates activate at one time as you are able to keep track of. Remember, you are the facilitator of these healing sessions. The Angelic Elemental Attendants are attendants!

They will keep the energies activate and work in concert with the person's personality, higher self, soul and Eternal Sacred Source to continue the energies you activated or cease their flow when the person has reached their comfort limit

## ATTUNE TO DIVINITY

for this moment. Let us suppose, for example, that you have asked for and are working with 4 Angelic Elemental Healing Templates.

You received and opened one for (always say name of person it is for) and you've activated some energies flows and with your own gifts, skills, facilitated some clearing of energy blocks or debris that did not belong.

Then you stepped out of that session, asking the Angelic Elemental Attendants to continue the session, telling them that you'd be returning to check on that person's progress, in two hours. Next you asked for and opened an Angelic Elemental Template for another person. You activated energies and facilitated any healing work with other helping healing ones from the spiritual realms that presented themselves as wanting to assist.

Then you step out of that session and go on to another one. Can you see how wonderful it is to know that each person is being tended by the Angelic Elemental Attendants and that the sacred healing space is also being upheld?

A good visual example might be of a holistic healing center where there are rooms for various clients to receive healing work and Divine Energies.

Now, in your mind's eye, picture yourself reviewing the list of people who will be receiving Angelic Elemental Healing Template sessions today.

Now you speak with the Angelic Elemental Attendants and ask them to please prepare the rooms for each client.

Imagine them going about clearing the space and setting up the sacred space for each person's healing. When a client arrives, they are ushered into their own special Angelic Elemental Template. It is an etheric healing room!

You go into the room with several Angelic Elemental Attendants and begin working with the client. You activate energies and the Angelic Elemental Attendants continue the flow of energies and indeed continue the session when you step out of the room to go to the next client's healing room.

Sometimes you return to a client's healing room to work further with them, at other times the *Angelic Elemental Attendants* will complete the session.

## ANGELIC ELEMENTAL TEMPLATES

At all times each client receives an impeccably facilitated session where the sacred space is kept strong and the work is just right for the person, this day.

I hope that helps you get a sense of how to work with the Angelic Elemental Healing Templates. Just think of each one literally as healing rooms that are in a light spheres or chi balls. The Angelic Elemental Attendants are real sentient, intelligent, loving beings that, if in physicality, would be visible.

If you consider yourself the facilitator of each Angelic Elemental Healing Template and speak with the Angelic Elemental Attendants, even if you don't perceive their response, you will always facilitate a perfect session!

Some people do perceive the responses of the Angelic Elemental Attendants, but even when they do, it is usually more of a thought-to-thought or sense of acknowledgment of the instruction you set forth. Sometimes though, when you return to an Angelic Elemental Healing Template to check on the person's progress, the information you perceive is given to you by the Angelic Elemental Attendants, rather than directly from the person's body or being! It is a unique and quite delightful experience when that happens!

The last consideration you will want to direct your Angelic Elemental Attendants in is about whether the person's healing session is completely in real-time delivery or if they are to package and send it to the person.

If they are to package and send, that means that the light sphere or chi-ball that is the *Angelic Elemental Healing Template* is to record and deliver the entire session 'when' the person 'calls in' their Angelic Elemental Healing Template Session.

This is very important because some clients do feel subtle energies and their consciousness may be altered into a very relaxed or 'spacey' state of mind during the receipt of their session. For some people, reiki makes them so relaxed that their motor skill reaction time is slow and that could be dangerous if they are driving a car or operating machinery or kitchen knives.

**Chi Ball or Light Sphere creation request:** I've read a lot about how people are directed to 'make' chi balls. Balls of energy that is the casing that can hold energies of attunements or the energy of the person's healing session so that they can 'call in' these energies at their leisure to enjoy when relaxed.

## ATTUNE TO DIVINITY

Initially I read that a person would direct energy from their own body to a point just above their outstretched hands or somewhere in the room. Some articles spoke of using your own Ki, prana, qi or chi, your own life force energy, emanating it out from yourself until it had coalesced strongly enough to be a light sphere to hold other energies safely. I strongly disagree with this method and ask people to never try it. There is no reason at all why a person would need to use their own personal life force energy to create a chi ball. There is another method that is similar, yet more acceptable to my way of thinking!

In this method, a person would activate various eternal light, love and life energies from Eternal Sacred Source. Any Reiki, Seichim or other energy that is in alignment with the energies of Eternal Sacred Source would work fine. Channel those energies through your body and out your hands or chakras. When you channel energies from Eternal Sacred Source to create the chi-ball, at least you aren't using your own personal life force energy.

There are three reasons not to use your own life force energy for this container, envelope, encasement that is to hold an attunement energy or healing energy. The first is that your body needs its own life force within it, and the second is that you may give energy that has personal emotions in it.

A third is that it depletes your own personal energy. This could lead to receipt of negativity from clients or reduction of physical and psychic immunity and premature death.

A better way to create a chi-ball or light sphere to hold attunement energies or healing energies is to request energies directly from Eternal Sacred Source to arrive at a point in front of you and coalesce into a chi-ball.

Now you are not running the energies through your body at all! It doesn't matter if you can perceive or see the energies. Trust that they are there!!

When working with the Angelic Elemental Attendants, asking them to create and open chi-balls for each named person who is to participate in any Angelic Elemental Template session, you are delegation chi-ball creation!

This is respectful and a good use of your time as part of the Angelic Elemental Template energy work team! They will create and open a chi-ball for any person you name as being the recipient of any Angelic Elemental Template work that you will be doing in that particular day.

## **Angelic Elemental Attunement Templates:**

Another fine use of the Angelic Elemental Templates is their attunement functions. There are many people who teach energy systems in a workshop or in a group format where there is a list of people who are to receive the same energy system attunement. This energy system attunement process is not recommended for Usui Reiki Level 1 or Seichim Level 1 attunements.

The very first time a person is attuned to Reiki or Seichim it is recommended that you, the teacher personally attune the student in such a manner that gives you feedback information about how the student's body is receiving the attunement. Most teachers also prefer to be in communication by e-mail or phone, if it is a long distance attunement, for immediate follow-up with their student in the hours after the attunement was received.

There have been astute teachers who have been able to provide an impeccable Usui Reiki Level 1 or Seichim Level 1 attunement using the Angelic Elemental Attunement Templates. The energy will function properly with your intention. However, it is more for the student new to feeling energy move through their body from beyond this time-space reality that I suggest a more personalized, in communication approach to a person's first attunement.

Any other type of attunement can be prepared and sent using both the instructions in the manual for that system and the Angelic Elemental Attunement Template is the template that holds the various chi-balls that will encase and release the attunement to each participant.

There are many ways to send an attunement. Especially for long distance and across time and space attunement where a person has the freedom to call in their attunement to release to them at any time they want to! There is the banked attunement, the chi-ball attunement, the higher self- attunement, and the honeycomb attunement, among others.

Lately some teachers have stopped bothering to say what the enclosure, or casing of the attunement is. Some people imagine the energy being in a light envelope or guarded by an angel until the recipient 'calls the energy in'. I've received attunements where the teacher told me that the attunement would be circling around my higher self until I called it in!

## ATTUNE TO DIVINITY

The truth, as I see it, is that the mechanics of ‘how’ a dose of energy frequency that IS the meet and greet for the energy system we wish to be attuned to, is carried to and delivered to us by faith.

