


Search Results

Summary


Searched for : **AzurA**
In index(es) : **H:\KS_Scan_Library\MasterIndex.pdx**
Results : **62** document(s) with **1448** instance(s)
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File : [1999-09_EvolutionaryPathClass_scan.pdf](#)
Title : Evolutionary Path Class
Subject : Questions and Answers
Author : MCEO Freedom Teachings
Keywords :

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 center (b) **AzurA** center (c) Pineal gland (d) E-Umbi 3.

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 center (b) **AzurA** center (c) Pineal gland (d) E-Umbi 3.

File : [2002_DanceForCommonHandbook_scan.pdf](#)
Title : Dance For Series - Handbook
Subject : Common handbook for all ten associated Workshops (March "02 - Aug "03)
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

Page: 106

 Density Locks) 10. **Azura** Tu 11 . Atana-Tu 12. Reionayana The Ecka Codes

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 station within the **AzurA** in the Thymus Gland. Open your eyes and FEEL the

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 Tone Command and **Azura**-A Coded Maharic Current, imagine that the Dark Sun Implant

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 Flame at the **AzurA** Point. EXHALE FORCEFULLY, using the exhale to expand the Eiros

 pops" within the **AzurA** Point. Imagine the pale silver-Indigo-blue-violet Eiros frequencies


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 frequency within the **AzurA**: Visualize or Imagine the Hierophant as the Pale Silver, 3

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 warmth, throughout the **AzurA**. · The MCEO Freedom Teachings® Series Presented by Adashi

Page: 237

 Amoraea" at the **AzurA** point (re: Techniques 1-3 & 7) and resultant

File : [2003-02_ForbiddenTestaments_scan.pdf](#)
Title : The Forbidden Testaments of Revelation 1 - Handbook
Subject : The Cosmic Clock, Secrets of Lohas and the Arc of the Covenant
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

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 Mid-Veca"s 10. **Azura**-tu 11. Thun-Immanu 11 . Atana-tu Mid Ecka

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 stationed within the **AzurA** Kathara Grid Centre Point. The Christo& Seed Atom opens .


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 Seed Atom in **AzurA** ManHesting-Electrical PKA +vt CW Actual FI9Id Spiral and

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 . ~/"o411t **AzurA** (Thymuo) boldl et.mol Ramo Goci-SparIt whlcII perpopblllly

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 P Primal Field **AzurA**, sparldng release of Ecka. Polark: 3. Gold Wave Infusion PKA

 and il11o Density **AzurA** and Christos Seed Atom . at AzUra p r!mal

 Atom . at **AzUra** p r!mal field November 11 -:- De<:ember 5,

 atom at primal **AzurA** primal field . densrty kx:k Density field seed atom

 atom at Density **Azura** PKA Universe a-yan-yun-a stanza


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 & Opel) In **AzurA**, accelerating iltclric<ll Merkaba Spiral• to Pnk Spin Spetd l"lleasIng

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 rslct It tht **AzurA** Centre treating 1 clockwise rDtllng Spherful "Golden Fleece• Trion

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 center a1 the **AzurA**. From the Yon-A-Ha Cluster the Golden Fleece ManA

 ClliSter at the **Azura**, generating a"steppeddown" Golden Fleece Buffer Field called the "Shield

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 and into tile **AzurA** point at the base of the Thymus, then EXHALE the

 Breath in the **AzurA** point. 5. INHALE and draw a final breath of Maharic-


-  merger within the **AzurA** point at the Thymus base. 7. EXHALE the Bi-
 -  Breath into the **AzurA** point intending that the Bi-Veca Current enters the core
 -  Atom in the **AzurA** 8. THREE POINT TRJ-VECA BREATH: INHALE DEEPLY once more
 -  diagonally through the **AzurA** extending upward through Signet-6 and out over the RIGHT
 -  merger within the **AzurA**, forming a HELIO-TALIC Spark of light within the Christos
 -  Atom in the **AzurA**. PAUSE BREATH before exhale. 9. EXHALE the HELIO-TALIC
 -  Christos Seed Atom **AzurA** directly into the tiny Seed Crystal Seal at the core
-

File : [2003-08_DanceForJoy2Transcript_scan.pdf](#)
Title : Dance for Joy 2 (workshop transcript)
Subject : Transcript for Dance For Joy 2 Workshop (Andorra, First HeThaLOn peak)
Author : MCEO Freedom Teachings
Keywords :

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 of the Covenant **AzurA**. The AzurA point is the space between the 6 and
 Covenant AzurA. The **AzurA** point is the space between the 6 and 7 kathara



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 directly to the **AzurA** on the galactic level. So this is also the place





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 centered in the **AzurA**. Then it went to all sorts of weird muscle stuff





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 and into the **AzurA** Point, just below the Thymus. 4 Hold this Inhale breath
 stored in the **AzurA** separates out into 6 smaller balls of silvery pastel rainbow





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 back into the **AzurA**. 8 REPEAT according to inner guidance, to build Heliotalic frequency
 frequency in the **AzurA** and Etheric body field. Technique 2a: The First 6 ManA
 frequency at the **AzurA**, momentarily ... 2 Breathe easy for a few moments, whilst
 back into the **AzurA** ... Technique 2b: The Second Sequence of 6 ManA Breaths










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 correction" in the **AzurA** and the Flame Body, forming a KEY link to the
 FREQUENCIES in the **AzurA**, and b) to draw additional HELIOTALIC BREATHS, pushing the
frequencies
 imagining, in the **AzurA**, a tiny speck which is the Monadic Scalar Shield (
 FREQUENCY into the **AzurA** from both the electrical Heliotasis Line now positioned in the


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 Frequency into the **AzurA** then begin the Heliotalic 6-Point Charging Sequence, using cycles
 EXHALE from the **AzurA** out along the 6-point axis marks the beginning of
 return to the **AzurA** represents the completion of the breath, where the breath is




frequency from the **AzurA** out along the 6-point axis as far as you

-  BACK to the **AzurA** and COUNT #1. HOLD Inhale briefly at the AzurA
-  briefly at the **AzurA** then forcefully expand the 2nd EXHALE out from the AzurA
-  out from the **AzurA** along the 6-point axis, then quickly and forcefully INHALE
-  back to the **AzurA** and COUNT #2. HOLD Inhale briefly at AzurA then
-  Inhale briefly at **AzurA** then engage the 3rd EXHALE out the 6-point axis,
-  back to the **AzurA**. On the 3rd INHALE, HOLD the breath, for as long
-  upwards from the **AzurA** to Chakra 14, and way out into the Ecka Levels,
-  Field from the **AzurA**. 3e: Completion: Sit quietly for a few minutes (DO
-  (around the **AzurA** area) into the axiatonallines distributing the energy throughout the body



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-  the planetary arc **Azura** (Andorra). Literally, this place, that we are going to


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-  stationed in the **AzurA**. A normal Christos Seed Atom would be in the AzurA
-  be in the **AzurA** of the kathara grid. Well, there's also one in the

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-  partike planetary arc **AzurA's**. So this Solar Cross thing that we're going to learn
-  the planetary arc **AzurA** points, both here and in parallel. From there, they created






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-  through our planetary **AzurA**. This is where the natural planetary seed atom would normal



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-  the galactic arc **AzurA** point. Density 1 Polaris is Density 3 Gaia. They ran

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-  down to the **AzurA**, just below the Thymus. Repeat 2 and 3 above, focused
-  focused at the **AzurA**. 5 On the 3"d, final Exhale, push the Code
-  up to the **AzurA**, hold the breath for as long as comfortably possible, and
-  down to the **AzurA** and, from the AzurA point, out on the 6 point
-  and, from the **AzurA** point, out on the 6 point axis of the Lotus

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-  head, into the **AzurA** at the Thymus Base, then EXHALE, using the Heliotalic frequency
-  Ball within the **AzurA**. INHALE another Heliotalic breath from Chakra-14, EXHALE the frequency

- 📌 Ball at the **AzurA**, then breath naturally while imagining the Heliotalic Ball rises upward
 - 📌 upward from the **AzurA**, through your Central Vertical Current, and into the Pineal Andorra
-

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- 📌 Breathing from the **AzurA** center, and imagine that the energized Heliotalic Egg at the
 - 📌 Breathing from the **AzurA**, and imagine or observe internally as the Mahadra-Adhrana Code
 - 📌 Breath into the **AzurA** then EXHALE upward, expanding the EXHALE breath into the Mahadra-
 - 📌 Breathing from the **AzurA** while imagining that the energized-encoded Heliotalic Egg now moves
 - 📌 Breath into the **AzurA** then EXHALE forcefully downward into the Heliotalic Egg within the
 - 📌 Breathing from the **AzurA**, while keeping mental attention on the Heliotalic Egg at the
 - 📌 Breathing from the **AzurA**, and imagine or observe that the Mahadra-Adhrana Code at
-

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- 📌 Breath at the **AzurA**, the EXHALE forcefully, using the exhale breath to push Heliotalic
 - 📌 up from the **AzurA**, into and through the Pineal-Le-TeuA, then horizontally forward
 - 📌 Breathing from the **AzurA** and imagine, or observe, that the Optic Chasm point of the
-

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- 📌 center point, the **AzurA** of the Arc of the Covenant gates on the planetary
 - 📌 exists in the **AzurA** point, and then imagine it forms a merkaba, a biveca
-

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- 📌 head, into The **AzurA** at The Thymus Andorra Hethalon August 2003 68
-

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- 📌 Ball within The **AzurA**. INHALE another Heliotalic breath from Chakra-14, EXHALE The frequency
 - 📌 Ball at The **AzurA**, then breath naturally while imagining The Heliotalic Ball moving downward
 - 📌 Breath into The **AzurA**, then forcefully EXHALE The breath downward into The Mahadra Cup,
 - 📌 Breath into The **AzurA** Point, then EXHALE forcefully, pushing a line of Heliotalic current
 - 📌 Breath into The **Azura**, then EXHALE forcefully, pushing 15. Heliotalic current downward and into
-

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- 📌 means there's an **AzurA** at The center. They all line up, at The AzurA
 - 📌 up, at The **AzurA** point. When we get into The levels of merkaba, that
-

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
- 📌 down through The **AzurA**, and The Wesedak axis coming down, crossing through The AzurA,

-  crossing through The **AzurA**, and making an X through The AzurA, and we explained
 -  X through The **AzurA**, and we explained that that was The 666 gate connection,
 -  center of The **AzurA**. That's The 666 gates. Mars is over here, aligning with
-






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-  here, in The **AzurA**. I'm really curious to see how fast, if this clears
-





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-  breathing from The **AzurA**. Anchoring The Planetary and Solar-Galactic Mahadra-Adhrana Christos Wheel.
 -  6. 7. 8. **AzurA**. Move your attention to The center of The AzurA and
 -  center of The **AzurA** and imagine that within The AzurA's Azurite Core Crystal there
 -  that within The **AzurA's** Azurite Core Crystal there is a tiny crystalline microchip encased
 -  Breath into The **AzurA** and into The Gold Metatronic Cube, then EXHALE forcefully, using
 -  Cube at The **AzurA**, then use The EXHALE breath to forcefully push The Gold
 -  Cube from The **AzurA** downward to The center of The 3rd Solar Plexus Chakra.
 -  Breath into The **AzurA**, then EXHALE, using The Exhale breath to push a current
-





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-  time from The **AzurA** point, and EXHALE, using The Exhale breath to push Heliotalic
 -  down from The **AzurA** at The Thymus Base, pushes The Chakra-3 Solar Plexus
 -  Breath into The **AzurA**, drawing Pale Gold "Golden Fleece" frequency from your outer
 -  Body into The **AzurA** upon The Heliotalic carrier wave. EXHALE gently, slowly filling The
 -  Crystal at The **AzurA** center with Andorra Hethalon August 2003 100
-

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-  Breathing from The **AzurA**. 2. 3. 4. Call to mind The Azurite Core Crystal
 -  center of The **AzurA**, and imagine that you can see a spherical capsule of
 -  Breathing from The **AzurA** while focusing your attention upon The spherical Golden-Silver-ONE
 -  Crystal at The **AzurA**, hold breath for a comfortable length of time to build
-

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-  Breathing from The **AzurA**, using each EXHALE to send a burst of amplifying Heliotalic
-  Current from The **AzurA** diagonally up and to The right and into The Sirian
-  Crystal in The **AzurA**, diagonally up and to The right and into The Sirian
-  Breathing from The **AzurA**, and imagine that The Golden-SilverONE current now surrounds and


-  Breathing from The **AzurA**, using each EXHALE breath to direct more Golden-Silver-ONE
 -  Breath from The **AzurA**, then forcefully EXHALE, again diagonally upward and to The right,
 -  Breath from The **AzurA**, drawing in a thick 6-point current of Heliotalic light
 -  breath into The **AzurA**, shift your attention to Kathara Center-9, then EXHALE forcefully,
 -  left, through The **AzurA** and across The inside of The body to a minute
 -  Breath from The **AzurA**, then EXHALE forcefully, using The EXHALE breath to extend The
-

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-  Breathing from The **AzurA**, and shift your attention back to The Sirian Implant Nodule
 -  Breath from The **AzurA**, then forcefully EXHALE a stream of Clock-wise spiraling Heliotalic
 -  running from The **AzurA** to The Control Node in Kathara Center-9. 15. Return
 -  Breathing from The **AzurA**, and observe or imagine that The Counter-clockwise rotating D-
 -  Breathing from The **AzurA** and return your attention to Kathara Center-3 on The
 -  INHALE into The **AzurA**, then EXHALE forcefully, using The Exhale breath to push two
 -  Currents from The **AzurA**, through The diagonal Heliotalic Tube, one current moving up to
 -  again from The **AzurA**, and EXHALE forcefully, using The Exhale Breath to direct a
 -  INHALE from The **AzurA**, then EXHALE forcefully, using The Exhale breath to direct a
-

File : [2003-09_ScienceSpiritCreation_scan.pdf](#)
Title : The Science and Spirituality of Creation - Handbook
Subject : Cosmic Order, Interdimensional Anatomy, Primal Life Force Currents, Merkaba, Flame Body
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :


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 Density-1 Density **AzurA** and --Thymus base-- DN-1/6 Navel

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 haod) Density-1 **AzurA** ---rl-- Thymus Base Denalty-116 Naval DN-1/


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 ! D-3**AzurA** T~ymui Bas"i · ... __ ,,... .. Imbedded

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 u . " **AzurA** Thymus Base " Common Am.onlea Cen_ter Density-1


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 " " . "" : **AzurA** Thymus Basq " Common Am,oraea ~-n-r" .