There are indeed helping healing being of Eternal Life, Light and Love who carry out our intentions. They hear us intend to send the stream of energy, the dose of energy frequency. They gather the energy, and carry it somewhere or when, and its integrity is upgraded and protected until you, the recipient, call as a prayer, for the attunement to be released unto you!

What an incredible miracle! I am not privileged to see ‘who’ the beings are who do this valuable and sacred work for us! I do know that their job is easier when the energies are already encased in a chi-ball or light sphere.

In that manner the light sphere or chi ball is a container that already has a high level of security and is more portable. At least that is the information I’ve been shown! Therefore, when you are doing attunements, especially for more than one person at a time, asking the Angelic Elemental Attendants to create and open chi balls for each person is wise.

### **Conducting Angelic Elemental Attunement Templates:**

- 1) Have your list handy of the people to whom you will be sending the attunement for (name of energy system).
- 2) Speak to (as you would to respected elders) and ask the Angelic Elemental Attendants to create and open chi-balls for (name of each person in the list). You read down through the list of people naming each one by whatever name you know them by, out loud or mentally.
- 3) Now, activate and access the energy of the energy system you will be sending the attunement(s) for. You can send more than one level of an energy system in the same chi-ball, or re-start the process for each level. Follow the instructions in the manual for that energy system.
- 4) If there are any symbols or special instructions for sending that particular energy system, follow them. Otherwise simply activate the energy of the energy system and intend that an attunement be sent to each person. While you are still in

## ANGELIC ELEMENTAL ATTUNEMENT TEMPLATES:

or holding your attention up the activated energy, go back down the list of people, consciously sending a dose of that energy frequency into a chi ball for each one.

- 5) Be sure to include with your intention all of the functions included in the energy system. Now finish by asking the Angelic Elemental Attendants to close, seal each person's attunement chi ball for that energy system. When the person calls in the attunement it will release unto that person, perfectly.

***Angelic Elemental Teaching Templates:*** These templates are for use when you, the practitioner will be imparting knowledge that you already know or will be channeling specifically for the client, friend or loved one.

***Angelic Elemental Teaching Templates*** are contained within the chi-balls that you ask the Angelic Elemental Attendants to create for a student. You may ask for more than one chi-ball to be created and opened to receive the teaching information.

Your client, friend or loved one will be able to 'call in' the chi-ball containing the teaching you filled it with, anytime they want, by simply the intent and desire to receive it.

There are times when a meditation group facilitator or shamanic drumming group facilitator knows that that some people who are absent from the group would like the information that is about to be channeled. Activating the Angelic Elemental Teaching Template is a way that you can ask for chi-ball creation and opening for each person who you want to give access to the teaching information you are about to bring forth. This works fine even if you have other people in the room who will be hearing the information live.

Before you begin your channeling, deep meditation, or spiritual journey experience, intend that information appropriate for each person will be deposited into their individual chi-ball. Shift your consciousness in the manner that is usual for you. Generally the topic will be known, but the resulting information that comes forth may be specific for the individual.

***Angelic Elemental Teaching Templates*** work great for one to one teaching sessions also. I've had clients who I'm working with verbally over the phone ask me to also record an Angelic Elemental Teaching Template that they then can open at their leisure to review what we spoke about. It is an amazing experience for them

## ATTUNE TO DIVINITY

because the information is automatically updated as is appropriate for ‘when’ the ‘call in’ their teaching session!

Whether you are working in person, over the phone or it is a remote ‘call in at your convenience teaching’ all you have to do is intend that the information for the student streams into the chi-ball and will release perfectly unto them when they ‘call in’ their Angelic Elemental Teaching Template. They call in the template the chi-ball is the carrying case.

When you are the one whose gifts, skills, or abilities form the path through which the information will flow into this reality before it is given to the intended recipient, all you have to do is intend that the information be streamed into the chi ball that contains the Angelic Elemental Teaching Template. The template is the structure, energetically that will hold and properly release the information for the student, in just the right way for them. The chi-ball is the structure that encloses it for safekeeping and travel to the student.

It doesn’t matter how you are going into Spirit! It could be by meditation, merging with a Light Being, Angel, (your guide to channel information) or going into shamanic journey state. Some people simply use their mind as one would ‘tune in’ using an antennae in order to retrieve and stream a ‘download’ of information for your client, friend, loved one.

For whatever reason, you have honed the ability to be the receiver of the information and the Angelic Elemental Teaching Template is like a cd or cassette or other manner of recorded media. It will ‘play’ the information for the person when the ‘call in’ their Angelic Elemental Teaching Template.

**Notes on every type of Angelic Elemental Template:** They all activate by saying, out loud or in your mind their names:

Angelic Elemental Healing Template, Angelic Elemental Attunement Template, Angelic Elemental Teaching Template, and probably more that I have not noticed! Your attunement to the Angelic Elemental Templates has also given you an empowerment to the Angelic Elemental Attendants. This means that you have a special link, and energy connection with them that causes them to notice your requests. You have the right to ask them to create the chi-ball and attend the various templates you will be working with.



## SPIRITUAL COURSE COMPOSITION INITIATION

This is revolutionary and exciting to me and I do hope that each of you will explore how you can utilize various Angelic Elemental Templates!

The Angelic Elemental Attendants are personable though not very verbal! They are glad to help you help other people whether it is as a gift to the person or money trades hands as part of a business agreement. I highly suggest that you be respectful of these Angelic Elemental Attendants.

They are not your servants or slaves. They do appreciate your appreciation and you may notice that they glow more when you say thank you.

## **Spiritual Course Composition Initiation**

***Spiritual Course Composition Initiation*** is for people who are already a Reiki or Seichim Master Teacher. That level of expertise as foundation is required to make the most of this initiation and the teaching within it.

Level 1 explains how to teach techniques on a series of educational topics while simultaneously attending to the individual needs of each participant.

There's instruction in the practices that will ease the anchoring of energies to here, while composing pure and effective courses.

Level 2 contains guidance about teaching the spiritual courses you've channeled in person to students. Group and 1 on 1 class advice.

Level 3 teaches you how to compose a "call in at your convenience" session for a client or student that addresses their individual needs or concerns.

Level 1 of Spiritual Course Composition Initiation does contain an initiation that you receive in the same manner as an attunement.

The word initiation has several meanings, depending on its context. Often it is considered a rite of passage that transforms a person into being able to walk in a new role. Maybe the teacher will reveal secrets or information that was previously kept private until someone is deemed mature enough to receive it.

## ATTUNE TO DIVINITY

Sometimes the person who is facilitating the initiation rite or ceremony is considered to hold a certain state of being that they can transfer by an energy transfer to the initiate. In this instance, it is Eternal Sacred Source that will actually provide you with the dose of energy that will prepare your being and mind to properly perceive and bring forth into this reality, new teachings and healing methods that can be passed on to others in sessions.

My job as the facilitator of these initiations has been to bring forth by channeling energies that make this energy system's information accessible to your mind and being. Without the initiations, the information contained in this manual may seem "out of reach" or foreign to a person even if they have studied energy work and healing modalities for many years.

The initiations contained and delivered as you consciously accept each level of this energy system give you the right to work with the techniques I'll describe so that you too can co-create Spiritual Course to teach others.

Spiritual Courses could be energy systems, but for the purposes of this instruction and these initiations, we are speaking of composing a series of sessions, not just one energy system. Let us say, for example, that there is a topic that you've channeled. Several techniques may have arrived that you could use when working with clients but one must be used before someone is ready for the next one. In this way, your course builds upon itself.

The teaching and increased amplitude of the energies and concepts you'll be passing on must be received by people in a specific order.

You will be teaching a course, providing the sessions of information and likely energy in a consistent format for each recipient. What is unique for each recipient is how they receive the session. You can build your course to attend to people's individual needs within the consistent topics of the course.

The course topics are the same and are delivered personally for each person.

This gives you the freedom to compose a spiritual course on topics that many people are interested in, yet the information can be tailored to the individual when they actually receive it.

Any spiritual life, enlightenment, health, or self-improvement topic can be administered in the way I instruct so long as you back the information with energy

## SPIRITUAL COURSE COMPOSITION INITIATION

from Eternal Sacred Source.

You are being asked to dedicate yourself to Eternal Sacred Source. To vow that the energies you bring forth are of an eternal nature, supported and delivered by Eternal Sacred Source or Eternal Light Beings and Angels.

Once you have received that dose of energy, your body and spirit will recognize that energy and easily access the energy stream from Eternal Sacred Source that IS the energy stream of this particular energy system.

Please spend a few minutes to invite your first initiation of *Spiritual Course Composition Initiation* to release fully unto you.

Simply say out loud or in your mind: **“I ask to fully receive my Spiritual Course Composition Initiation level 1 as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Say: **“I ask to channel only information and energies that are in alignment with Eternal Sacred Source”** (or other words with meaning of eternal life)

You will be granted a greater ability to channel and anchor teaching and healing systems of an eternal spiritual nature if you clarify where you stand.

Many people reach and simply hope that they are getting “good” energies. It is not good or bad, it is eternal or not eternal teachings and energy.

Your initiation will easily arrive to you because Eternal Source is not limited by space or time. Spiritual Course Composition Initiation energy flows to your body and energy fields, providing you with a meet and greet.

Say to your soul, your helping healing ones of eternal life, light and love:

***“I claim eternal life and vow that my body and being be a vessel to receive and anchor eternal life, light, and love energies, teachings, information and healing. I ask for the ability to be conferred upon me, to channel, anchor and compose spiritual courses.***

***Give me the understanding and help me to perceive all I need to know in order***

## ATTUNE TO DIVINITY

***to fulfill my work here on Earth.***

***I ask for support from eternal light beings, guides and angels and any ancestors and ascended masters who are in alignment with eternal life, light and love to carry out my intent, holding and delivering these courses individually to each person for whom they are intended.”***

Now let us begin explaining how you shall bring through to this reality a spiritual course. (By course I mean workshop or class)

Maybe you had a dream at night. Maybe you read a book. Maybe in your meditations you suddenly thought of a way to help people with a particular topic in their lives. Maybe you don't know what the topic is yet, but you have this great sense that something wishes to be birthed.

It is time to bring it forth into this reality and learn what it is all about!!!

The process will be slightly different for everyone. I believe that by sharing the way I bring courses through it will give you a place to start. Thereafter you will follow your own inner guidance. I will be more concerned about teaching you how to secure the courses here in this reality and set them forth for each student than the initial channeling stage. But some of you have already indicated that you want assistance with the entire process, and so I shall direct you in the manner in which it happens for me. This is by no means the only way this beginning stage can occur, so please go with what feels right.

The title of a spiritual course or series of sessions is the point through which the energy and information arrives to fill it out and complete it.

So you begin by seeking and finding the title. The name of the course is very powerful, for it is the key code by which all the components of that level of the series arrive.

Go into meditation or your sacred quiet space deep within you. Some people go without to a sacred temple, as a spiritual journey in spirit. Most people go within.

The beacon for you to follow is whatever sense or topic that you've already become aware of, that is what is going to be in the course. Go to that topic.

## SPIRITUAL COURSE COMPOSITION INITIATION

Go to the information, feeling energy that is already calling to you.

If nothing has called to you and you desire to bring a spiritual course through to here in response to a problem, or concern that many people have, you will need to seek the answer to the problem or concern.

“Go to” is a term I use to say meaning “put your consciousness there”.

So now put your consciousness in that place that most closely resembles the information or energy that is the course you want to channel. If you only have a question, problem, or concern whose answer will become the course, then you will need to pose that question to Eternal Sacred Source or your guides who are in alignment with the eternal.

Let us say that you’ve put your consciousness to be immersed in and think of the topic of the course. Now see or think of any words or phrase that best describes the topic of course in general.

Now ask to be fully attuned to the first level or the first session of this series of spiritual courses. Yes, attunements are meant for receiving a dose of energy frequency so that a person can access that energy anytime they want. So here too you want greater ability to access the energy and the information it contains. Information downloads are more accurate when you call in an attunement on the topic. Say audibly or in your mind:

***“I ask to be fully attuned to (name of the course as you’ve determine thus far ~ the name may change as you refine the energy) and to fully receive all the information or techniques that are to be taught to others.***

***Give me the ability to channel and anchor this information, techniques, and energies here in this reality and to set forth a sphere of light that will hold and deliver this information and energy to others, perfectly.***

***I ask that all guides and helpers of eternal sacred source who have skill with (name of course) please arrive and assist me.***

***I ask that you give me the ability to compose this course in a manner that is understandable and attractive to those who are ready for it.***

## ATTUNE TO DIVINITY

***I ask that you support my intention that this course attends to each person's individual needs and wants, delivering it perfectly to them as is their request.”***

***Relax and receive your energy attunement into your course.***

***If you still don't know what the topic of your course is to be, and you have an inner push to compose a course. Simply ask to be attuned to the energies of your course and ask for its name.***

You will be attuned to the energies of the course, and contained within the energy will be the information you need for the topic and the course's name to arrive to you.

If you are not able to immediately discern your course's topic and name after receive the attunement, please relax and don't rush yourself. Sometimes an inner feeling of urgency or push is more about the energy wanting to come forth rather than an urgency to complete the course's composition.

This is important to realize because many a person has become too stressed as they feel like something must come forth, “now” that isn't arriving. Trust that you, an Eternal Divine Being in human physical form here on Earth, are perfectly able to bring through and anchor any energies and information that are to arrive at the exact right time. Relax, you are functioning perfectly in this now moment and when the time is right, you will be able to describe your course in every detail and nuance. You will love it and it will be perfect.

Now onward to those of you who called in your attunement of your course by the name it had just a few minutes ago. Now that you've had some time to marinate and immerse in the energies of your course, please take pen to paper and write some notes. Write an outline of any impressions, thoughts, topics or ideas and images that came to mind.

Write for as long as you feel there is more to write and it is fun to do so. The topics will return to you if you don't get them all recorded today.

Go through the list after you are done writing and cross out anything that does not seem to apply to the course being taught to or passed along to others. This matters because the first time we fully encounter the energy of the course it works on and

## SPIRITUAL COURSE COMPOSITION INITIATION

with us personally.

Some of the images that we see or thoughts we thought were evoked simply because the energy was doing its job for us. Maybe your course caused you to release stuff that was no longer needed. You may have witnessed those thoughts on their way out.

This means that those thoughts are not directly applicable to the teaching of your course to others.

Those thoughts that were exiting you when they came into contact with the energy of your course aren't part of the course description or its techniques. It is wonderful to see how a course works and it may be applicable to share some of what you perceived. However, I want you to clearly recognize what was personal in nature and what was part of the course itself.

Go take a walk, do some chores, eat or drink healthy liquids and spend time with people or animals and birds that you like. It is time to fully ground yourself back into this reality. Your notes are there and you will return to them soon.

When it is next time for you to visit your notes and progress with composing your course, do so after centering and activating spiritual energies of your choice.