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 Breatn ~ tne **AzurA** Lotus Flow (1st 6 of 24 ManA Breaths also


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 Point Lotus from **AzurA** · 1 ~r-.1""""--;~--...11~---:: ManA BreaJhs 1-6


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 line, Into the **AzurA** Point, just below the Thymus. 4 Hold this Inhale breath

 stored In the **AzurA** separates out into 6. smaller balls of silvery pastel rainbow

 back into the **AzurA**. 8 REPEAT according to Inner guidance, to build Heliotalic frequency

 frequency In the **AzurA** and Etheric body field. Technique 2a: The First 6 ManA



 frequency at the **AzurA**, momentarily ... 2 Breathe easy for a few moments, whilst

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 Veca"s 1 0. **Azura**-tu 11 . Thun-Immanu 11. Atana-tu Mid Ecka"s

File : [2003-10_CosmicClockReset_Scan.pdf](#)
Title : The Cosmic Clock Reset - Handbook
Subject : Entering the Reusha-TA Great Healing Cycle
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :



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 at Planetary Arc **AzurA** (Andorra), use Earth's compromised Amenti/Arc Gates to infiltrate
 PCMIKKA Planetary Arc-**AzurAs** creating Planetary Solar Cross & 34121-NET, & create the






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 of the Covenant **Azura**- Ecka Arc-12 PCM Phantom Matrix PCM Universe Zero
 Mer1<aba Galactic **AzurA** D-1 -2-3 Merkaba Fields Fields from 25,500BC
 Spiral Planetacy. Ale **Azura**. Andorra Solar -Galactic Arc N.ura-Polaris "







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 through the Arc **AzurA** Centre Point The Wesa r-aces intend to ~se
 into the Arc **AzurA** During Hethaio 11:11-12:12 will allow separation of



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 and into the **AzurA** Point just below the Thymus. · 4 Hold this Inhale
 stored in the **AzurA** · separates out into 6 smaller balls of silvery pastel
 back into the **AzurA**. 8 REPEAT according to inner guidance, to build Heliotalic frequency
 frequency in the **AzurA** and Etheric body field. Technique 2a: The First 6 ManA
 frequency at the **AzurA**, momentarily Breathe easy for a few

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 line, into the **AzurA** Point just below the Thymus. Hold this Inhale · breath
 stored in the **AzurA** separates out into 6 smaller balls of silvery pastel rainbow
 back into the **AzurA**. REPEAT according to inner guidance, to build Heliotalic frequency in
 frequency in the **AzurA** and Etheric body field. Technique 2a: The First 6 EirA
 freq1.1ency at the **AzurA**, momentarily 7 Breathe easy .for
 body from the **AzurA** as the centre point). 9

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 line, into the **AzurA** Point just below the Thymus, to form one large Sphere
 stored in the **AzurA** separates out into 6 smaller spheres of silvery pastel rainbow

-  body, from the **AzurA** centre point to a distance of about 1 inch from
-  back into the **AzurA**. 24 REPEAT according to inner guidance, to build one large
-  Sphere into the **AzurA**, and relax. Technique 2a: The First 12 ManU Breaths {
-  · within the **AzurA** Hold the breath for as long as you comfortably can
-  genfiy into the **AzurA**, as a Sphere of Heliotalic frequency, about 12" diameter forms
-  forms within the **AzurA** · · Breathe easy, whilst the 12" diameter Sphere separates
-  and around the **AzurA** Inhale forcefully· and exhale, simultaneously pushing the upper Sphere



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-  up to the **AzurA** · · · · · · · · · ·
-  Sphere at the **AzurA** up into the Rajhna and down into the E-Umbi
-  simultaneously, from the **AzurA**, the Rajhna and E-Umbi (Moda AdhurA Centres) ...
-  6 into the **AzurA**, 6 into the Rajhna and 6 · into the E-
-  each of the **AzurA**, Rajhna and E-Umbi to form one ever expanding Heliotalic
-  breath into the **AzurA**, long, slow and deep and Exhale forcefully vertically up and



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-  line, into the **AzurA** Point just below the Thymus, to form one large Sphere
-  stored in the **AzurA** separates out into 6 smaller spheres of silvery pastel rainbow
-  Into the **AzurA**. · 7. REPEAT according to inner guidance, to build one
-  Sphere into the **AzurA**, and relax. 9. Focus direct visual attention on Mah·

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-  up into the **AzurA**; exhale slowly and gently into the Heart centre. · ·
-  and below the **AzurA** Moda-AdhurA Membrane- one at the Pineal, one at the

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-  and Into the **AzurA**. Breathe easy... · · 28 From the AzurA, use a
 -  28 From the **AzurA**, use a final set of 4, 6-Point breaths, In
-

File : [2003-11_SecretsOfYugasSupplement_Scan.pdf](#)
Title : Secrets of the Yugas - Supplement
Subject : Celestial Arcs and Angles, the Monadic Key and Time Projection
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :


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 rear of the **AzurA** before lying over/ atop the Template with your head pointing

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 breath into the **AzurA** and as you approach completion of this breath, draw the

 Rajhna into the **AzurA** and rapidly down the "passive arm" (i .


 Rajhna, into the **AzurA** and into your passive arm and hand. 6. Take your

File : [2004-04_Kathara23-Manual_scan.pdf](#)
Title : Kathara Levels 2 & 3 Foundations - Manual
Subject : Awakening the Living Lotus, Healing Facilitation Through Crystal Body Alignment
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :


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 Mid-Veca"s 10. **Azura**-tu 11. Thun-Immanu Mid Ecka"s imniimu j 1. Atana-

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 Raja Complex . **AzurA** Base ofThymus gland DN-2-I:IN-3 ON-Lock

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 0-3 **AzurA** Thymlls Base; Imbedded D-3 Mental Body Merkaba within: Density

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 Thyroid D-2 **AzurA** T~ymus Bas-e Between Breasm; Ch~kra 4

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 Base D-1**AzurA** .-Holds D-13 Monad (chakra -10

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 Breath & the **AzurA** Lotus Flow (1:rt 6 of 24 ManA s

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 a-Veca Bod **AzurA** point.out from the Ec~asha 137 .


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 Spark within the **AzurA** point of each Density - TILE"a plane. .Vector Template

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 .2 Lock= **AzurA** & Seed Atom • Denslty-3 Lock = Rajhna

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 D-3 Thymus **AzurA** Baae Lowered Signet-5 False Navel Natural Navel D-3

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 "\. ". "\ **AzurA** Thymus Bas11 "Common Am~naea C:~!".!"r 0 ~;;~~~;~~;-~!::~~


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 ~ Lotus Points **AzurA** Thymus Basi! Common Amorasa Canter. . THE LOTUS POiNTS

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 Oenslty-2 Lock= **AzurA** & Seed Atom • Denslty-3 Lock = Rajhna


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 0-1 **AzurA** Hlymus Base ..• Monatl.Core Amoraea Flame Az.urite Crystal

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 , • r-- **AzurA** " .IWtnii~ ~-CKI.JOU.

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 Lower Thyroid) and **AzurA** (Thymus · Base). . " . . . Leve~

 .. ~ **AzurA** · . Base of Thymus Chakra- 4 Chakra- 3 &


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 Current from the **AzurA**, down your RIGHT ARM, into your palm, and into the


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 line, into the **AzurA** Point, just below the Thymus. 4 Hold this Inhale breath

 stored in the **AzurA** separates out into 6 smaller balls of silvery pastel rainbow


 back into the **AzurA** 8 REPEAT according to inner guidance, to build Heliotalic frequency


 frequency in the **AzurA** and Etheric body field. . . Technique 2a: The First

 frequency at the **AzurA**, momentarily ... 2 Breathe easy for a few moments, whilst


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 line, into the **AzurA** Point, just below the Thymus. 4 Hold this Inhale breath

 stored in the **AzurA** separates out into 6 smaller balls of silvery pastel rainbow

 back into the **AzurA**. 8 REPEAT according to inner guidance, to build Heliotalic frequency


 frequency in the **AzurA** and Etheric body field . . Technique 2a: The First

 frequency at the **AzurA**, momentarily ... Breathe easy for a few moments; whilst once


 body from the **AzurA** as the centre point). Breathe the 6 breaths. Note: in






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 line, into the **AzurA** Point, just below the Thymus, to form one large Sphere






 stored in the **AzurA** separates out into 6 smaller spheres of silvery pastel rainbow

 body, from the **AzurA** centre point, to a distance of about 1 inch from















 back into the **AzurA**. REPEAT according to inner guidance, to build one large Sphere

-  Sphere into the **AzurA**, and relax. · Technique 2a: The First 6 ManU Breaths
 -  diameter within the **AzurA**. Hold the breath for as long as you comfortably can
 -  gently into the **AzurA**, as a Sphere of Heliotalic frequency, about 12" diameter forms
 -  forms within the **AzurA**. 2 Breathe easy, whilst the 12" diameter Sphere separates into
 -  and around the **AzurA**. 3 Inhale forcefully and simultaneously push the upper Sphere down
-






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-  up to the **AzurA**. · 2 Breathe long, slow and deeply ... and on
 -  Sphere at the **AzurA** up into the Rajhna and down into the E-Umbi
 -  Sphere at the **AzurA**). 3 Perform a combination of 4- 6 Point breaths (
 -  simultaneously, from the **AzurA**, the Rajhna and EUmbi (Mod a AdhurA Centres) ...
 -  breath into the **AzurA**, long, slow and deep and Exhale forcefully vertically up and
-




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-  Breaths from the **AzurA**, then on the next 6-point Inhale, visualize or intend
 -  breathing from the **AzurA**. S~p~ . . Next, place your LH with the
 -  imprint over your **AzurA**, at the thymus, palm placed on the body gently; then,
 -  LH over the **AzurA** point. Step 5: On your next Inhale, inhale a 6-
 -  firmly from the **AzurA**, using the inhale breath to draw BOTH the magnetic &
 -  directly into the **AzurA**. Intend or visualize the 2 separate Krist Codes combining as
 -  they enter the. **AzurA**, coming to rest as a single spark of Pale Golden-
 -  deep within the **AzurA** Centre. Exhale gently, and remove hands from the AzurA. ·
 -  hands from the **AzurA**. · Step 6: . . Inhale a 6-point breath
 -  breath from the **AzurA** and HOLD the breath for as long as comfortable, to
 -  charge withiri the **AzurA**; exhale long, slow and deep. Next, inhale, and rapidly Exhale
 -  out from the **AzurA** then down a central Axiom Line that runs thru" the
 -  breath into the **AzurA**, & Exhale a forceful 2-point breath down the EthosLe-
 -  Inhale into the **AzurA**, HOLD the breath as long as is comfortable to build
-












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-  gentle 6-point **AzurA** breathing, and hold your hands gently out in front of
 -  gentle 6-point **AzurA** Lotus breaths for a minute or two, with palms still
 -  gentle 6-point **AzurA** breaths ... and bring your palms, with their Ethos Flames
 -  front of your **AzurA** in "prayer"" position. After 30-60 seconds there will
 -  ARCS to the **AzurA** and Seed Atom. Your bio-computer-Monadic-Ciuster and multi-
-















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-  front of your **AzurA** in any way that feels comfortable to you. Hold this
 -  axis, into the **AzurA**, paying particular attention to the vertical axis way way up,
 -  and into the **AzurA**. Take one final, long, deep inhale of pale emerald-yellow
-


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-  and throughout the **AzurA**, embedding the Lotum Seed Crystal firmly within the centre of
 -  centre of the **AzurA**: Step 10 Breathe easy for a few moments, and continue
 -  centred on your **AzurA** and Lotum; keep the Lotum in your awareness enroute to
 -  Crystal at the **AzurA**, down from the Silver Sanctum, down through Chakra 14, 36"
 -  and into the **AzurA** and Lotum Crystal on a 24 point axis Now,
 -  crystal at the **AzurA** ... hold the breath for as long as you can,
 -  it to the **AzurA**. Repeat this rapid inhale-hold-exhale breath, this time pushing
 -  Crystal to the **AzurA**. Pause, and breathe easy for a few moments ... Inhale
 -  and into the **AzurA**. Hold the breath, build charge in the AzurA, and while
 -  charge in the **AzurA**, and while leaving the Lotum Seed Crystal in the AzurA,
 -  Crystal in the **AzurA**, exhale forcefully and simultaneously, upward to Chakra 14 and downward
-

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-  Breaths from the **AzurA**, then on the next 6-point Inhale, visualize or intend
 -  breathing from the **AzurA**. Step 4: Next, place your LH with magnetic Le-e
 -  imprint over your **AzurA**, at the thymus, palm placed on the body gently; then,
 -  LH over the **AzurA** point. Step 5: On your next Inhale, inhale a 6-
 -  firmly from the **AzurA**, using the inhale breath to draw BOTH the magnetic &
 -  directly into the **AzurA**. Intend or visualize the 2 separate Le-e TOR-A
 -  they enter the **AzurA**, coming to rest as a single spark of Emerald Green
 -  deep within the **AzurA** Centre. Exhale gently, and remove hands from the AzurA. Step
 -  hands from the **AzurA**. Step 6: Inhale a 6-point breath from the AzurA
 -  breath from the **AzurA** and HOLD the breath for as long as comfortable, to
 -  charge within the **AzurA**. Next inhale, and rapidly Exhale a 2-Point Horizontal breath
 -  out from the **AzurA** then down a central Axiom Line that runs thru" the
 -  breath into the **AzurA**, & Exhale a forceful 2-point breath down the Lee TOR-
 -  Inhale into the **AzurA**, HOLD the breath as long as is comfortable to build
-

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-  gentle 6-point **AzurA** breathing, and hold your hands gently out in front of

-  gentle 6-point **AzurA** Lotus breaths for a minute or two, with palms stil.
 -  gentle 6-point **AzurA** breaths ... and bring your palms, with their Sha-LA-
 -  front of your **AzurA** in "prayer" position. After 30-60 seconds there will
 -  ARCS to the **AzurA** and Seed Atom. Your bio-computer-Monadic-Ciuster and multi-
-




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-  Inhale from the **AzurA** to draw the Ethos Imprint of the Krist Codes onto
 -  over the clients **AzurA** point, NOT touching the physical body, but resting your palm
 -  at the client"s **AzurA**. Action Three - Draw a long, slow, firm-but-gentle
 -  gentle 6-point **Azura** Inhale breath .. and hold briefly to build charge, then
 -  into the clients **AzurA** and Seed Atom. The clients own Seed Atom will transfer
 -  breath into the **AzurA**, pause/ hold to charge, then slowly exhale a 2-point
 -  slow, 6-point **AzurA** Inhale/ Exhale breaths , and then take a final (
-



















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-  slow, 6-point **AzurA** breath, hold to build charge, then exhale a 2-point
 -  3: 6-point **AzurA** Inhale-Hold-2-point Le-e TOR-A Cord Exhale
 -  side) where clients" **AzurA** can be reached comfortably. Action Two- Adopt same "side-
 -  over clients Etheric **AzurA**. . Action. Three- Repeat: "Actions 3 & 4 of
 -  . clients Etheric **AzurA**. When transmission is complete, disengage connection, shake out hands, and
 -  access to clients **AzurA**. Action Two- Stand quietly for a moment, with your palms
 -  of YOUR own **AzurA** point. Action Three- Inhale a long, slow, 6-point breath
 -  breath into your **AzurA**, hold to build charge, then Exhale a long, slow, 2-
 -  over the clients **AzurA**. . Action Five - Slowly bring palms, and then Sha-
 -  over the clients **AzurA**(so the opening of the "cup" points downwards onto
 -  downwards onto the **AzurA**); then, Inhale a rapid 6-point breath of Emerald-Heliotalic
 -  over the clients **AzurA**. Action Six - Inhale a 6-point AzurA breath, then
 -  a 6-point **AzurA** breath, then slowly Exhale Emerald-Heliotalic Current in a 2-
 -  over the clients **AzurA**.
-



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-  the clients Etheric **AzurA** & Seed Atom, delivering the combined electrical & magnetic Ecka-
 -  a 6-point **AzurA** breath and give the request-command to the Sha-LA-
 -  few 6-point **AzurA** Inhale-Exhale breaths, and when you feel "ready" complete
-








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 Breaths, at the **AzurA**, while standing on the "Le- eTOR- A, E- thwa,
 up to the **AzurA**, and cup the hands, palms facing inwards toward the AzurA.
 inwards toward the **AzurA**. Inhale one long, deep, · 6-point breath from the
 breath from the **AzurA**, and exhale sharply back into the AzurA and rapidly downward
 back into the **AzurA** and rapidly downward through the Le- eTOR- A" Code beneath
 the E-Umbi, **AzurA**, Rajhna and Adhrana at the Pineal, all the way up
 back to the **AzurA**. Step 4: Deeply Inhale a 6-point AzurA breath using
 a 6-point **AzurA** breath using the Inhale to draw the Emerald Spark from
 Rajhna, into the **AzurA** and into the Seed Atom held deep within the AzurA.
 deep within the **AzurA**. Hold this breath for a few seconds to allow the
 Exhale into the **AzurA**. Step 5: Next, take a strong 24-Point Lotus breath,
 inhaling from the **AzurA** and forcefully Exhale a 2-Point breath to push 2
 and into the **AzurA**. Step 7: Hold the Inhale breath, for a moment, at
 moment, at the **AzurA** while bringing your Tri-veca Lotus Touch finger tips together
 front of the **AzurA**. Exhale forcefully from the AzurA, sending a 2-Point breath
 forcefully from the **AzurA**, sending a 2-Point breath of Erherald-Heliotalic current down
 in front of **AzurA**, breathe gentle, 24-Point Lotus breaths from the AzurA for
 breaths from the **AzurA** for a few moments, waiting for an "Ethereic Atomic




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 up to the **AzurA**. Step 12: · Exhale at the AzurA Move hands to
 Exhale at the **AzurA** Move hands to your sides, and gently release the Lotus

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 front of the **AzurA** (hold thru Step 4). Two: Inhale a deep 24-
 breath at the **AzurA**, hold briefly to build charge, then forcefully Exhale. the breath
 breath from the **AzurA** on the 24-Point axis; (this will trigger instantaneous
 back to the **AzurA**. Four: · Inhale a 24-Point Lotus Breath from the
 Breath from the **AzurA**, drawing the Emerald Spark back from deep space, down through
 Atom within the **AzurA**. Hold this breath briefly, then Exhale a strong single-point
 Spark from the **AzurA** Seed Atom downward · - to the Ra Centre at

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 ... into the **AzurA** Seed Atom whilst simultaneously bringing the hands back into "
 front of the **AzurA**. Exhale the breath on a 24-Point Axis from the
 Axis from the **AzurA** Seed Atom, and hold the exhale for a few moments

 Breath at the **AzurA** Seed Atom and bring the fingers of both hands into




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 Breaths from the **AzurA**, then on the next 24-Point Inhale, visualize or intend
 breathing from the **AzurA** Step 4: On your next Inhale, draw a 24-Point
 firmly from the **AzurA**, using the inhale breath to draw the Etheric Ethos Imprint
 directly into the **AzurA** Intend or visualize the Le-AdOR-A Code coming to
 deep within the **AzurA** Centre. Exhale gently from the AzurA Step 5: Inhale a
 gently from the **AzurA** Step 5: Inhale a 24-Point breath from the AzurA
 breath from the **AzurA** and HOLD the breath for as long as comfortable, to
 charge within the **AzurA**, and then Exhale gently into the AzurA Next Inhale, and
 gently into the **AzurA** Next Inhale, and rapidly Exhale a 2-Point Vertical breath
 vertically from the **AzurA**- one Spark running down the Central Vertical Current to the
 breath into the **AzurA**, drawing the Mahadra & Adhrana Le-AdOR-A Sparks simultaneously



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 extends into the **AzurA** Seed Atom and it's rounded bottom anchors within the E-



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 pineal to the **AzurA**. Step 3 The Expanding Breath Sequence Inhale and on the
 outwards from the **AzurA**. On the next inhale, retract the now expanded Le-Ad
 A at the **AzurA**. Inhale and on the exhale push the replica to the







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 in front of **AzurA** on Power-Key 1st Inhale breath, then bring hands into
 of (own) **AzurA** during Inhale. Exhale an Emerald Green Spark from the Pineal!

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 axis from the **AzurA** and down the Le-e TOR-A Arm Cords, into
 down to the **AzurA**, and down the Le-e TOR-A Arm Cords, through


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 arm- to the **AzurA**, to form one Le-e TOR-A/ Le-AdOR-A
 Code, in the **AzurA**, at the "top" of the Inhale. Hold this breath
 Code at the **AzurA**. Step 8: Exhale a single-point breath from the AzurA,
 breath from the **AzurA**, using the Exhale to push the Le-e TOR-A/
 up to the **AzurA**, while placing the fingertips (held in the Lotus Hands
 breath from the **AzurA** down the Le-e TOR-A Arm Cords, through the





File : [2004-04_Kathara23Diagrams_scan.pdf](#)
Title : Kathara 2-3 Diagram Pack
Subject : 12 laminated color diagrams from K2-3
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

Page: 5

 Spark within the **AzurA** point of each Density T"iLE "a plane;

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 in the Eckasha **AzurA** Point. A: Creation of the Ecka-Veca Body & its

 from the Eckasha **AzurA** Point 2. 24 Eckasha Reuche Pillars Set Ecka-Lota &

File : [2004-08_RevelationsOfRaK4_scan.pdf](#)
Title : K4 The Pillar of Power - Handbook
Subject : Kathara Level 4 - Loga"s, Four Spheres of Ra, Nadradon Etheric-Atomic Duct Complex (from Revelations of Ra WS)
Author : MECO Freedom Teachings - Ashayana Deane
Keywords :







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 & 5, - **AzurA** & Soleen .EŞ!!lj;_Sit, do LTQF.







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 target area. Stimulates: **AzurA**, KS 6 & 7, Chakras 4 & 8 The MCEO







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 up to your **AzurA**- and Hold this Inhale with the Lotus stationed at the
 stationed at the **AzurA**. 5 Immediately raise and extend both arms outwards and to
 breath from the **AzurA** leaving the 48-Petal Lotus stationed at the AzurA while
 stationed at the **AzurA** while using the Exhale to push 2-Currents of Pale
 Frequency from the **AzurA** Seed Atom outward along the PCM Density Rod and Arms
 back to the **AzurA** from the Rod End-points Oust beyond the fingertips) while

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 Inhale at the **AzurA**, then bend forwards and place the palms of your hands
 breath from the **AzurA**, down the Lee TOR-A Arm Cords, through the Palms
 moment from the **AzurA**, keeping hands over Foot Chakras, and sensing/ feeling for a
 into the Arms, **AzurA** and then throughout the entire body ... the vibration feels
 gently from the **AzurA** whilst this Etheric AdorA Wave intensifies until it reaches its
 gently from the **AzurA**, calming and stabilising the fields (REMAIN still and breathe

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 upward to the **AzurA** ... and HOLD this Inhale with the Ra-Ka Crystal
 Crystal at the **AzurA**. 8 Exhale Forcefully on a 6-Petal Lotus Axis from
 Axis from the **AzurA**, observing as the Ra-Ka Crystal replicates to form 6
 remains in the **AzurA**. 9 Inhale gently, drawing each of the 6 Ka-Ra
 Crystal at the **AzurA** ... and ... 10 Notice that during this gentle Inhale,
 Inhale into the **AzurA** the diagonal Petal Arcs have folded into the Upper and

-  gently from the **AzurA**, using the breath to push the 7- Ka-Ra Crystals
 -  Crystals from the **AzurA**, downward, to the Nadra Key (Feet Point); notice that
-












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-  on up to **AzurA** to engage Tii-E-"a Breathing Cycle, then ... 2
 -  rapidly from the **AzurA**, pushing the Lotus from AzurA, downward to the Mahadra Centre
 -  the Lotus from **AzurA**, downward to the Mahadra Centre in Earth Core .. .
 -  and Density PCM **AzurA** Flame Sparks the 2nd 45-Charge Sub-harmonic Spark at
 -  Spark at the **AzurA**. (The Density-1 2f3rd Ethos Rod automatically jumps from
 -  mid-thigh to **AzurA**, bringing the PCM Density-1 LotE Rod and 2/3
 -  merger at the **AzurA** and fully aligning the Density-1 PCM LotE and The
-










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-  rapidly from the **AzurA**, using the breath to push the 2/3rd Density-1
 -  at D-3 **AzurA**.) PAUSE briefly at the Top of the 2nd 1/3rd
 -  D-3 PCM **AzurA** Flame (Ethos K-1 Signet at PCM Rajhna) releasing
 -  Spark at the **AzurA**- the 45-Sub-harmonic AzurA Spark) PAUSE briefly at
 -  45-Sub-harmonic **AzurA** Spark) PAUSE briefly at the 3rd 1/3rd Inhale
 -  Spark at the **AzurA**. 00. BEFORE finally expanding lungs fully 00. 9 Keeping D-
 -  D-3 PCM **AzurA** Flames Spark, forming the 2nd Spark at the AzurA, the
 -  Spark at the **AzurA**, the D-3 Ethos Rod automatically jumps from the D-
 -  D-3 PCM **AzurA**. The 2-45 Sub-harmonic Sparks release a 90-Charge
-



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-  rapidly from the **AzurA** using the breath to "Ride" the D-3 Ethos
 -  Pillar from the **AzurA** down to the feet to coincide with Full Exhale Expansion
 -  mental Command: "**AzurA** Spark- 2" with 0-3 Ethos Rod at 0-3
 -  to receive the **AzurA** Sparkl. 14 With D-3 Ethos Rod at the D-
 -  0-3 PCM **AzurA**, bringing the 0-3 Ethos & 0-3 PCM Kathara
 -  Exhale rapidly from **AzurA**, using the breath to "ride the D-3 Ethos
 -  descends from the **AzurA** to the Full Exhale Feet Point and Mentally Count -
 -  Forcefully from the **AzurA** to the Mahadra at Earth Core, returning the 0-3
 -  Rod from the **AzurA** to the Feet Point as the final exhale descends, and
 -  the feet to **AzurA**; Exhale Rod down from AzurA to feet. 18 Take a
 -  Rod down from **AzurA** to feet. 18 Take a 10- 15" break before moving
-




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-  Pillar Up to **AzurA** (Rod at AzurA) on Inhale, and Ethos Pillar Down
 -  (Rod at **AzurA**) on Inhale, and Ethos Pillar Down to Feet (Rod
 -  breath into the **AzurA** and draw 48-Petal Lotus down to the Ra Centre
 -  Centre from the **AzurA** as the Inhale breath completes. HOLD the Inhale at the
 -  in to the **AzurA** for full alignment with the PCM Rod at the Top
 -  Ethos Rod @**AzurA**), then Exhale Firmly from AzurA using the breath to push
 -  Exhale Firmly from **AzurA** using the breath to push the D-3 Ethos Rod
 -  Ethos Rod to **AzurA** - ExhaleAzurA-Ethos Rod to Nadra (feet point) ..
 -  to AzurA - **ExhaleAzurA**-Ethos Rod to Nadra (feet point) .. the final,
-

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-  Kethradon Cell centre@ **AzurA**, Kethradon Cells 8.5- 4.5. Kethradon Cells control the Etheric-Atomic
 -  Densities at 6.5 **AzurA**. Ethradon Cells control Ethra Flames De-polarised Ad-Don-draea
-

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-  up to PCM **AzurA** and ET E-Umbi + PCM E-Umbi Flames align
 -  Umbi + PCM **AzurA** Flames align and spark- 2 o Pause & Hold at
 -  ET & PCM **AzurA** & ET- Rajhna + PCM - E-Umbi Flames -
-


File : [2004-09_MichaelMaryLine_scan.pdf](#)
Title : The UK Michael-Mary Line - Handbook
Subject : The Zendradon, Ecka-Indigo Shiled and Planetary Shield Awakening of the Universal Indigo Sun and Planetary Diamond Sun Host
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

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 Kethradon Cell centre@ **AzurA**, Kethradon Cells 8.5 ~ 4.5. Kethradon Cells control the Etheric-


 Densities at 6.5 **AzurA**. Ethradon Cells control Ethra Flames De-polarised Ad-Don-draea

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 Spirals Contract Toward **AzurA** Centre on Inhale then Expand Upward on Exhale


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 up to the **AzurA**; completely Inhale into AzurA and Hold this breath. 11 Now,


 completely Inhale into **AzurA** and Hold this breath. 11 Now, Exhale a Single-Point


 up from the **AzurA** and into the Pale Aquamarine Spark within the "egg"

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 Atom deep within **AzurA**. The 6th Inhale: The "Quickening"- Ethos Ascent 6. Inhale

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 Core at the **AzurA** ... while leaving the Maharic-Ethos Shield and Eiros Shield

 focussed on the **AzurA**. Remember to draw the Density Lotus Arcs (Ra-Na-

 Atom at the **AzurA**, then forcefully Exhale from the AzurA on a 6-

 Exhale from the **AzurA** on a 6- Petal Axis, using the Exhale breath


 Inhale into the **AzurA**, using the Inhale breath to slowly draw the Density Ra-