Look at the notes you wrote directly after you received attunement from Eternal Sacred Source into the energy of your course.

Re-write your notes. Take a separate piece of paper and write only those things that feel right to keep. Notice if in your mind more information is there to write. Write these notes in an outline form if possible.

By this I mean to say that it is an order of events for what your course will be made of—a list of what comes first, second, and third to explain.

Now notice if the name of your entire course needs to be changed. From what you've brought through already, are you beginning to see its title in a new way?

If so, change the name and re-attune yourself to your course with its new name. If no there is no name change at this time, then ask yourself if you are ready to take

## ATTUNE TO DIVINITY

the first part of your outline and fill it in with more detailed information.

If you have more detailed information, do this now. Sometimes the information is there and we just don't realize it until we start to write. This is true for people whose mind has decoded the information in the attunement even if their conscious mind did not get the "memo".

Some people do automatic writing. If you do so, then you will be immediately channeling the information to describe your course rather than retrieving the information from your mind.

There are varying descriptions of automatic writing.

Ask yourself how many sessions will be in your course? The series that comprises your course, is it 3 or 5 or 7 parts? You can call it parts, sessions, or whatever word is comfortable to you. I ask you to ask yourself this at this point because you will be describing your course under several titles.

Most people have a name for their course. Let us say, a name for the series or the course. Then, each part or session may have a separate name, or it may just be called the name of the course followed by the number 1 or 2 or 3 etc.

Each part or session in your series of this course will have a separate attunement channeled and anchored into this reality by you. You will set forth that attunement into an Eternal Moment that is kept safe and will release perfectly unto the client when they call it in.

It is all right if you don't know how many parts, levels, or sessions your course will contain. I ask you to ask yourself if you can determine if you have that information in your mind yet or not. Work with what you do have right now.

You may learn that it is not a series, that your course is really an energy system with no levels. You will simply anchor the attunement and describe the energy system. You will set it forth and pass it along to people.

This energy system is designed to help people channel, anchor and set forth teaching and healing courses that have more than one part, session or level.

The other unique quality about the type of course I'm teaching you to channel is



## SPIRITUAL COURSE COMPOSITION INITIATION

that when it is passed along to others, they receive it individually for them.

Write as much as you can today, while it feels fun to write about the first level or part of your course.

Set aside any notes that belong in another level or segment of your course. It is time to work more with the energies of this first part, this first session.

Get clear about what it is. What is the session purpose?

It is time to anchor the attunement for the first level of your course.

*Go into spirit.*

*Go into meditation or whatever state of mind you enter  
when you usually receive an attunement.*

*This time you will be entering the energy of the first session or part  
of your course.*

*If you can't easily enter the energy ask for Source to re-attune you.  
Now you are in the energy of the session.*

*Ask to anchor this energy fully into this reality.*

*Usually you may feel some of the energy leave your body.*

*And go down into the Earth.*

*Other people feel or see it go into various ley lines of the Earth.*

*At the very least some of the energy will leave you and go somewhere.*

*Trust that it is anchored in the hologram of this reality as it is to be.*

*Then ask to be given a light sphere that will house, hold, and contain the  
energies and information of this course securely and perfectly.*

*Imagine a being of light holding the sphere of light.*

*Your job now is to "send" with your thought intent,  
all of the energies of the attunement of this session of your course.*

*All that this session, part, or level of your course or energy system contains  
is to be directed by your thought intent into the sphere of light*

ATTUNE TO DIVINITY

*that has been called by other practitioners, an eternal moment.*

*This is a place, beyond time and space that is tended and kept pure,  
always replenished and upgraded to the next highest levels of energies  
that are the best for this course or energy system.*

*Now set the parameters for release of the energies and information contained in  
this light sphere, the attunement of  
(name of your course or this session of the course).*

*Clarify that you or anyone attuned to this session will uplift the specific  
concerns or needs of the recipient as it relates to this course's workings.*

*Call forth all helping healing teaching eternal beings who will respond and  
arrive to oversee and perfectly deliver this session in a manner that answers and  
responds to the recipient's personal needs and concerns.*

*In this way you've gained the attention of any Eternal Being who will respond  
when a session of this course is "sent out" for a recipient.  
Thank all of the eternal beings who arrived to assist and who will arrive when  
you provide this session to any person or being.*

*Ask them to complete and seal the light sphere  
Or chi-ball for (name of your course and its session or part)*

*Step out of the immediate energy of the session.*

You can continue writing about the session if you want to. Be sure not to spend more time working with the information and energy of the course at any one time than is fun and comfortable. What practitioners and course co-creators (you) often forget is that the energy of the course is working with you on all levels including your body when you doing anything that relates to your course.

This is very difficult to turn off, it is sort of automatic and anyone who has done translation of an energy system manual or course manual already is very aware of this. When you are in contact with the energy of a system or course, it wants to help you, to work with you and so does so automatically.

## SPIRITUAL COURSE COMPOSITION INITIATION

It is necessary to be aware of this so you don't treat the typing work as basic typing. You are likely to be immersed in the force of the course the entire time you are doing anything for it or with it.

When you are initially writing the explanation of the course, some people can shut off the energies, but most can't because they are still actually composing the energies that are the course, while they are writing about it.

When you have completed writing your course manual, you may wish to re-enter the energy of each part or session and consciously send a "link" or the energy of the session into the writing that described it. This will make it easier for the person to consciously understand the session and receive the attunement when they "call it in."

For those of you who are giving in person attunements and teaching of your course, an infused manual can reduce the number of questions that emerge at the end of your audible description.

The person who has been following along with a manual infused with the energies of the course will have a better understanding and not feel so "lost."

Be sure and follow the instructions for co-creating the attunement sphere for each session, level or part of your course. This is very important because each session, level, or part is comprised of different energies. Each one will build upon what was taught and shifted for the recipients in the earlier part.

Be sure and follow the instructions for co-creating the attunement sphere for each session, level or part of your course. This is very important because each session, level or part is comprised of different energies. Each one will build upon what was taught and shifted for the recipients in the earlier part.

If each session does not build upon the previous, then maybe you don't have a series and you may want to consider setting forth each of your parts as stand-alone energy systems.

Let us assume that you are building something as you move from one part or session to another. The topics may not even seem to be related. Hopefully they do, but sometimes they won't.

## ATTUNE TO DIVINITY

***What is necessary for this to be a series, is that what you set forth in the first session must be received before the person is ready to receive the second session or part. This is true whether it is information or simply energy work that must be received and integrated before another part can be properly received.***

The one area of composing a spiritual course that I've not attended to yet in this energy system is that of writing the manual. Once you have the energy of the course and are clear about the information that you must relay to the students then writing the manual comes next.

You should use all the writing skills you already have and seek out additional training if you are unsure about how to explain concepts that you already understand. I write in the way I would want to learn about an energy system.

That is in no way the best way to do so, but it is the way that works for me and those who like to read my manuals. There are other writing styles that may be easier to understand, but those are not the ways that work for me.

### What is important to have in every manual is:

- 1) Name of the spiritual course
- 2) Number of parts, sessions, or levels in entire course
- 3) Pre-requisite training, if any that must be attained prior to attending
- 4) Purpose of course, or short blurb about the topic (s) described
- 5) Explanation on how to receive the attunements, if any
- 6) How to activate the energies for self and or others after attunement
- 7) Directions for use of any techniques you now have the right to use
- 8) Further insight and information about the topic of the course
- 9) Requirements for passing attunement or course to others

## SPIRITUAL COURSE COMPOSITION INITIATION

10) Disclaimer about what this course does not imply or take care of

11) Any regulations you the founder, want adhered to by those passing the course onward to others, such as pricing, dates of release or publication, and any credits for information or photos.

Spiritual Course Composition Initiation level 2 provides you with the ability to teach your courses in person and provide energy attunements that are applicable to the topics in your spiritual course.

This is exciting and unique! Many lecturers and workshop teachers may talk about what they have written. They may provide hands on exercises to help you understand the techniques and concepts they are providing. They may even have a few attunements or initiations for certain parts of their course.

What is unique here is being able to receive the course's topic in a manner that is individually tailored for you! That is what you will be providing your students, whether 1 or 200 take your course that day!

And I'm sure some teachers are already doing something similar to what I write about here, I just have not heard of it, so this is new to me direct from Eternal Sacred Source and has worked well for me and my students.

I propose that you will pass along the information and the energy of your entire spiritual course to your students!

The energy spheres you co-created after you anchored the attunements for each part of your course will be called upon to release their contents to each student you are teaching.

You will be calling upon those energy spheres and the eternal beings that arrived when you initially set forth the attunements, to deliver the energies perfectly for each person's concerns or needs. You can ask all of your students what their specific needs are, or leave it up to the Eternal Beings to deliver.

The energies you set forth in your attunement light spheres are of the topics of your spiritual course. Let us say, for example, that your course contained a technique for activating a DNA strand. While a singular attunement may activate that DNA

## ATTUNE TO DIVINITY

strand for every student, this method of composing and delivering individualized sessions for your course will provide additional assistance.

There will be help for any body area that is not already up to date with the instructions that will be activated. Not only will the DNA strand be activated, but proper communication with the person's body consciousness will be made and any of the body's concerns addressed and alleviated.

By consciously providing individualized sessions for each student you are able to cause your spiritual course to be delivered in a manner that is much easier for the person to integrate on all levels. Your rate of effective feedback will increase and clearing symptoms may be reduced (for most people).

Please spend a few minutes to invite your 2<sup>nd</sup> initiation of *Spiritual Course Composition Initiation* to release fully unto you.

Simply say out loud or in your mind:

**“I ask to fully receive my Spiritual Course Composition Initiation level 2 as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Spend a few minutes enjoying the energy flow as it arrives unto you.

Now it is time to consider how you will be providing your in-person courses. Will you schedule only one person at a time? How many people per session are you comfortable teaching, based on the topic you have set forth in your course? The answer may differ for various sessions within one course.

That is something to think about, for a class size of 4 may be all you should have for one session, yet you could have 50 in another easily.

You will either need to make it the same number for the entire series within the course, or combine some classes for one session, and have several for another.

The size of the class also determines the manner in which you deliver the attunement that goes along with each session and how much time you can realistically spend preparing the individualized portion of the attunement.

## SPIRITUAL COURSE COMPOSITION INITIATION

If a large class, send the attunements before class as long distance courses. You would go into spirit, and ask your team of Eternal Light Beings to prepare and bring you (number of light spheres for the list of students).

Then you would look on your list of student names and see if there are any special requests, health, or spiritual concerns that your students wrote on their application for your course.

Go into spirit and enter the energy of your spiritual course for the level or session in the series that you are teaching that day (You can prepare these ahead of time as you would for long distance attunements also).

Start with the first name on the list and stream energy of that session of the course into the light sphere that now is designated for that person. Read the concerns that person has, or requests if they have listed any. Ask that the Eternal Beings (or name of the energy team that has arrived to assist) please prepare the session for (name of student) to attend to these concerns, requests and deliver the information and healing appropriate for them perfectly, when they call in their session.

Depending on how much time you have, you may or may not want to go further into the concerns or requests that your student has mentioned. If you do, I'm sure that you'll notice additional energies and energy work that you could facilitate and send into their sphere of light to release unto them.

Recognize that the person will already be getting the topics of your course, delivered in an individual way and that is very valuable. You need not provide more than that, this day. Up to this point you've already said the student's name twice. Say it an additional time, making it three times to say their name, as you ask that the Eternal Beings complete and seal their attunement sphere of light.

Go through the entire list of students and send out their attunements.

At the appropriate place in your in-person teaching you will be ready for your students to receive their attunements. In-person classes tend to want more hands on from the teacher because they are right there. In that case, go around the room and put your hands over or on each student's shoulders and consciously activate the attunements. You can move along swiftly.

## ATTUNE TO DIVINITY

Each student will have had the assurance that you activated their attunement to release unto them. If there is room for the students to recline or lay flat, that is even better, for the time that they are receiving their attunements.

As you walk from one student to the next, consciously activate each person's attunement and tell them to "call it in" also. In this way you are teaching the student to be responsible for calling unto themselves their attunement.

This is very important. People will let their teachers do as much as we will do for them! People need to learn how to call in attunements for themselves.

Speak clearly about the fact that sending attunements is a very sacred act.

Tell your students that you went into spirit in your sacred area and prepared their attunements for them. Explain how the energies are held safe and that is actually a more pure way of sending attunement than if you were to enter the energy right now, with the combined energies all of the students together.

If you only have a few students, up to about 6, it is possible to indeed wait until the proper time in your teaching day, to enter spirit and send the attunements to each person. I'm not so fond of that because you, the teacher will feel elated at first, and then you may feel slightly drained to very drained later. This is simply because you would be sending energies that are individualized for each student, through your own body.

Such channeling does take a toll on your body because you are running frequencies through you that are not for you. Yes, there is the signature of Divinity and you are able to use a lot of the excess energies for you, but they need to be changed up in their amplitude and velocity to be right for you. This does take energy.

My favorite way to send attunements to in person students when you have a small group is this: Have everyone sitting around, with mats nearby that they will soon go lay on. You will also have a mat to lie upon.

Begin with the students sitting and you lying on your mat. Walk them through a short centering and grounding meditation and then let all be quiet while you enter the energy of the course.

Then rise, and go to each student, placing your hands upon their shoulders if they



## SPIRITUAL COURSE COMPOSITION INITIATION

are OK with touch or simply near them if they do not wish to be touched. Stream the basic energy of that session to the student. Move from one student to another. This brings the attunement to each student.

Then direct the students to go and recline upon their mat. You tell them that you are going to now be preparing and sending their individualized sessions to them as they are consciously running the energy of the course.

In this way you have their conscious participation of running the energy of the course, and you can go, and prepare their individualized session, sending it out to them each. No one knows exactly when their individualized session will start.

All you do is go through the list of each person and their concerns or requests and lift them up to the Eternal Beings. Ask that they please deliver exactly what each person needs. You do need to go through the list and ask individually for each student. Once you've done that, you are done! You are free to enjoy the energies of the course yourself and get some replenishing!

You will be much more balanced and ready to teach the remaining portion of your course if you do not channel the individual session energies through your body.

Spiritual Course Composition level 3 assists you to compose individualized sessions in a more real way than at any earlier level of this energy system.

Please spend a few minutes to invite your 3<sup>rd</sup> initiation of *Spiritual Course Composition Initiation* to release fully unto you.

Simply say out loud or in your mind:

**“I ask to fully receive my Spiritual Course Composition Initiation level 3 as founded by Mariah Windsong and made perfect by Eternal Sacred Source, NOW!”**

Allow the energies to flow for as long as they will, usually 3-10 minutes, but sometimes they will flow for a longer time.

The focus here is on preparing individualized sessions for each level or session within the series of your course.