 Exhale from the **AzurA** on a 2-Point Up/ Down Vertical Axis in the


 NOT through the **AzurA**, while keeping the Lotus Arc Sets and Breathing Tube Breaths


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 "Breathing Tube **AzurA** Breaths" mentally orient the (larger) "Sha" Arcs in

 Inhale from the **AzurA**, breathing energy down from Chakra-14 and up from Chakra-

 meeting in the **AzurA**. Notice that as you re-engage the Breathing Tube with


 Tube with the **AzurA** Inhale, that the (smaller) "Ra" Density Arcs (

 slowly from the **AzurA** upward/ downward in the Breathing Tube, while observing/ intending

that

 Breaths from the **AzurA**, using the "Ra" (Ra-Na- TA) Close I


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 rapidly from the **AzurA** on a Single-Point breath -downward- using Exhale to

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 breath into the **AzurA** and Seed Atom, drawing the "Ra" Arcs vertical, and

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 Prayer position" at **AzurA** and continue drawing breath up to the Pineal 00. and


 down to the **AzurA**, and split the Exhale breath into 2 Horizontal Breaths, sending


 and Inhale from **AzurA**, drawing Etheric Blueprint of Chakra Code #1 on to

 Exhale from the **AzurA** and transmit down the Right Arm Cord ONLY using the


 lungs only) from **AzurA**, and gently tap a 12-Tap Code into the Chakra-

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 breath from the **AzurA**, down the Right Arm Cord ONLY, using the Single Exhale

 breath into the **AzurA**, using the Inhale to move the (smaller) Ra-Na-

 position" at the **AzurA**. 11. Take a final Exhale breath fro the AzurA, Exhale

 breath fro the **AzurA**, Exhale downward to the Mahadra, and release "Praying hands"

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 & 5, ·**AzurA** & Spleen · .FBM # 6: Sit do L

 10 & 11, **AzurA**, Bio-elheriq Interface Lotus Points T5/6

File : [2004_APindex_scan.pdf](#)
Title : Index of AP publications through 2003
Subject : Index reference for early printed materials
Author : MCEO Freedom Teachings
Keywords :



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Breath & the **AzurA** Lotus Flow SSC-HB 59 Love MR-HB 1C 13

File : [2005-01_KethradonAwakening_scan.pdf](#)
Title : Kethradon Awakening - Handbook
Subject : Indigo India and the Kethradon Awakening Starburst 13 and the Gifts of Rama
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :





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 Seed Atom at **AzurA**. The inn.ate Heliotalic Force-field of the Ecksha E-
 in the Veca **AzurA**. 11 Red Wave: Veca Etheric Elhradon Cell reversed by Red










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 (relates to **AzurA**) People choose just one of each, above, and assemble them
 and exhale to **AzurA**, Heart charka and then down to finge~ips, and in
 Move fingertips to **AzurA** and· Exhale Code into AzurA. 5 · Issue Ad-
 Exhale Code into **AzurA**. 5 · Issue Ad-Dendra Flame Line Command, ALOUD 3
 and deeply at **AzurA**. Hold. Forcefully Exhale pushing the Code down to Earth Core
 Inhale Code to **AzurA**. Exhale Code into AzurA Immediately Inhale Coder to Chakra 14,
 Exhale Code into **AzurA** Immediately Inhale Coder to Chakra 14, 36" above head, and

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 front of the **AzurA** while Inhafing a deep 48- Point Lorus Double Arc/ Ethos
 d"ownward to the **AzurA**, then down a" bit furcherto the centre of the Heart
 breath from the **AzurA** down to Chakra 4, then into a 2-Point breath
 at ~e **AzurA** and give the mental command: "Spark of Orion Rise"

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 at "the **AzurA** and INHALE a 48-Petal Double ArcJEthos Pillar/ AD-DON-
 Core to the **AzurA**. Hold the INHALE breath for a moment at the k.
 CODE into the **AzurA** at the Base of the -Thymus Gland~ 3: When
 Gland~ 3: When **AzurA** 24-TAP CODE is complete, place activated Lotus Touch hands
 firmly from the **AzurA**, directing one part of the breath to fonn a pale-
 outward from the **AzurA** to a point directly in-front of the AzurA on
 front of the **AzurA** on the INSIDE SURFACE of the E-Cou.Sha Crvstal
 downward from the **AzurA** to the Mahadra at Chakra-13 Earth Core. As the
 appears within your **AzurA** as you hold the Exhale breath at Earth Core. 4

- front of the **AzurA**, while drawing a slow, steady INHALE breath vertically upward from
 - stationed within the **AzurA**. 5 When you observe the release of the two -
 - DOWN directly over the **AzurA**, with your LEFT MAGNETIC HAND PALM DOWN over the Back of
 - fica at the **AzurA**. Sense a feeling of gentle warmth or "fuzziness" growing
 - Replica in the **AzurA**. Release hands gently to a resting position and hold the
 - moment at the **AzurA**, then resume gentle automatic Double Arc/Ethos Pillar/Ad-
-

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- Replica in the **AzurA**, intend or observe with your inner vision, that the Pale-
 - Replica in the **AzurA**, and have together formed 3 SPHERES in a TRIVECA Formation
 - Replica at the **AzurA** form a Living Light Cell GENERATOR called a "LOTUS
 - Replica in the **AzurA** Without consciously adhering to the rhythm of the natural Lotus Breath
 - Replica in the **AzurA** 9 Continue gentle breathing and observe/intend that a moment
 - Replica at the **AzurA**, you can now distinctly see or feel the form of
 - Replica in the **AzurA**. Draw in a long, slow Single-point INHALE BREATH
-

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- at "the **AzurA** into Eternal Life Ad-Don-Ora Spark generation. 11 EXHALE
 - Cell at the **AzurA**, emptying the _lungs completely and _directing the entire
 - Set within your **AzurA** now synchronizes its Phasing Rhythm with the Larger Ra-Na-
 - moment at the **AzurA** and observe the 1st Replicate Micro-Arc Spark 12-
 - from the **AzurA** downward into the RA Center at Chakra-3. When the
 - CeO in the **AzurA** begins emitting a constant flow of blended Pale Aquamarine-
 - Vessel in the **AzurA**. As you breathe normally the small Ad-Don-Ora Flame
 - Vessel" in the **AzurA** continually fills with Eckasha God-seed Current until it reaches
-

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- up past the **AzurA** & "Praying Hands Step 2: ... then, release a
 - downward to the **AzurA**, then down a bit further to the centre of the
 - moment at the **AzurA** and observe the 1st Replicate Micro-Arc Spark 12-
 - Spark from the **AzurA** downward into the RA Center at Chakra-3. When the
 - Vessel" in the **AzurA**. As you breathe normally the small Ad-Don-Ora Flame
 - Vessel" in the **AzurA** continually fills with Eckasha God-seed Current until it reaches
-

File : [2005-03_IntroKathara4_scan.pdf](#)
Title : Elements of Kathara 4 - Handbook
Subject : Installment 1 - the Eiradon Awakening, the Voyager Trinity Time Wave, Ra-Sha-LA Restoration, the Ah-Seu-Ra-Shan State and the Hon"a-til-E-a Run
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :









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-  up to your **AzurA**- and Hold this Inhale with the Lotus stationed at the
 -  stationed at the **AzurA**. 5 Immediately raise and extend both arms outwards and to
 -  breath from the **AzurA** leaving the 48-Peta\ Lotus stationed at the AzurA while
 -  stationed at the **AzurA** while using the Exhale to push 2-Currents of Pale
 -  Frequency from the **AzurA** Seed Atom outward along the PC!v1 Density Rod and
 -  back to the **AzurA** from the Rod End-points Oust beyond the fmgertips) while
 -  Inhale at the **AzurA**, then bend forvwards and place the palms of your hands
 -  breath from the **AzurA**, down the Lee TOR-A Arm Cords, through the Palms
-

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-  moment from the **AzurA**; keeping hands over Foot Chakras, and sensing/ feeling for a
 -  into the Arms, **AzurA** and then throughout the entire body ... the vibration feels
 -  gently from the **AzurA** whilst this Etheric Adora Wave · Inten sifies until it
 -  gently from the **AzurA**, calming and stabilising the fields (REMAIN still and breathe
-

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-  upward to the **AzurA** ... and HOLD this Inhale with the Ra-Ka Crystal
 -  Crystal at the **AzurA**. 8 Exhale Forcefully on a 6-Peial Lotus Axis from
 -  Axis from the **AzurA**, observing as the Ra-Ka Crystal replicates to form 6
 -  remains in the **AzurA**. 9 Inhale gently, drawing each of the 6 l<a-
 -  Crystal at the **AzurA** ... and ... 10 r~ otice that during this gentle
 -  Inhale into the **AzurA** the diagonal Petal Arcs have folded into the Upper and
 -  gently from the **AzurA**, using the breath to push the 7- Ka-Ra Crystals
 -  Crystals from the **AzurA**, downward, to the Nadra l<ey (Feet Point}; notice
-

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-  on up to **AzurA** to engage Tii-E-"a Breathing Cvcle, then ... 2

-  rapidly from the **AzurA**, pushing the lotus from AzurA, downward to the Mahadra Centre
 -  the lotus from **AzurA**, downward to the Mahadra Centre in Earth Core ... then
 -  and Density PCM **AzurA** Flame Sparks the 2nd 45-Charge Sub-harmonic Spark at
 -  Spark at the **AzurA**. (The Density-1 2/3rd Ethos Rod automatically jumps
 -  mid-thigh to **AzurA**, bringing the PCM Density-1 LatE Rod and 2/3
 -  merger at the **AzurA** and fully aligning the Density-1 PCM LotE and Ethos
 -  rapidly from the **AzurA**, using the breath to push the 2f3rd Density-1 Ethos
-





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-  at 0-3 **AzurA**.)] PAUSE briefly at the Top of the 2nd 1f3rd Inhale
 -  0-3 PCM **AzurA** Flame (Ethos K-1 Signet ai PCM Rajhna) releasing
 -  Spark at the **AzurA**- the 45-Sub-harmonic AzurA Spark] PAUSE briefly at the
 -  45-Sub-harmonic **AzurA** Spark] PAUSE briefly at the 3rd 1J3rd Inhale breath with
 -  Soark at the **AzurA**. ... BEFORE finally expanding lungs fully ... 9 Keeping 0-
 -  0-3 PCM **AzurA** Flames Spark, forming the 2nd Spark at the AzurA, the
 -  Spark at the **AzurA**, the 0-3 Ethos Rod automatically jumps from the D-
 -  0-3 PCM **AzurA**. The 2- 45 Sub-harmonic Sparks release a 90-Charge
 -  rapidly from the **AzurA** using the breath to "Ride" the D-3 Ethos
-

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-  mental Command: "**AzurA** Spark- 2" with D-3 Ethos Rod at 0-3
 -  to receive the **AzurA** Spark- 2. 14 With D-3 Ethos Rod at the
 -  0-3 PCM **AzurA**, bringing the 0-3 Ethos & 0-3 PCM Kathara
 -  Exhale rapidly from **AzurA**, using the breath to "ride the D-3 Ethos
 -  descends from the **AzurA** to the Full Exhale Feet Point and Mentally Count -
 -  Rod from the **AzurA** to the Feet Point as the final exhale descends, and
 -  the feet to **AzurA**; Exhale Rod down from AzurA to feet. 18 Take a
 -  Rod down from **AzurA** to feet. 18 Take a 10- 15" break before moving
 -  Pillar Up to **AzurA** (Rod at AzurA) on Inhale, and Ethos Pillar Down
 -  (Rod at **AzurA**) on Inhale, and Ethos Pillar Down to Feet (Rod
-

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-  breath into the **AzurA** and draw 48-Peta! Lotus down to the Ra Centre
-  Centre from the **AzurA** as the Inhale breath completes. HOLD the Inhale at the
-  in to the **AzurA** for full alignment with the PCM Rod at the Top
-  Ethos Rod @ **AzurA**), then Exhale Firmly from AzurA using the breath to push

 Exhale Firmly from **AzurA** using the breath to push the 0-3 Ethos Rod

 Ethos Rod to **AzurA**- Exhale AzurA-Ethos Rod to Nadra (feet point) ..


 to AzurA- Exhale **AzurA**-Ethos Rod to Nadra (feet point) .. the final,

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 ethradon Cell centre@ **AzurA**, 1\ethradon Cells 8.5- 4.5. !<ethradon Cells control the

 Densities at 6.5 **AzurA**. Ethradon Cells control Ethra Flames De-polarised Ad-Don-draea


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 up to PCM **AzurA** and ET E-Umbi + PCM E-Umbi Flames align

 Umbi + PCM **AzurA** Flames align ar1d spark- 2 • Pause & Hold at

 ET & PCM **AzurA** & ET- Rajhna + PCM- E-Umbi Flames- 2-Sparks


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 up to the **AzurA**: completely Inhale into AzurA and Hold this breath. 11 Now,

 completely Inhale into **AzurA** and Hold this breath. 11 Now, Exhale a Single-Point


 up from the **AzurA** and into the Pale Aquamarine Spark within the "egg


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 Atom deep within **AzurA**. The 61h Inhale: The "Quickening"- Ethos Ascent 6. Inhale


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 "Breathing Tube **AzurA** Breaths" mentally orient the (larger) "Sha" Arcs in


 Inhale from the **AzurA**, breathing energy down from Chakra-14 and up from Chakra-


 meeting in the **AzurA**. Notice that as you ie-engage the Breathing Tube with

 Tube with the **AzurA** Inhale, that the (smaller) "Ra" Density Arcs (

 slowly from the **AzurA** upward/ downward in the Brea thing Tube, while observing/ intending


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 Core at the **AzurA** ... while leaving the Maharic-Ethos Shield and Eiros Shie

 focussed on the **AzurA**. Remember to draw the Density Lotus Arcs (Ra-Na

 Atom at the **AzurA**, then forcefully Exhale from the AzurA on a 6- Petal


 Exhale from the **AzurA** on a 6- Petal Axis, using the Exhale breath to

 Inhale into the **AzurA**, using the Inhale breath to slowly draw the Density Ra

 Exhale from the **AzurA** on a 2-Point Up/ Down Vertical Axis in the

 NOT through the **AzurA**, while keeping the Lotus Arc Sets and Breathing Tube Breaths


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 rapidly from the **AzurA** on a Single-Point breath- downward- using Exhale to push


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 breath into the **AzurA** and Seed Atom, drawing the "Ra" Arcs vertical, and

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 position" at **AzurA** and continue drawing breath up to the Pineal ... and


 down to the **AzurA**, and split the Exhale breath into 2 Horizontal


 Exhale from the **AzurA** and transmit down the Right Arm Cord ONLY using the


 on ly) from **AzurA**, and gently tap a 12-Tap Code. into the Chakra-

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 breath from the **AzurA**, down the Right Arm Cord ONLY, using the Single Exhale


 breath into the **AzurA**, using the Inhale to move the (smaller) Ra-Na-

 position" at the **AzurA**. 11. Take a final Exhale breath from the AzurA, Exhale


 breath from the **AzurA**, Exhale downward to the Mahadra, and release "Praying hands"


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 (relates to **AzurA**) People choose just one of each, above, and assemble them

 and exhale to **AzurA**, Heart chakra and then down to fingertips, and in to


 Exhale Code into **AzurA**. 5 Issue Ad-Dondra Flame Line Command, ALOUD 3 times:

 and deeply at **AzurA**. Hold. Forcefully Exhale pushing the Code down to Earth Core

 Exhale Code into **AzurA**. Immediately Inhale Code to Chakra 14, 36" above head, and

 to rest in **AzurA**/ Phase Bud Cell. .

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 front of the **AzurA** while Inhaling a deep 48- Point Lotus Double Arc/ Ethos

 up past the **AzurA** & "Praying Hands"] 2. ... then, release a


 downward to the **AzurA**, then down a bit further to the centre of the

 up to the **AzurA**. HOLD this breath a moment at the AzurA. 2. With


 moment at the **AzurA**. 2. With Lotus Touch finger-tips of both hands positioned

 breath from the **AzurA** down to Chakra 4, then into a 2-Point breath











 and into the **AzurA** and, while Inhaling, TAP OUT a rapid, firm, 24-Tap

 moment at the **AzurA** and give the mental command: "Spark of Orion Rise"






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 hands at the **AzurA** and INHALE a 48-Petal Double Arc/Ethos Pillar/ AD









 Core to the **AzurA**. Hold the INHALE breath for a moment at the kz.

-  CODE into the **AzurA** at the Base of the Thymus Gland. 3: When kz.
 -  firmly from the **AzurA**, directing one part of the breath to form a pale-
 -  outward from the **AzurA** to a point directly in front of the AzurA on
 -  front of the **AzurA** on the INSIDE SURFACE of the E-Cou-Sha
 -  downward from the **AzurA** to the Mahadra at Chakra-13 Earth Core. As the
 -  appears within your **AzurA** as you hold the Exhale breath at Earth Core. 4
 -  front of the **AzurA**, while drawing a slow, steady INHALE breath vertically upward from
 -  directly over the **AzurA**, with your LEFT MAGNETIC HAND PALM DOWN over the Back
 -  Replica at the **AzurA**. Sense a feeling of gentle warmth or "fuzziness" growing
 -  moment at the **AzurA**, then resume gentle automatic Double Arc/Ethos Pillar/Ad-
-








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-  Replica in the **AzurA**, intend or observe with your inner vision, that the Pale-
 -  Replica in the **AzurA**, and have together formed 3 SPHERES in a TRIVECA Formation
 -  Replica at the **AzurA** form a Living Light Cell GENERATOR called a "LOTUS
 -  Replica in the **AzurA**. Without consciously altering the rhythm of the natural Lotus Breath
 -  Replica at the **AzurA**, you can now distinctly see or feel the form of
-

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-  Cell at the **AzurA** into Eternal Life Ad-Don-Ora Spark generation. 11 EXHALE
 -  Set within your **AzurA** now synchronizes its Phasing Rhythm with the Larger Ra-Na-
 -  Cell at the **AzurA**; hold the Inhale for a moment at the AzurA and observe
 -  moment at the **AzurA** and observe the 1st Replicate Micro-Arc Spark 12-set
 -  Spark from the **AzurA** downward into the RA Center at Chakra-3. When the
 -  Cell in the **AzurA** begins emitting a constant flow of blended Pale Aquamarine-Pale
 -  Vessel" in the **AzurA**. As you breathe naturally the small Ad-Don-Ora Flame
 -  Vessel" in the **AzurA** continually fills with Eckasha God-Seed Current until it reaches
-


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-  front of the **AzurA** while Inhaling a deep 48-Point Lotus Double Arc/ Ethos
-  up past the **AzurA** & "Praying Hands"] Step 2: ... then, release a
-  downward to the **AzurA**, then down a bit further to the centre of the
-  Cell at the **AzurA**; hold the Inhale for a moment at the AzurA and
-  moment at the **AzurA** and observe the 1st Replicate Micro-Arc Spark 12-set
-  Spark from the **AzurA** downward into the RA Center at Chakra-3. When the
-  Cell in the **AzurA** begins emitting a constant flow of blended Pale Aquamarine-Pale


 Vessel" in the **AzurA** As you breathe normally the small Ad-Don-Dra

 Vessel" in the **AzurA** continually fills with Eckasha God-Seed Current until it reaches


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 Chakra 14 to **Azura**, continue to Chakra 4, spilt & continue breath to Lotus

 Phase Bud @**AzurA**. HOLD. (MicroSpark 12 activates in AzurA/ Lotus TriVeca) EX-

 12 activates in **AzurA/** Lotus TriVeca) EX- MicroSpark 12 from Phase Bud Cell to

 to Phase Bud@ **AzurA**. HOLD. Big EX- Pale AquaMarine Heliotalic Spark, AzurA to Ra.

 AquaMarine Heliotalic Spark, **AzurA** to Ra. (Pale Aqua" Current flows j on IN

 Chakra 14 to **Azura**, continue to Chakra 4, spilt & continue breath to Lotus


 to Phase Bud@ **AzurA**. HOLD. (MicroSpark 12 activates in AzurAJ Lotus T riVeca)


 12 activates in **AzurAJ** Lotus T riVeca) EX- MicroS park 12 from Phase Bud


 to Phase Bud@ **AzurA**. HOLD. Big EX- Pale AquaMarine Heliotalic Spark, AzurA to Ra.

 AquaMarine Heliotalic Spark, **AzurA** to Ra. (Pale A~ua " Current flows jon


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 body at the **AzurA** You can conceptualise the diameter of each sphere as being


 upward to the **AzurA** Pause the Inhale breath and the rise of the Pillar

 Flame at the **AzurA** and hold the breath for a moment. 3 Slowly Exhale

 Exhale from the **AzurA**, using the breath to push 2- Pale Violet-Blue Sparks

 Sparks from the **AzurA** core into the 2 Zendra "shoulder" cells; one Spark

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 cells, into the **AzurA** and upward into the Pineal gland/ brain centre. Pause for

 Cord from the **AzurA** Centre to the Pineal gland. 5 When the 2 Zendra


 again from the **AzurA** and turn your attention to the 2 Pale Yellow Nadra

 gently from the **AzurA**, using the Exhal~ to (make and) push 2 tiny

 gently from the **AzurA**, using the Inhale to draw the Nadra cell consciously into


 consciously into the **AzurA** centre-point, and then upward first to the Pineal, then

 gently from the **AzurA** \ upward to the Pineal then downward through Chakra 98


 Inhale at the **AzurA**, and Hold the breath, lungs full, briefly then use the

 outward from the **AzurA** and lungs with each "Um" -Tone - Exhale.



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 region of the **AzurA** and Lungs. Now call to mind the image of the






 centred within the **AzurA** Move your awareness downward from "inside of your head",

 and into the **AzurA** and Core Cave Sphere. Imagine or intend that, as a


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-  slowly, to the **AzurA** using the Exhale to draw the entire Pale Silver-Violet Ethra
 -  relocates to the **AzurA** and Core-Cave of Creation. As the Ethra Cell assumes
-





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-  Chakra 14 to **AzurA**, continue breath to Chakra 4, spilt & continue breath to
 -  Bud Cell @**AzurA**. HOLD. (Micro-Spark 12 activates in AzurA! Lotus Tri-
 -  12 activates in **AzurA!** Lotus Tri-Veca) 4 Exhale Micro-Spark 12 from Phase
 -  Phase Bud @**AzurA**. HOLD. 6 Big Exhale - Pale Aquamarine Heliotalic Spark from
 -  Heliotalic Spark from **AzurA** to Ra centre [Pale Aqua" Current flows i on
-




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-  Creation at the **AzurA** and use the Inhale to draw a "Containment Column"
-







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-  Cave at the **AzurA** to Chakra-14, 36" above your head, and then Exhale
 -  Creation at the **AzurA** 9 Continue to keep your attention focused on your Ra-
 -  from within the **AzurA** of your Ra-Sh a-LA-self using the breath
 -  the Creation-Point **AzurA** of the Ra-Sha-LA Thought-Form. (Note: this
-



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-  Creation at the **AzurA**. Inhale, slowly and deeply, drawing your Ethos Pillar and Ad-
 -  Cave at the **AzurA**, using the breath to gently push your Ra- Sh a-
 -  Cave at the **AzurA** ... and Inhale, using the breath to draw a Pale-
-


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-  14 to the **AzurA** and "snap" the uplifted Top petals of your Ra-
 -  Exhale at the **AzurA** while holding the Top Arcs in this horizontal position ...
 -  8 From the **AzurA**, release a second 1/3 short-sharp Exhale breath directed
 -  outward from the **AzurA**, running through your Horizontal "Rod Column" and notice that
 -  Cave at the **AzurA**. 9 Complete the 3rd 1/3 of the Exhale by
 -  Cave at the **AzurA** have descended automatically to the Ra centre at Chakra-3,
-


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-  breath, descending from **AzurA**, to the E-Umbi, and to the Mahadra, carrying the
 -  Umbi, to the **AzurA** ... pulling the Mother Stream Current back from the GruAL
-


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 breath, descending from **AzurA**, to the E-Umbi, and to the Mahadra, carrying

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 Umbi, to the **AzurA** ... pulling the Mother Stream Current back from the GruAL

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 breath, descending from **AzurA**, to the E-Umbi, and to the Mahadra, carrying the

 Umbi, to the **AzurA** ... pulling the Mother Stream Current back from the GruAL

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 centre of your **AzurA**. As the 2 Mother Stream Currents meet, give the Command:

 from your respective **AzurA** Cave of Creation Centre. HOLD the Inhale to build charge,

 to the clients **AzurA** CoreCave, while your Ra-Sh a-LA-self projects the

 in the clients' **AzurA** Core-Cave, mentally give the Command: "Starburst NOW". This

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 attention from your **AzurA** Core-Cave and into the Eckasha Entry Point. 3 Inhale

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 rate} from the **AzurA** Core~. - Synchronise the movement of your eyes and breathing

 B" - the **AzurA** of the small figure/ "ascending Density body". Stop at


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 Kathara Grid), the **AzurA**-Heart of the Le-e TOR-A Ecka-Veca E-


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 C" at the **AzurA** Centre of the Eckasha-A Base Shield. the access point

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 "B" - **AzurA** of the Asr;, ~nding Density The "Eirad" "Fitst!



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 (6 .5 **AzurA**) 1 Pale Turquoise-Aquamarine: Lethra (9.5/3.5) Atma- Crystalline

 4.5 DN-1 **AzurA** - .Jo.. -~K--1--o; :;::;< ~----1-. -oJ.~"I-"

File : [2005-10_EngagingGodLanguages_scan.pdf](#)
Title : Engaging the God Languages - Handbook
Subject : Discover the languages of creation and how to use them to embody your God-Self
Author : MCEO Freedom Teachings - Kathara Team
Keywords :

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-  Key for the **AzurA** point, opening the AzurA point fully to the inner Ecka
 -  point, opening the **AzurA** point fully to the inner Ecka and the Inner Temples
-

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-  colors into the **AzurA**, mix into a spark of Golden-Silver Light, then push
-

File : [2005-10_WhispersRashaReishATranscript_scan.pdf](#)
Title : Whispers of the Rasha ReishA (workshop transcript)
Subject : Partial transcript for the Whispers Ws (where upstep to HaaTUrs occurred)
Author : MCEO Freedom Teachings
Keywords :

Page: 4






 is called the **AzurA** point. In there, there"s something called a seed atom. A

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 center of the **AzurA**. That has something very specific about proportions. It regulates all



File : [2005-10_WhispersRashaReishA_scan.pdf](#)
Title : Whispers of the Rasha ReishA - Supplement
Subject : Revelations of the Unspoken Ones, The Ha"ahTUR"s and the HUB:
Introduction to the Monadic Masters in Hidden Worlds of the Yunasai and
the Path of Kanatareiah
Author : MCEO Freedom Teachings
Keywords :

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-  Key into your **AzurA** ... and Hold the breath .. 3. Exhale forcefully, using
 -  and into the **AzurA** ... and Hold the breath and squeeze your CVC around
 -  area of the **AzurA** 6. Now, take the final 1 /3rd breath
 -  up from the **Azura** to the Rajhna Centre at the 3rd Eye location ..
 -  between the Rajhna, **AzurA** and the E-Umbi. 8. Rapidly Exhale the Ka-Sha
-

File : [2005_LotusBreathingExplanation_scan.pdf](#)
Title : Lotus Breathing Explanation
Subject : Clip from eGroup where NU NU writes to explain Lotus Breathing
Author : MCEO Freedom Teachings
Keywords :

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-  your anatomy (**AzurA**, E-umbi etc. depending on what it says in the
 -  Point to the **AzurA** and then move the D-3 Ethos Rod back down
-

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-  Cell at the **AzurA** "open to 45-degree spread position".and one each
 -  and into the **AzurA"** Here you focus on your AzurA breathe (a) as
 -  focus on your **AzurA** breathe (a) as above from the AzurA, for (
 -  above from the **AzurA**, for (b) imagine your pillar (focusing on the
 -  up to the **AzurA** and for (c) contract your Ra-Na-TA arcs
 -  centred on the **AzurA**. or "Inhale a 48-Point Double Arc Lotus breath
 -  breathe from the **AzurA** as your centre. Breath on the inhale with (b)
 -  up to the **AzurA** and (c) Contract Ra-N a-TA arcs and
-

File : [2006-02_TreasuresOfTheTowerDiary_scan.pdf](#)
Title : Treasures of the Tower - Diary
Subject : Workshop diary
Author : MCEO Freedom Teachings
Keywords :





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Seed in the **AzurA** (associated with the monad) made of 3 partiki and

File : [2006-04Ta-kEy-onCycleInitiation_scan.pdf](#)
Title : Ta-kEy-on Cycle Initiation - Technique
Subject : Tauren Light Seed Activation Part 2, Opening the Diamond Door
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