## ATTUNE TO DIVINITY

Generally fewer students at one time are ready to receive that particular level or session in your course when you are working with them long distance. That is not always the case however. Let us say for example that you are mentoring a student as they go along their spiritual path.

They may be move along from one session to another in your course at different rates of speed.

Sometimes because of life circumstance or when they have the finances available, sometimes simply because they may not move through the levels at the same speed as another student.

This is a joy and at times frustration of doing long distance work with students. It isn't always as simple as, "my course schedule is set and those who signed up for it will get it, those who didn't must wait until I offer the course again."

You could do it that way, but many practitioners are juggling several students at different levels along their spiritual path instead. If this is true for you, I think you'll enjoy this method of composing and sending individualized sessions within the context of your course.

For optimal results for your student's spiritual journey and health, encourage communication between each level or session of your course. It need not be much, simply a sense of how they experienced the previous session and what if any special requests they have right now.

The next session in your course series may or may not attend to those requests or concerns. I've found it vastly useful to the success of any topic of spiritual course, to lift up to Source the concerns and special requests students write or speak of.

When you are ready to compose the individualized session for your student, recline and enter the energy of that level of your course.

Set your intent specifically to compose this session in just the right way for where your student shall be in their health and life when they call in the session.

Ask to be given a chi-ball or light sphere to contain and eventually release the "call in at their convenience" session of your course. If there is an attunement included in that session you will be streaming it into the light sphere also, it will be able

## SPIRITUAL COURSE COMPOSITION INITIATION

to contain and release both the individualized sessions and the accompanying attunement.

Now, here is the fun part! Open yourself to notice what energy systems, energies and eternal beings would be best for your student. Think about their request and use any of your own spiritual skills and abilities to notice what is needed.

You may be shown something by your energy team or you may simply notice it psychically. Any way you usually work, it is for now to use those skills. This won't take very long, or you can linger if you choose to.

Notice what is required for the person and activate those energies, sending them into the light sphere that is that person's "call in at their convenience session".

You will probably just call the session by the name of the course and the level of the session or the session name it has for anyone who is taking the course.

The point is that this particular light sphere is designed for one person.

You may find yourself riding the waves of energy as you compose!

You are as a weaver or orchestra conductor as you notice what energies would be best to add here! Sometimes you are only needed as a point in physicality to say, "Yes, that energy shall blend well here also".

The Eternal Beings can do much on their own, however, when you, a person here in this reality notice the energies and add your intention to the session, the entire session's synergy and strength is magnified greatly!

Sending an individualized session for a student, for a course whose general session energies are already composed with an attunement sphere in place, can take from 10 minutes to over an hour. The choice is yours.

You can quickly notice what is needed, remotely while consciously activating the energies. This can be done in a compressed manner, like a zip file that will open up for the person when the Eternal Beings release the session to them.

Or you can do some simultaneous work in such a way that you can receive benefit

## ATTUNE TO DIVINITY

from the course's session for you while composing a specially detailed individual session for your student.

If you do that, it is important to be noticing what you are composing for the student while only receiving energies that are especially designed for you!

This is easy, once you gain a sense of the positioning required. You can do this for several students and yourself at once, if you become that good at noticing the energy variations.

I suggest you start with just one student's preparations and yourself. Then add another. You have two hands, so it is not too difficult to think of you and the energies for one student in one hand and the other student in the other hand.

I think of the sphere of light, during the time it is being filled as existing in a pod. I think of the person within that pod also. Therefore, on my right hand is a pod for (name of student) and on my left hand is a pod for (name of student).

My favorite way to compose individualized sessions for students of a particular level or session in a course's series is to enjoy the energies of the session myself while I'm composing.

Not the student's individualized energies, but just the basic energies of that session, activated specifically for me. I can ride those energies while I'm composing for individually for each student.

I prefer only composing for two students at once. I've done more at the same time, but it isn't as enjoyable as an extra strong intent must be held.

If you have two students you are composing a "call in at their convenience" session of a level of your course, you can do so within two pods.

Imagine yourself at the center and one person's pod on either side of you or in each hand. Use whichever imagery works better for you.

You are to gain the skill of noticing energies without completely immersing yourself within them. It is alright to step in and out of the energies while you are composing for each student.

## SPIRITUAL COURSE COMPOSITION INITIATION

Some practitioners do like to step in and out of the energies. Think of the energies that are being composed for your students as if the students are students of music with tutors right there. You are stepping into left hand pod or room and observing. You hear the music and you feel the music's vibration. You check on the progress of things and suggest any variation in the rhythm, or musical instruments to be played this day. You step out of the pod or the room, and yet you can still hear the music, but you are not within it.

You step in to your right hand pod or room and check on the progress there. The tutors you notice with the student are the Eternal Beings. You may choose to add different notes or change anything about how it is played or what instrument is being played. You step out of the pod and can hear both the music emanating out that pod and the other one, yet you are within the music or energies that are perfect for you.

In this way you can adjust the nuance of the entire session. These types of sessions can last up to an hour or more. You shorten your composing time by "fast forwarding" the session.

If you are a Reiki or Seichim Master Teacher you already work with the Hon-Sha-Ze-Sho-Nen and as such know how to move through time. You can use that symbol to move through the session faster if for some reason you need to.

You must set your intent for the entire session and get it going.

Then you can check on what you did. By this I mean to say, that if you had reclined for the entire session, composing the details and nuances precisely, it would be complete and perfectly done.

If there is cause for you to shorten the time you actually spend reclining and doing this composing of the individual session, you simply fast forward to the end and see what you've already done. Yes, I said, "fast forward to the end and see what you've already done!" You set forth your intent.

If you had remained in that position throughout the entire time, you would have already prepared the entire session. You've already set forth your intent, therefore it is being done. You can go ahead in time, and see what you did and make any changes you want to!

## ATTUNE TO DIVINITY

Yes you can! It is fun and useful to do for those times of being interrupted, when there remains less time than expected to complete the individualized “call in at your convenience” sessions.

In either case, when the sessions are complete, please ask that they be sealed and sent forth to be called in by your student when it is convenient for them.

Let us say, for example, that the session you are composing for the student is very transformative in nature. It is possible that you may not want to be within the energy of that session again just yet. How then can you compose an individual session for your student without going into the energy?

Simple, activate the energy of your course’s session, the one you are preparing for your student and send it into the sphere of light in the preparation pod. Do not remain within the energy.

This can be done for one student or more than one. If you have the time and do want to fully prepare the individualized session, remaining present throughout it, you can indeed activate an energy for yourself that is entirely different than the student’s course.

You can do as suggested above and then activate any energy you want. You only need to hold a mental positioning with clear intent that this energy is for you that it will not flow into the preparation pods or spheres of light.

This is not for your students, this energy is for you. You can activate any energy, energy system, ray, Reiki, Seichim or Light Beings or animal’s energy empowerment that you want. Several of them you may activate for yourself. In this way you are taking care of your own needs while you are working for your students.

You must keep the mental positioning of what you are doing at all times. If you drift, as is easy to do while you are receiving your own healing, the preparation of your students’ individualized sessions will continue, but at the direction of the Eternal Beings, not in concert with you. When your consciousness is not present, you are not consciously composing.

What could happen, if you’ve the foresight to set this up ahead of time, is to direct one of your soul aspects to step in and compose the individualized session for the

student, should your own consciousness drift away.

I prefer to be conscious while I'm composing, but maybe sometimes it would be wise to let go of my own control in this area!