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-  upward from the **AzurA** at the base of the Thymus and HOLD Inhale at
 -  Pineal to the **AzurA**, and observe or intend that the Exhale breath simultaneously releases
 -  upward from the **AzurA** to the Pineal and HOLD, feeling the inhale-hold breath
 -  from Pineal to **AzurA**, and again feel the Exhale breath simultaneously release within the
-

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-  Point within the **AzurA** at Thymus-base. Observe,(or intended if you cannot yet
 -  point of the **AzurA** there exists a minute point of dimly-glowing pale-pink
 -  structure in the **AzurA** center-point, simply by intending so, and that you can
 -  point at the **AzurA** to move upward to your Inner Viewing Screen, then give
 -  upward from the **AzurA**, to the" rViewing Screenr on the inside of your forehead.
 -  point of the **AzurA**. Continue natural gentle breathing rhythm and observe or intend that
-

File : [2006-05_ConsciousnessOfAscension_scan.pdf](#)
Title : Consciousness of Ascension
Subject : Consciousness of Ascension Kathara Team Module
Author : MCEO Freedom Teachings
Keywords :


Page: 4




Christos Seed Atom **AzurA** at the Center Point of the personal Inner Christ Divine

File : [2006-10_IntroToMonad_scan.pdf](#)
Title : Intro to the Monad
Subject : The Spark of the Living Flame
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

Page: 6


 known as the **AzurA**. This means "Center Point of Eternal Creation" in the

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 center, at the **AzurA** point. Every one of the Kathara™ Grids for each


 connects through the **AzurA**, the common linking center point for all of them. We


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 Atom at the **AzurA** Kathara rM Grid center point. The Seed Atom opens and

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 Grid, at the **AzurA** point. Every one of the Kathara™ Grids for each

 connects through the **AzurA**, the common linking center point for all of them. It

 bud" in the **AzurA**, and opens a flow of energy/consciousness through all the

 via the linked **AzurA** centers. \ " "" :M.onacfic CBreatliing" Or Lotus CBreatfiing: 7"

File : [2006-10_SacredSexClass_scan.pdf](#)

Title : Sacred Sex Class

Subject : Questions and Answers


Author : MCEO Freedom Teachings


Keywords :


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 center point, or **AzurA**, of the Ecka Universe, where the Amoraea Eternal Flame is.


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 located in the **AzurA** point, and a Density Lock between Density 3 and 4

 Kristiac system. 4. **AzurA**: The AzurA is the center point of the Kathara Grid, where

 4. AzurA: The **AzurA** is the center point of the Kathara Grid, where the Seed


 exists. In the **AzurA** the life-force rotation spins form, and the frequencies from

 cyclic basis. The **AzurA** can recharge the Seed Atom so eternal life is possible.

 grid has an **AzurA** at its center. 5. Krist and Krystallah: The Krist and


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 4 and the **AzurA**. The lower level runs through the E-Umbi. 12. Seed

 The E-Umbi, **AzurA** and Rajna are located in the Kathara Grid _____ _

 Umbi), 8 (**AzurA**) and 11 (Rajna) (b) between Kathara Center 3

 and 7 (**AzurA**), 9 and 10 (Rajna) (c) between Kathara Center


 and 8 (**AzurA**), 10 and 11 (Rajna) (d) in Kathara Center

 Umbi), 8 (**AzurA**) and 14 (Rajna) 4. The highest God World at


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 5. The Ecka **AzurA** holds _____ _ (a) the Eiros Flame (b)

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 • In the **AzurA**. 7. What is the importance of having the Light and


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 the shield. 2. **AzurA**: A point in the Kathara Grid that lies exactly between

 human body the **AzurA** is located in the base of the thymus. 3. Trion field:


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 Monad affect the **AzurA**'s receptivity to higher Kristiac frequencies? (b) What event of


 Heliotalics to the **AzurA** from the Ecka (Density-6) would be cut off.


 Seed Atom and **AzurA** to begin restoring the natural spin of the Monad again.


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 breaths at the **AzurA** (Technique 2a); 2nd sequence: 7th -12th ManA breaths


 breaths from the **AzurA** to the Etheric Body (Technique 1); • 4 sequences


 each from the **AzurA**, E-Umbi, Rajhna and Mahadra to each of the 6

 Le-TeU-A---+ **AzurA**-- + E-Umbi---+ Maharic Shield. • (b) AzurA ---+ Mahadra

 • (b) **AzurA** ---+ Mahadra ---+ Chakra 14 ---+ AzurA. 10. (a)

 Chakra 14 ---+ **AzurA**. 10. (a) What are the 3 attributes of the


 6-point breath? **AzurA**---+ Maharic Shield---+ Mahadra---+ Chakra 14---+ AzurA. 12. (a)
What

 Mahadra---+ Chakra 14---+ **AzurA**. 12. (a) What technique is considered the "Metatronic


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 1) from the **AzurA** to the Etheric Body; • 4 sequences of 6 ManA

 each from the **AzurA**, E-Umbi, Rajhna and Mahadra to each of the 6 Densities

 geomancies from the **AzurA**, the Mahadra, and Chakra 14 to the Indigo Shield, the


 geomancies from the **AzurA**, the Maharic Shield, the Mahadra, and Chakra 14 to the

 Body from the **AzurA**. 4. Heliotalic ball of energy/frequency: Located at Ecka Level


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 frequency in the **AzurA** and the Etheric Body field (manual pg. 61: point


 Le-TeU-A, **AzurA**, E-Umbi and the Maharic Shield while singing the Psonn

 geomancies from the **AzurA**, the Mahadra and Chakra 14 to the Indigo Shield, the

 geomancies from the **AzurA**, the Maharic Shield, the Mahadra and Chakra 14 to the

 breath into the **AzurA** and Seed Atom. With the anchoring of the Planetary Kristos

 Seed Atom and **AzurA** to begin restoring the natural spin of the Monad again.

 breaths at the **AzurA** (also known as Monadic Breathing-manual pg. 59: 2nd

 correction in the **AzurA** and Flame Body, and forming a link to the 4

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 why was the **AzurA** unable to receive frequencies from the Ecka? (a) The


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 Heliotalics from the **AzurA** to the 6 Densities (b) build Heliotalics in the

 Heliotalics in the **AzurA** and the Etheric Body (c) transfer Heliotalics from the

 Body to the **AzurA** (d) direct Heliotalics from the Etheric Body to the


 Kristos? (a) **AzurA** ~ E-Umbi ~ Rajhna ~ Mahadra. (b) Le-Te

 U-A ~ **AzurA** ~ E-Umbi ~ Mahadra. (c) Rajhna ~ E-


 ~ E-Umbi ~ **AzurA** ~ Maharic Shield. (d) Le-TeU-A ~AzurA~ E-

 TeU-A ~ **AzurA**~ E-Umbi ~ Maharic Shield. 10. Which of the following is

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 breaths? (a) **AzurA**, E-Umbi, Mahadra, Chakra 14. (b) Rajhna, AzurA, E-

 (b) Rajhna, **AzurA**, E-Umbi, Maharic Shield. (c) Le-TeU-A, AzurA,


 Le-TeU-A, **AzurA**, E-Umbi, Maharic Shield. (d) AzurA, Maharic Shield, Mahadra,


 Shield. (d) **AzurA**, Maharic Shield, Mahadra, Chakra 14. Multiple Choice Answers: 1. D,

Page: 67

 it from the **AzurA?** • Clockwise. 4. In the "Awakening the Le-TeU-


Page: 70

 Shield in the **AzurA** for FEMALES? (a) Clockwise. (b) Counter-clockwise. (


 13) (b) **AzurA** and the Maharic Shield (c) The Pineal and the

 Gland (b) **AzurA** (c) Tailbone (d) Earth Core 4. In the

Page: 71


 Rajhna (b) **AzurA** (c) E-Umbi (d) Tailbone --- 7. The

Page: 72

 Umbi. (b) **AzurA**. (c) Rajhna. (d) Tailbone. Multiple Choice Answers: 1.


File : [2006-11_PosturesOfLove_scan.pdf](#)
Title : Postures of Love - Handbook
Subject : Steps towards Joy, Loving Joy is the Intrinsic Nature of Source, When you choose At-Onement with the Living God Source within you, you will know the love
Author : MCEO Freedom Teachings - Kathara Team
Keywords :

Page: 25

 meaningful way. The **AzurA**, in the personal anatomy, is located between Kathara Centers 6




 Silence Within the **AzurA**, within the Azurite Crystal, lies the Throne of Power, the

Page: 66



 Seed Atom (**AzurA**), where you'll get bursts of being at love with the

File : [2007-04_Kathara23Sect7-8_scan.pdf](#)
Title : Kathara 2-3 Sections 7 & 8 Module
Subject : Kathara Team Module expanding the technical details of Kathara 2-3
Author : MCEO Freedom Teachings
Keywords :


Page: 7

-  the Eckasha body **AzurA** point. Through the Yon-A-Sa, our Ecka and Parallel
 -  set within the **AzurA** of the Ecka. (All levels of creation remain connected
 -  connected through these **AzurA** center points of every level"s primary Kathara Grid template.)
While
-

Page: 10

-  all of the **AzurA** points again lined up in the same place, in the
 -  location as the **AzurA** of the Ecka (and Eckasha). CREATION OF THE ECKA-
-



Page: 11

-  initially created. The **AzurA** of the two quadrants are in the same place, so
-


Page: 13

-  place, with the **AzurAs** of the Ecka and all four quadrants of the Veca
-


Page: 15

-  in the center **AzurA** point. The Monadic energy travels down the central staff line
 -  lines to the **AzurA** point. This sparks the seed atoms, activates the Reuche Vortice
-


Page: 18

-  or Seal. The **AzurA** (at 6.5) is the Density-2 Flame and the
-

Page: 21


-  towards the center **AzurA** seed atom point, and intersect with each other at 90°
-

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-  Nodes form the **AzurA** points of each Tii-E-"a Projection Plane. We have
-

File : [2007-04_KRYSTarAwakeningTranscript_scan.pdf](#)
Title : KRYSTar Awakening (workshop transcript)
Subject : Full transcript for April 2007 Workshop (right after the murder of SOL)
Author : MCEO Freedom Teachings
Keywords :


Page: 142

 be at the **AzurA** point. It would be closer to the density level of

Page: 145

 breathing from the **AzurA**, or the prana seed. That white spot there you see?


Page: 147


 around by your **AzurA**. See if you can feel an opening, almost like a


 bit from the **AzurA**. Try to get in touch with your atoms. See if

Page: 148


 happens. At the **AzurA**, when this response from the Rashalae, and from the seed

 emerging within your **AzurA** very soon, when a particular tone strikes in response to

 comes into the **AzurA**, it will first pop its little head out as if

 that in your **AzurA**, and it will sit not at the angle of the

Page: 149

 angle of the **AzurA**, which is the vertical. So you have this little flame

File : [2007-05_KRYSTHLRiverDanceHandbook_scan.pdf](#)
Title : The KRYSTHL River Dance
Subject : 1st Dance of the Cycle of "Last Stands"
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :



Page: 27






Exhale from the **AzurA**/Prana Seed out horizontally in a "Spherical Exhale". §

File : [2007-09_GodWorlds_scan.pdf](#)
Title : Exploring the God Worlds - Handbook
Subject : Stair step creation
Author : MCEO Freedom Teachings - Kathara Team
Keywords :

Page: 32





-  corresponds to the **AzurA** in our body. We have another dimensional lock between Dimensions
 -  there is an **AzurA** point at the center point there, and that is where
-

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-  you have an **AzurA** of the Ecka .. That is between their Ecka Gate
 -  will have an **AzurA** at its center, and that is where its seed atom
 -  exists. The Ecka **AzurA** holds something called the Flame of Amoraea. It is funny,
-

File : [2007-11_LegacyOfLostTranscript.pdf](#)
Title : Legacy of the Lost (Amsterdam workshop transcript)
Subject : Legacy of the Lost, Freedoms of the Found, the Milky Way Mysteries, Halls of Records and the Jesus Codes
Author : MCEO Freedom Teachings
Keywords :


Page: 242

-  it in your **AzurA** as if a little tiny you is sitting in your
 -  sitting in your **AzurA** flame, or right at the thymus gland, inside your body.
 -  upward from the **AzurA**, up the central vertical column, through the pineal and out
 -  breath at the **AzurA** area. (Everyone inhales.) In a moment we are going
-

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-  you have the **AzurA** Lock and the AzurA Flame, and on the Density 3
 -  Lock and the **AzurA** Flame, and on the Density 3 you have the Rajhna
-

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-  born. So the **AzurA** Sun is the one at the center and that is
-

Page: 282

-  that is the **AzurA** star that links directly into the REi-ShA-ic Hall,
-


File : [2007_12TribesVol1_scan.pdf](#)
Title : 12 Tribes Vol 1 transcript
Subject : scan of the 12 Tribes Volume 1 binder
Author : MCEO Freedom Teachings
Keywords :

Page: 18


 etheric duct, the **AzurA**, within the base of the physical thymus gland. The point


Page: 20


 Seed Atom and **AzurA**), into the Gha-fa of the Spirit Body. Upon receiving

 Light Body, and **AzurA** etheric duct of the physical-atomic mortal body, which opens

Page: 21


 quantum into the **AzurA** etheric duct at the thymus base. Following the "sounding"

 consciousness in the **AzurA** etheric duct in the thymus base (the three Densities

 aspects). At the **AzurA** (which is also the point from which organic fetal


 to thymus gland **AzurA** etheric duct. The Spark of Gha-fa-RE" severs the

 severs the thymus-**AzurA** Silver Akashic Cord connection to the physical-atomic body, and

 the thymus gland **AzurA** etheric duct. Upon receiving the Spark of AshalaE", the atomic


Page: 40

 Key into your **AzurA**, take 31ong slow deep breaths, arcs up, each time draw


 Key into your **AzurA**, on the final3rd breath, hold, lungs full, build charge when

 Umbi to the **AzurA**, & hold then breath there, again squeezing the area of


 area of the **AzurA**, in your central vertical column. Relax the squeeze around the

 squeeze around the **AzurA** & take the final1/3 breath, using the breath to

 up from the **AzurA** to the Rajhna at the 3rd eye, arcs up, lungs


 to the Rajhna, **AzurA** & E-Umbi, & then rapidly exhale the Ka-Sha

Page: 41


 breathing, into your **AzurA**. Long deep powerful inhale breath in the direction east to

 exhale into the **AzurA** in your own time gently. Second inhale ... 3rd and


Page: 56

 atom at the **AzurA**, we would have our Middle Domain-our Edonic seed atom-

Page: 83


 is at the **AzurA**, which is very close to the heart. That caused a

Page: 104


 front of the **AzurA**, then Exhale through the Lotus fingers in the region there.

 front of the **AzurA** and then move them down to the E-Umbi, exhale.