Always remember to complete, seal and send the light sphere to your student and direct them how to call in their session when you are done. The name of the session is the key word that releases the session unto them.

## **Circuitry Resonance**

Your 4<sup>th</sup> Eye, fully activated by Urim and Thummim Lights supports your multi-dimensional sight. Circuitry Resonance is a tri-chromatic circuitry infused by 12 of the Strength Movers of the Light; for your brain and body's ease to utilize higher light frequencies. It will also help to translate accurately the messages that arrive in many sacred languages to your conscious awareness.

The Urim and Thummim, in many sacred traditions throughout history, have been central to the role of Divining. They were written on stone for casting lots to determine guilt or innocence and were inscribed on the breastplates of High Priests. They are described as 'Lights' or crystalline lights.

(Heb. **אֲבִנֵי תִּמְתִּים**), a priestly device for obtaining oracles.

The Urim and Thummim's roles are necessary for us because this is but one of many realities. As frequencies move through the membranes between realities and worlds, distortion is possible.

Your 4th Eye is the seat of your multidimensional sight and is located in the back of your head, just below the crown, and just above your Jade Pillow. The Jade Pillow is the soft spot atop your spine. It is also known as the Bindu Kshetram chakra point.

The tri-chromatic circuitry forms a crystalline grid of resonance. Their pathways are infused by 12 Strength Movers of the Light, impeccably connecting your left,

## ATTUNE TO DIVINITY

right, and 3<sup>rd</sup> (Ajna Chakra), and 4<sup>th</sup> Eyes.

The Urim and Thummim operate more effectively when a tri-chromatic circuitry is in place. They prepare and open more memory space within human brains. This memory is particularly suited to receiving downloads from Spirit. Now you will have access to it. It is common to hear people speak of having received a download of energy containing information. Many times however, it feels as if the download either then disappears, is irretrievable. Sometimes feels to remains in the 'loading dock' of our 3<sup>rd</sup> eye area causing pressure and headaches.

Circuitry Resonance 'awakens' your 4<sup>th</sup> Eye and brings a balanced resonance of energy flow between amongst your left, right, third and fourth eyes. Now your third eye doesn't need to do 'double' duty. Pressure is reduced and ease is known.

Please spend a few minutes to invite your *Circuitry Resonance* attunement to release fully unto you. Simply say out loud or in your mind: **"I ask to fully receive my Circuitry Resonance attunement as founded by Mariah Windsong and made perfect for me by Eternal Sacred Source, NOW!"**

Say this invocation:

***"Gather with our Council!  
Alentus! Assist! The Light which exists without being created!  
We bring you our Temple Offerings of Sacred Utterances.  
Call forth, Galaxies Within to Synergize our Realities.  
Prism! Release Reflections of Divinity to Unfurling Design  
who will bring it forth. NOW!"***

The incoming energy will run approximately 8 to 10 minutes. Your attunement brings you the energy of Circuitry Resonance. It creates your tri-chromatic crystalline grid system. The Strength Movers of the Light associated with this attunement infuse the pathways with their energies.

If you are sensitive to energy, you may feel swirling warmth in your sacral region of the first and second chakras during the receipt of your attunement. It will likely either move upward to your head, or you may feel some warmth or tingling sensations in your head all at once.



## CIRCUITRY RESONANCE

It is okay if you do not feel any bodily sensation. Understand, however, that the energies of Circuitry Resonance do alter your perception of space and time. Many people find this energy to be particularly altering of their perception of their reality, even if they do not feel any bodily sensations. I recommend that you do not drive a vehicle for at least a half hour (preferably up to an hour), after receiving your initial Circuitry Resonance attunement and after any path-working activity.

The path-working is like exercising new muscles that you have just been given. You will be instructed to put your attention within one eye and look out toward another eye while activating the Strength Mover associated with that path.

Please understand that Circuitry Resonance came to me in October of 2007 as a vocal activation. I recorded the entire activation verbally. It consisted of the frequencies being transmitted through my voice as I described the various pathways and called in each Strength Mover to infuse them.

There have been many months of my asking for these activations to be brought to me as an attunement that is passed in the manner those of us studying energy systems are accustomed to. April 2<sup>nd</sup>, 2009 my request was granted and I am so very delighted! An additional gift has been the description of the path-working exercises that I was not previously aware of!

***Your 4<sup>th</sup> Eye is an integral, awake energy center in perfect balance with your other eyes, contributing to your entire perception of reality!***

The 12 Strength Movers of the Light  
who infuse your tri-chromatic circuitry are:

***Royalty, Hidden Temple, Density of Desire, Resonance Beyond, Waters of Life, Grandmother Time, Intelligence Collector, Weaver, Sensational Outburst, Temples Within, Sacred Thresholds, and Facets of Divinity.***

Strength Movers of the Light are beings of Eternal Light many of whom you probably know by other names. For the purposes of this energy system, they prefer to be known by the attributes of Divinity that they extend forth to you. Call on them anytime, individually or together.

For example: ***“Hidden Temple, activate!”*** and simply send appreciation for their

## ATTUNE TO DIVINITY

being and curiosity to know more about Hidden Temple. That is the key to activating their energies as strongly as is appropriate for you this day.

What follows here are path working exercises. Do them if you feel called to. They are ways of strengthening the new muscles that you have just been given. There is a purpose to putting your conscious attention within each eye and looking out to your other eyes, one at a time. Eventually you will indeed memorize each circuit's Strength Mover if you feel fond of path working.

You will be instructed to put your attention within one eye and look out toward another eye while activating the Strength Mover associated with that path. Hold your intent for 15-30 seconds.

It is okay to simply activate the name of the Strength Mover, then count up to 15 or 30. Eventually you will be able to hold your intent for a minute for each pathway. That is a good goal.

If you are sensitive to energy, it may become uncomfortable to hold your intent for anything over 21 seconds the first time for each pathway.

There is an intensity that builds as the energy runs through a new pathway and fortifies it to handle higher octaves of those frequencies.

At about a count of 13 in most pathways, the first time I focused on them, I felt activation. By about the count of 21, a strong warmth, pressure and sense of disorientation would occur in most of the pathways.

At that point, I thought it best to leave it for the moment and go on to the next pathway. I was able to hold my intention for longer periods of time in subsequent path-working sessions.

Begin Here: Your left eye is anchored with the energies of *Qoph* of the Aleph Beth. Qoph, ך represents the back of the head.

Kedushah equals Holiness; implying self- discipline. To be translated and freed from karmic limitation.

*“Sanctifying the physicality as worthy to thrive,*

## CIRCUITRY RESONANCE

*in the very Presence of God.”*

Your right eye is anchored with the energies **Heh**, of the Aleph Beth. Heh ך means ‘window’, Illumination and Inspiration.

The Strength Movers of the Light gave me this statement  
for your right eye:

***“Orient yourselves therefore to the stars, and receive illumination and inspiration from beyond this Space/Time/Sound/Color Configuration, to know as Divinity Knows.”***

This reflects an aim of ***Circuitry Resonance***.

Your 3<sup>rd</sup> eye is anchored by Teth and arrived with many locks and a deep shaft that appeared to have an elevator within for transportation to various levels of the Library Within. Teth,ϥ a symbol of a serpent, the Kundalini sacred sexuality, creativity and secrets, hidden under veils, as the way of mysteries is a journey toward wisdom of the wholeness that you are.

Your 4<sup>th</sup> Eye is the seat of your multidimensional sight and is located in the back of your head, below the crown, and just above your Jade Pillow. The Jade Pillow is the soft spot atop your spine.