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 up to the **AzurA**. And you're going to blow this frequency right out your


Page: 145


 be in the **AzurA**, try and I'll give you time enough to feel

Page: 284


 inhale from the **AzurA**, eyes on the Code, hold the breath and build charge.

 back into your **AzurA**. Ok? So, eyes on the code, just inhale it at


 it at the **AzurA**-hold and build charge. Then you're going to push out

 back to the **AzurA**. Good job. [CD 3, Track 6] Thank you all.


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 center, or the **AzurA** line. So, this is called an embedded expansion where they


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 through to your **AzurA** in your physical body, so those bodies will stay and


Page: 378

 front of your **AzurA** ... and now gently inhale and pull it into the

 it into the **AzurA** ... [inhales] .. the globe just floats in ...

 is in the **AzurA**. It will emanate outward and form a lovely, what looks


 is in the **AzurA**, and now gently inhale back up bringing Urtha core energy


 you to the **AzurA**, only half of an inhale up [1/2 inhale]

 staying at the **AzurA** bringing energy up from Urtha core to the AzurA [

 core to the **AzurA** [remainder of inhale] and charging the disc. Imagine that





 outward from the **AzurA** both frontward, backward and through each shoulder at the same

 it in the **AzurA** for a moment and then we'll push out for the




 up to the **AzurA** ... hold to build charge and then when you feel

 it from the **AzurA** ... continue to take breaths up from Urtha core and



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 that's in the **AzurA**-that we brought into the AzurA-but instead of being
 brought into the **AzurA**-but instead of being a fiat disc, it will be
 ... to the **AzurA** and the lovely heliotalic disc that is there and then
 front of the **AzurA**; it will be like laying on your chest Then inhale


Page: 381

 this, to the **AzurA** as if you are holding a sphere of energy in
 it to the **AzurA**, then flatten the palm against the AzurA which is pushing
 palm against the **AzurA** which is pushing the sphere in ... then inhale very





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 it at the **AzurA** and flatten the palm, the left palm on the AzurA
 palm on the **AzurA** and let it go in. What this will do is


Page: 417

 induction through the **AzurA** and breathe out throughout your fields So you are going


Page: 422

 Key into your **AzurA** but when you do it, hold the breath after you
 up to the **AzurA**, hold the breath there, squeeze again around the area of
 area of the **AzurA** if you can or intend that you are squeezing Take
 up from the **AzurA** to the Rahjna- 3rd Eye Arcs up in this position,



Page: 459

 center of your **AzurA** here that is making Keys, this is a huge thing



Page: 472

 deep in the **AzurA** Quarter to three, three o'clock, short break before the actual

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 hold into the **AzurA**, and doing that sparks Ring-1. Exhale and hold, expanding
 outward from the **AzurA** and that charges the Band/Span Number 1 with Ring-


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 There we go. **AzurA** line up ... so it is right at your AzurA
 right at your **AzurA** where all of that stuff including the The MCEO Freedom

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 uh, in the **AzurA** ... the Seed Atom would be behind it. We've talked

 Atom at the **AzurA**, alright? So, in front of that, the outer Seed Atom


 be at the **AzurA** ... and that means that outer RashaLAe Body Eiron Point


 be at the **AzurA**, alright? There are other things that we haven't even gotten


Page: 509

 Point in your **AzurA**. So, it is a really neat finally, we have got


Page: 531

 ... through the **AzurA**. Inhale Prana hold exhale Mana. Inhale Prana ...


 front of your **AzurA** You have now created a RashaLAe Span Orb and

 front of the **AzurA** and you're going to see it turn into an Aqualene

Page: 538



 through your own **AzurA** Eiron point in your physical body. Then lie your RashaLAe

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 Point at the **AzurA** and they will create from the Yunasai, a Back Spark

File : [2007_12TribesVol2_scan.pdf](#)
Title : 12 Tribes Volume 2 transcript
Subject : 12 Tribes Volume 2 scan of the binder
Author : MCEO Freedom Teachings
Keywords :


Page: 28

-  Key into your **AzurA**, take 3 long slow deep breaths, arcs up, each time
 -  Key into your **AzurA**, on the final 3rd breath, The MCEO Freedom Teachings®
-




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-  Umbi to the **AzurA**, & hold then breath there, again squeezing the area of
 -  area of the **AzurA**, in your central vertical column. Relax the squeeze around the
 -  squeeze around the **AzurA** & take the final1/3 breath, using the breath to
 -  up from the **AzurA** to the Rajhna at the 3rd eye, arcs up, lungs
 -  to the Rajhna, **AzurA** & E-Umbi, & then rapidly exhale the Ka-Sha
-


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-  atom, at our **AzurA** on a personal level, that would birth out, it would
-


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-  palm, into the **AzurA** and hold. Hold the breath. Bring both palms to the
 -  palms to the **AzurA**. Right palm on the AzurA first And just exhale gently.
 -  palm on the **AzurA** first And just exhale gently. The MCEO Freedom Teachings®
-






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-  first into the **AzurA** of both your Physical Body and your RashaLAe Body, and
-


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-  here at the **AzurA** ... inhale and hold for a minute, and they are
-

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-  Key into your **AzurA** ... and hold the breath . Exhale forcefully, using the
 -  and into the **AzurA** .. and hold the breath ... and squeeze your CVC
 -  area of the **AzurA** Now take the final1/3rd breath using the breath to
 -  up from the **AzurA** to the Rajhna centre at the 3rd Eye location ...
 -  between the Rajhna, **AzurA** and the E-Umbi. Rapidly exhale the Ka-Sha symbol
-


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 Sun from the **AzurA** point Now I And now, if you can stick your

Page: 325

 Seedatom at the **AzurA**, the Yon-A-sa Seedatom, and they go down further

Page: 413

 be at the **AzurA** area, all right Chakra 5, 6 and 7 would correspond

Page: 414

 stationed at the **AzurA**. This Cousha crystal band would be the difference between where


Page: 415

 located at the **AzurA**. The one before, that"s the seed for the Edons, that"s


Page: 418

 is in the **AzurA** for the Outer Domain, that would mean here we have

Page: 419

 we have our **AzurA** Point, which holds Ecousha 4, which is our seed crystal.

Page: 421

 We"ve got our **AzurA** here in the physical body, but it"s actually back here

Page: 423


 bodies, through the **AzurA**, which is the Outer Domain Ecousha Seed Atom area, they


Page: 431

 attention at the **AzurA** point When you inhale, think (inhale) "Prana in,"


 us from the **AzurA**. Exhale now. Just relax and breathe gently. And imagine for

Page: 435


 side of its **AzurA**, down into your AzurA. That is the Silver Cord of


 down into your **AzurA**. That is the Silver Cord of life Try to notice






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 Cord of the **AzurAs** Now imagine that you can feel spinning around you, fields






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 moment, from the **AzurA**, and as you inhale, you will bring some of the


 right into the **AzurA** and hold it for a moment On the exhale, you

-  that connects your **AzurA** to the AzurA of your Eiradonis body, that makes a
 -  AzurA to the **AzurA** of your Eiradonis body, that makes a little Eiradonis cord
 -  back of the **AzurA** to the front of the Eiradonis body, and that cord
 -  inhale from the **AzurA** now ... and imagine a cord of the Eiradonic light
 -  right into the **AzurA** connecting the two points. And on the exhale, we're going
-


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-  key into your **AzurA**. And on each inhale; hold the breath as you're drawing
 -  key into the **AzurA**, hold and release. Hold on the release before you take
 -  Key into the **AzurA** for the last time. Hold the breath and when I
 -  EUmbi to the **AzurA**, hold the breath there, and try to affect an energetic
 -  Rajhna from the **AzurA**. Again hold the breath there and you've got a tiny
-



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-  know as the **AzurA** "A" is actually the ElorA side of the Astura
-

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-  E-Umbi, the **AzurA** and the Rajhna central The MCEO Freedom Teachings® Series
-

Page: 517


-  hand over the **AzurA** and your left hand behind it. You can sit however
 -  hands from the **AzurA** area and imagine that you're going to put the right
-

File : [2007_12TribesVol3_scan.pdf](#)
Title : 12 Tribes Volume 3 transcript
Subject : 12 Tribes Vol Binder scan
Author : MCEO Freedom Teachings
Keywords :

Page: 24

 E-umbi, the **AzurA** and the Rajhna. This sun was called Pro-cyus. And,


Page: 33


 inhale into the **AzurA** and move your arcs up-you know, arcs up and

Page: 47


 area of the **AzurA**. Take a long slow inhale and bring the Eiradonis Body

Page: 48

 extending from your **AzurA** up to your Eiradonis Body and to your Krystar Body.

 you from your **AzurA**. That will be enough, good. Alright, now we have passed


Page: 78

 Sun, or the **AzurA** Sun of M31. And that Tractor beam was activated fully

Page: 107

 down to the **AzurA** level. Now we're going to turn that ball, that one

Page: 158

 Gha-Far Body's **AzurA** " So, it travels the silver cord and the tone,

Page: 179


 inhale into the **AzurA** in our Physical Body and then blow the inhale out

 breath of the **AzurA** backward through that and then all the way out through,


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 that in the **AzurA** of your Physical Body, in the AzurA area, you have


 Body, in the **AzurA** area, you have a connection for your Rash a Body

 visual in the **AzurA**. And in a moment we're going to do a breath

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 minute, into the **AzurA** (inhale) and then exhale forward horizontally but directly forward

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 it in your **AzurA** and hold it (inhale), and then blow it out


Page: 227


 etheric duct, the **AzurA**, within the base of the Thymus Gland. During the Fetal

Page: 230


 Seed Atom and **AzurA**), into the Gha-fa of the Spirit Body. Upon receiving


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 Light Body and **AzurA** etheric-duct of the physical atomic mortal body, which opens


 quantum into the **AzurA** etheric-duct at the Thymus Base. Following "sounding" of

Page: 232


 consciousness in the **AzurA** etheric-duct in the Thymus base, (the 3 densities


 embodied. At the **AzurA** (which is also the point from which organic Fetal

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 to Thymus gland **AzurA** etheric-duct. The "Spark of Gha-fa-RE" severs

 severs the Thymus-**AzurA** Silver Akashic Cord connection to the physical-atomic body, and


 the Thymus gland **AzurA** etheric-duct. So, the silver cord releases the final spark


 the thymus gland **AzurA** Etheric duct. Upon receiving the "Spark of AshalaE," "

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 inside of our **AzurA**. And then we're going to project it vertically up. As

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 moment at your **AzurA**. And from the center of the AzurA, in the center

 center of the **AzurA**, in the center form an image of-imagine yourself pulling

 waiting in the **AzurA** and when we start breathing for propulsion-because that is

 and fill the **AzurA** with energy and hold for a moment (strong inhale)

File : [2008-01_EngagingLoadOutWorkshopTranscript_scan.pdf](#)

Title : Engaging the Load Out (workshop transcript)

Subject : Full transcript for FOL "08 workshop

Author : MCEO Freedom Teachings

Keywords :


Page: 40

 run through the **AzurA**, that are connected through the ... This, here, is called


Page: 49

 after its central **AzurA** Sun. And the Aquinos Matrix is what the science here


Page: 50

 after its Central **AzurA** Sun. So, this set of gates and the, and its

Page: 81

 the center, the **AzurA** center of the natural Grid set. It is not only


Page: 127

 upward from the **AzurA** and hold. Hold to build charge. And in a moment

Page: 131


 inside of your **AzurA**. We're going to start it from your AzurA. And just

 it from your **AzurA**. And just breathe gently and kind of slow your breathing

 is in the **AzurA**-imagine that it is sitting just as you are right


 down inside the **AzurA** right now So we're going to inhale, and Raise the

 inside of our **AzurA**-stand it right up as if we're standing up and


 inside of the **AzurA**. We're going to first inhale and hold for a minute-


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 now from the **AzurA** and at the AzurA, imagine that there is a small


 and at the **AzurA**, imagine that there is a small crystal the shape of


Page: 134

 Sun in its **AzurA**. And in a moment there's going to be a massive

 and past the **AzurA**. Up into your head and through and past the third

Page: 137

 down to the **AzurA** Level. And then one quick sharp inhale to pull it



 inside of your **AzurA**. Then relax and leave the little speck of light there.

File : [2008-08_Sliders1_scan.pdf](#)
Title : Sliders 1 - Supplement
Subject : Emerging from Darkness, Preparing the Mind for Slide Introductory Atmic Body Training
Author : MCEO Freedom Teachings
Keywords :










Page: 2

 cord into the **AzurA** I Thymus region of the fetal body, and from this







Page: 4

 and into the **AzurA** of the Light Body, where "transformation happens". The Celestallon,
 deposited within the **AzurA**, with the Zeion and GhaRE, together forming the Eternal Life



Page: 9


 top of the **AzurA** Shield, as if your "bottom" was "sitting on"
 emerges into your **AzurA** from your Rash a Body and merges with your "
 spiraling within your **AzurA**. 3. While holding the inhale, focus your mind on your
 intention into the **AzurA**, filling it with Golden-Silver Light. 4. Exhale slowly into
 slowly into the **AzurA**, then INHALE SWIFTLY, causing a "12-Point Eiron Stream
 pop" from the **AzurA** into your 12 Allurean Chambers; imagine 12 prana-carrying Eiron
 outward from the **AzurA**, into your 12 Allurean Chamber Lines, carrying your "Desire"
 Exhale firmly from **AzurA**, pushing a "12-Point Pulse" of Golden Mana Light
 ZeionSpark in your **AzurA** and into the 12 Light Body Fire Chambers that run


Page: 10


 Chambers toward your **AzurA** as the Mana Currents move outward. Sense for a "
 then into the **AzurA**. 12. HOLD at the top of the Inhale until you
 accreting around your **AzurA**. 13. Exhale firmly BACKWARD, pushing the "Sparkling Atomic
Desire
 back to the **AzurA**. 15. Take a few relaxing breaths, "release the thought
 Inhale into the **AzurA** and hold at the top of the inhale, as you
 move into your **AzurA**. The MCEO Freedom Teachings® Series Presented by Adashi MCEO

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 downward to your **AzurA**, where the Golden-Silver Window Stream interfaces with the Living
 Waters in your **AzurA**. Hold at the top of the Inhale to AMP and





 Sphere" at the **AzurA**. (Once formed, a "Spark of Ghar-on" will

 remain at the **AzurA** as your Endoplasma Eternal "Living Water-Seed", through which







 back to the **AzurA**, hold to build amp, then release a spark of "