Aleph ך of the Aleph Beth anchors this eye. It is the link between Creator and Created. Its symbol is that of an ox, and the four powers of ***Balance, Strength, Endurance and Integrity***. These are gifts of your 4<sup>th</sup> Eye!!!!

**PATHWORK:** Many of you have English as a second or third language.

The names of the ***Strength Movers of the Light*** are how they choose to be known by us. It denotes their attribute of Divinity that they extend to us.

If you prefer to substitute a word in your own language that holds more resonance to the intended meaning, thus renaming them, please do so. For it is not their names, but the intent within their names that is the benefit they bring your circuits and you. As you do this path-work, you will be practicing the art of putting your awareness in a certain area of your brain, and looking out from there. Begin your path-work by being in your left eye and looking out to your right eye.

## ATTUNE TO DIVINITY

***The word “Activate” in these instructions means to intend for the Being of Light to extend forth their energies actively infusing their pathway.***

While doing this path-work, it is helpful to think about what each Being’s name means to you in your life. How might their presence assist you?

Hold your intent once you activate each one for a count of 15-30 seconds, then move on to the next instruction.

Activate ***Royalty*** from within your left eye. Hold your intent as looking down that pathway to your right eye. Now look out your left eye toward your third eye and activate ***Hidden Temple***.

Continuing to be in your left eye, now look back to your fourth eye and activate ***Density of Desire***.

***Density of Desire*** means a ***Desire*** so strong that it gains density so that it is tangible.

***“Closer now to real than a thought. Almost reality.”***

Now go to your right eye and look back toward your left eye and activate ***Resonance Beyond***. Still within your right eye now look toward your third eye and activate ***Waters of Life***. Once more from your right eye, look toward your fourth eye in the back of your head and activate ***Grandmother Time***.

Now move your consciousness, and be in your 3rd eye. Look out toward your left eye and activate ***Intelligence Collector***. Return to being in your third eye and now look toward your right eye and activate ***Weaver***. Now, once more return your awareness to your 3rd eye and look back to your fourth eye and activate ***Sensational Outburst!***

When you are ready, move your consciousness to your 4<sup>th</sup> eye.

***This may feel odd to some of you who’ve not had reason to practice looking out from that part of your head previous to this exercise.***

Look forward to your left eye and activate ***Temple Within***.

## CIRCUITRY RESONANCE

Return your awareness to simply being in your 4<sup>th</sup> eye with Aleph $\aleph$  and now look outward to your third eye. Activate ***Sacred Thresholds***.

One final time, return to being in your fourth eye and look outward to your right eye while activating ***Facets of Divinity***.

While you are there in your 4th eye, use any sense you have to determine its clarity or cleanliness level.

Do you need to call in assistance to tidy or wipe its windows?

Is a vault door in need of being opened before this eye will function well?

Simply be there a moment and if any sense arrives to you that any cleaning action is needed do so or call in help.

It is not often, unless we perform a specific exercise, that we put ourselves in the back of our head and look out from there! From here arrives Circuitry Resonance! Now complete your path working session with an invocation:

***“I receive the blessings of the Light Beyond the Light!  
I hold close the truth of who I AM!  
Bring me now the sight which exists throughout all that IS,  
to know my way this day.”***

~And so concludes Attune to Divinity. Accept the attunements with strong intention to receive the energies they are. Refer often to the descriptions of the energy systems within this textbook. Activate the energies as often as you feel they are needed to assist you during your time in a body here on planet Earth.

Some people write a list of the ones that are most compatible with one another, like a recipe of energy for various situations. This could be for morning spiritual hygiene, or evening relaxation. Still other people will make energy recipes of various systems for monetary or intuition increase. Re-accept these attunements anytime you want to re-forge your link with that energy system. May you Delight in Life Always and be Richly Blessed! ~Mariah Windsong Napieralski Couture

**Disclaimer:** For legal reasons, Rev. Mariah Windsong Napieralski Couture states that all information and attunements/empowerments/energy streams in this book received by reading or hearing this book read is for entertainment purposes only. It is not affiliated with any previously known form of natural energy healing, and is not to be confused with any other system of attunement, empowerment or initiation now, in the past, or to come in the future. This Attune to Divinity book/empowerment/attunement is not meant to replace any professional medical, psychological or legal advice. Rev. Mariah Windsong Couture is not engaged in rendering medical services or diagnosis of any kind. Rev. Mariah Windsong Couture has made every effort to provide accurate information and takes no responsibility for recommendations made and no guarantees are issued toward the validity of information. By reading this book or listening to others read it and/or receiving the empowerment/attunements in this manual you are agreeing to indemnify Rev. Mariah Couture from and against any and all claims of libel, defamation, and violation of rights of privacy or publicity and infringement of intellectual property or loss or damage allegedly caused. Rev. Mariah Windsong Couture is not responsible for claims made by others in advertising this book or any of its attunements or empowerments. You further agree to indemnify Rev. Mariah Windsong Couture from all liabilities and expenses including lawyer's fees arising from such claims based on this Attune to Divinity manuscript. This manuscript may contain inaccuracies and typographical errors. Rev. Mariah Windsong Couture does not warrant the accuracy or completeness of the materials or the reliability of any advice, opinion, statement or other information displayed in this manual. By purchasing this manual or reading the affirmations, calling in and receiving the empowerments or attunements, you acknowledge that the results of any reliance on such opinions, statements, energy or energy streams or information printed herein shall be at your sole risk. The energy systems presented in this book are for personal and practitioner use only. You may use these spiritual techniques for yourself and with others, but this book does not certify you to teach these energy systems and attunements. Please always seek proper professional attention if you are unwell. If you want Master Teacher certification for any of the energy systems in this book, please search the internet by the title of the energy system, for accredited teachers from whom you may purchase individual Master Teacher attunements and receive a manual, lineage and certificate. They are generally sold at a distance for \$25-65 each by accredited Reiki Master Teachers. When you've received your Master Teacher manual for that particular energy system, you can pass the attunement onward to others. You may then charge fairly for your time to do so. There is not a single attunement or certification that enables you to teach all of the systems contained in this book. There are Master Teacher manuals in PDF format for each of these energy systems already in circulation in the hands of Reiki Master Teacher available for purchase online and in workshops through various Reiki and metaphysical centers. Any document that may show Master Teacher attunements for all of the energy systems contained in Attune to Divinity in one document or publication is invalid and does not give you Master Teacher accreditation. No part of this Attune to Divinity book may be reproduced, or transmitted in any form or by any means, electronic or mechanical, including, photocopying, recording, or any information storage and retrieval system now known or to be invented, without permission in writing from the author, except by a reviewer who wishes to quote brief passages in connection with a review written for inclusion in a magazine, blog, newspaper, website or broadcast. Mariah Windsong Napieralski Couture retains exclusive rights to be the only voice to represent these energy systems by making a vocal audio recording of this book so long as she is alive, with the exception of The National Library Services for the Blind and Physically Handicapped or similar organizations in other countries. I grant such privilege of audio recording in order for a talking book of Attune to Divinity to be recorded for the blind, only if the resulting talking book is provided free of charge to patrons. This must be unabridged unless I am contacted to approve and do approve an abridged version. If others do so it is invalid due to the energy frequencies that must be transmitted for such a recording. If Mariah is not alive, Rev. Diane Finn RMT has sole rights to prepare verbal audio recordings of this Attune to Divinity textbook. If she is not alive, Mariah's estate agent may choose the voice, and must ensure that any such recording is done in a sacred manner.