File : [2008-09_Sliders2_scan.pdf](#)
Title : Sliders 2 - Handbook
Subject : Reclaiming the Vessel - Preparing the Body for Slide, Introductory Telluric Body Training
Author : MCEO Freedom Teachings
Keywords :








Page: 13

-  upward from the **AzurA**, into the Tryne image, then EXHALE slowly and gently, using
 -  downward to the **AzurA** region and into your body. EXHALE, then return to normal
 -  body in the **AzurA** region, "feel its energy reality within you" , using
 -  INHALE into your **AzurA** to "contract" the "enlarged Tryne" back into a
-






Page: 14

-  INHALE into the **AzurA**, using the Inhale breath to bring the 2 words in
 -  downward into the **AzurA**. Breathe normally and observe that the Spark and Tryne have
 -  spinning within the **AzurA**. This "Desire Sphere" will become the Core of your
 -  INHALE into the **AzurA**, using the Inhale breath to tightly contract the "Desire
 -  center of the **AzurA**. EXHALE gently, allowing the "tiny nodule" to remain in
 -  remain in your **AzurA**, where it will become the "Core Desire" of your
-


Page: 15

-  top of the **Azura** Shield "as if your "bottom" was "sitting
 -  emerges into your **Azura** from your Rasha Body, and merges with your "Golden-
 -  spiraling within your **AzurA**. 3. While holding the Inhale, focus your mind on your
 -  intention" into the **Azura**, filling it with Golden-Silver Light. 4. Exhale slowly into
 -  slowly into the **Azura**, then INHALE SWIFTLY, causing a "12-Point Eiron Stream"
 -  pop" from the **Azura** into your 12 Allurean Chambers; imagine 12 prana-carrying Eiron
 -  outward from the **Azura**, into your 12 Allurean Chamber Lines, carrying your "Desire"
-








Page: 16

-  firmly from the **AzurA**, pushing a "12-Point Pulse" of Golden Mana Light
-  Spark in your **AzurA** and into the 12 Light Body Fire Chambers that run
-  Chambers toward your **AzurA** as the Mana Currents move outward. Sense for a "
-  then into the **AzurA**. (Reference note: The 6-Point KaLA"ah Chamber set includes
-  accreting around your **AzurA**. 13. EXHALE firmly BACKWARD, pushing the "Sparkling Atomic






Desire

 back to the **AzurA**. 15. Take a few relaxing breaths, "release the thought"




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 breath into the **AzurA**, and Hold at the top of the Inhale, as you
 move into your **AzurA**. 17. EXHALE gently, then notice what sensations your skin may
 down to your **AzurA**, where the Golden-Silver Window Stream interfaces with the Living
 Waters in your **AzurA**. Hold at the top of the Inhale to AMP and
 Sphere" at the **AzurA**. (Once formed, a "Spark of Ghar-on" will
 remain at the **AzurA** as your Endoplasma Eternal "Living Water-Seed", through which
 back to the **AzurA**, hold to build amp, then release a spark of "



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 Exhale forcefully from **AzurA**, pushing Krystar Vehicle out around you. 3. Repeat steps 1
 Seed" at the **AzurA** to the D-3 TE"a-Wha Window about 72"16-
 Seed" at the **AzurA** to the D-3 TE"a-Wha Window above and behind
 then into the **AzurA** "Water Seed". 6. INHALE into the AzurA "Water
 INHALE into the **AzurA** "Water Seed" and Hold Breath at the Top of







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 Seed" at the **AzurA** to the D-3 TE"a-Wha Window above and behind
 Pineal Gland and **AzurA** "Water Seed", again splitting the Heliotalic Starburst into two
 Fontanel to the **AzurA!**Thymus (Ethereic-Duct-1), then all the way down

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 and into the **AzurA**. Hold Breath at the Top of the Inhale, using the
 firmly within the **AzurA**. 18. EXHALE forcefully, using the Exhale breath to push the

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 Exhale forcefully from **AzurA**, pushing Krystar Vehicle out around you. 4. Repeat steps 1
 Seed" at the **AzurA** to the D-3 TE"a-Wha Window 72"16-feet
 and into the **AzurA** "Living Water Seed". Observe as a tiny "Golden-
 interfaces with the **AzurA**. 3. INHALE into the AzurA "Water Seed" and Hold
 INHALE into the **AzurA** "Water Seed" and Hold Breath at the Top of
 outward from the **AzurA** "Water Seed" until the Orb surrounds your 3-dimensional


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 INHALE into the **AzurA** "Water Seed", and Hold at the top of the

 Spark from the **AzurA** "Water Seed" upward through the top point of your

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 attention to the **AzurA** "Water Seed", INHALE into the "Water Seed", and

 Hydrolase" from the **AzurA** "Water Seed" outward into the 12 Allurean Chambers of

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 INHALE into the **AzurA** "Water Seed" and Hold at the top of the

 Spark from the **AzurA** "Water Seed" vertically upward through your Central-Vertical-Column

 Column, through the **AzurA** "Water Seed" and Ketheric-Duct-4-Fontanel and out

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 Breath into the **AzurA** "Water Seed", Hold breath at the top of the

 front of the **AzurA** and giving the Mental Command "THE POWER OF 12",

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 Breath into the **AzurA** "Water Seed", Hold breath at the top of the

 front of the **AzurA** and giving the Mental Command "THE POWER OF 12",

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 Breath into the **AzurA** "Water Seed", Hold breath at the top of the

 front of the **AzurA** and giving the Mental Command "THE POWER OF 12",

 point within your **AzurA** "Water Seed". The MCEO Freed om Teachings® Series

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 SoundBubble" from the **AzurA** "Water Seed", down your Central-Vertical-Column and into

 traveling into your **AzurA** "Water Seed". The Rays are called the "Bi-

 Rays entering your **AzurA** "Water Seed" , INHALE into the AzurA "Water


 INHALE into the **AzurA** "Water Seed" , and Hold breath at the top

 rippling through" your **AzurA** "Water Seed". LISTEN with "Inner Hearing", to hear

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 upward, from the **AzurA** "Water Seed" , into this point on the inside




 6" to the **AzurA** "Water Seed", then breathe normally and relax the body,

 INHALE into the **AzurA** "Water Seed", using the Inhale to draw your attention




 back into the **AzurA** "Water Seed". Hold breath at the top of the

 Inhale, within the **AzurA** "Water Seed", to "anchor focus of attention" within

 attention" within the **AzurA** "Water Seed", while "keeping in mind" the "

 gently into the **AzurA** "Water Seed", putting the focus of your attention into
 focused within the **AzurA** "Water Seed", imagine/intend that you can see the
 begins within your **AzurA** "Water Seed" and extends downward to the "spot"





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 Stairway within the **AzurA** "Water Seed". With your "Mini-Me", you are going
 Stairway within the **AzurA** "Water Seed", focus your conscious attention fully into the
 simultaneously into the **AzurA** "Water Seed" of your "MiniMe" AND your Physical









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 simultaneously into the **AzurA** "Water Seed" of your Mini-Me AND your Physical

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 simultaneously into the **AzurA** "Water Seed" of your Mini-Me AND your Physical
 INHALE into your **AzurA** "Water Seed", Hold breath at the top of the
 Seed" to the **AzurA** "Water Seed" of your physical body, using the Mini-
 the physical body **AzurA** "Water Seed". Return to normal breathing, and while keeping



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 downward from the **AzurA** "Water Seed" , using the Exhale breath to send
 that from the **AzurA** down, the atoms and cells of your bodies have now
 body, into the **AzurA** Water-Seed. EXHALE gently into the AzurA, then return to
 gently into the **AzurA**, then return to normal breathing. Notice that your "Lower
 parf", from the **AzurA** up to your head. 55. INHALE into the AzurA Water
 INHALE into the **AzurA** Water Seed, then EXHALE, using the Exhale breath to send
 upward from the **AzurA** to the top of your head, and Hold breath at
 downward into the **AzurA** Water-Seed. The MCEO Freed om Teachings® Series Presented



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 Notice that your **AzurA** "Water Seed" remains at the center of your ORB

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 the physical body **AzurA** 3 Times" with the "Right hand Lotus Fingers". Exhale
 "Tap your **AzurA** 3 times with the Right Hand Lotus Fingers", while Inhaling,

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 Breath into the **AzurA** "Water Seed", Hold breath at the top of the
 front of the **AzurA** and giving the Mental Command "THE POWER OF 12",

-  INHALE into the **AzurA** "Water Seed," and Hold at the top of the
 -  outward from the **AzurA** "Water Seed", into and through the 12 Allurean Chambers
 -  INHALE into the **AzurA** "Water Seed", then "top-up inhale breath" with
 -  and within" the **AzurA** "Water Seed"; Hold at the top of the Inhale Breath,
 -  outward from the **AzurA** "Zeion-Mana Seed," as a 12- Point Starburst of
-





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-  INHALE into the **AzurA** "Water Seed", and Hold at the top of the
 -  Spark" from your **AzurA** "Water Seed" vertically upward and into the "top-
 -  upward from the **AzurA** "Water Seed" and into the Grail Door apex, using
-




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-  apex into the **AzurA** "Water Seed". 16. Return to normal breathing and "
 -  interfaces with the **AzurA** "Water Seed", a small, shimmering-Aqua-Silver "Diamond-
 -  INHALE into the **AzurA** "Water Seed" , and Hold at the top of
 -  Spark from the **AzurA** "Water Seed" upward into the "top point" of
-





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-  it, surrounding your **AzurA** "Water Seed". INHALE into the center of your AzurA
 -  center of your **AzurA** "Water Seed", and Hold at the top of the
 -  outward from your **AzurA** "Water Seed" and into the 12-Allurean Chambers of
 -  Sphere in the **AzurA** "Water Seed" suddenly "pops open" and expands outward
-




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-  centered at the **AzurA** "Water Seed" and extending through your body from just
 -  INHALE into the **AzurA** "Water Seed", and Hold at the top of the
 -  upward from the **AzurA** "Water Seed", using the Exhale Breath to push a
-

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-  Breath into the **AzurA** "Water Seed", Hold breath at the top of the
 -  front of the **AzurA** and giving the Mental POWER-Command "Jhan-TU" Et-
 -  tips, tap the **AzurA!**Base of Thymus Gland 3-times. Your "ON-1
 -  and Tap your **AzurA** 3 times with Right Hand Lotus Fingers, then Exhale yourself
-


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-  (Inhale to **AzurA**, Exhale down Arm Cords into Plates, Inhale up to AzurA
-  Inhale up to **AzurA** to pick up pates on hands, Exhale down to "
-  inhaled into the **AzurA** once every 3 days. With this 3-day reinforcement, the

 be exhaled from **AzurA** to the fingertips whenever needed. The MCEO Freedom Teachings

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 and Tap your **AzurA** 3 times with Right Hand Lotus Fingers, then Exhale yourself

 inhaled into the **AzurA** once every 3 days. With this 3-day reinforcement, the

 be exhaled from **AzurA** to the fingertips whenever needed. Recommended use: Just prior to

 Breath into the **AzurA** "Water Seed", Hold breath at the top of the

 front of the **AzurA** and giving the Mental POWERCommand "Jhan-TU" Et-eur"

 tips, tap the **AzurA!**Base of Thymus Gland 3-times. Your "DN-1


File : [2008-11_Sliders3Diary_scan.pdf](#)
Title : Sliders 3 - Diary
Subject : The Wind Beneath Your Wings, Engaging Spirit for Slide - Workshop Diary
Author : MCEO Freedom Teachings
Keywords :

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 UR to the **AzurA**, and the Density-2 Pa-T a Um-Eir"-A"

File : [2008-11_Sliders3_Scan.pdf](#)
Title : Sliders 3 - Handbook
Subject : The Wind Beneath Your Wings - Engaging the Spirit for Slide, Introductory Atomic-Etheric, Rasha & Spirit Body Training
Author : MCEO Freedom Teachings
Keywords :

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 opening around chest, **AzurA**, upper back & Pelvis plus any other areas of tightness,


 Series ~~~~~ Stimulates: **AzurA**, KS 6 & 7, Chakras 4 & 8 Presented by

Page: 7


 4 & 5, **AzurA** & Spleen FBM #6: Sit, do L TQF. Lie

 10 & 11, **AzurA**, Bio-etheric Interface Lotus Points T5/6 The MCEO Freedom

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 Ta-Ur to **AzurA**, on DN-2 Pa-T a Um EirA" to Eumbi

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 places in the **AzurA**, Eumbi & Rajhna. 17. Slide translocation occurs at will from

File : [2008_AttitudesAndResponsibilitiesMastery_scan.pdf](#)
Title : Attitudes & Responsibilities of Mastery - Handbook
Subject : Mastering Enlightenment
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

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 Christos Seed Atom **AzurA** at the center Point of the personal Inner Krist Divine

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 Christos Seed Atom **AzurA** at the center Point of the personal Inner Christ Divine

 it into the **AzurA** point in the center of your chest approximately an inch

 Christos Seed Atom **AzurA**. Breathe in the Flame and imagine becoming One with the


File : [2009-01_FOLFloatingBuddhas_scan.pdf](#)
Title : FOL "09 - Supplement
Subject : Brave New World & the Floating Buddhas, The Treaty of Al-Ben"-Yhan, Being Buddha, Engaging YOUR Place of Power, Healing the Wounds of Time, Elemental Command Slider Teams & the 12:12 Aquai"-ah de So-La"-RA LU"-na Transmissions
Author : MCEO Freedom Teachings
Keywords :


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-  upward into your **AzurA**, and Hold at the AzurA, then Exhale a 12·
 -  Hold at the **AzurA**, then Exhale a 12· Point Horizontal Breath outward from
 -  outward from your **AzurA**, through your 12 Fire Chambers. Hold at the bottom of
 -  emerge from your **AzurA** Water-Seed. 5. Breathe normally and observe that a thin
-

File : [2009-04_DrumsOfAquaferion_scan.pdf](#)
Title : Drums of Aquaferion - Handbook
Subject : Doorways Through Time and the Drums of Aquaferion Circle of Life Drum Circle Celebration
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :


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 cords, into the **AzurA**, then pull them down into the Kara-nA"dis Seal (


 Water" from your **AzurA** down to your palms, "Spark the Sa-A-Da

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 Inhale into the **AzurA** (Thymus Gland area), then at the top of the

 breath from the **AzurA** down to the Kara-nA"dis Seal (near the bottom

 deeply from the **AzurA**, using the Exhale to push a "Flood Wave" of

 Seed" in your **AzurA**, outward through all of the cells and atoms of your

 body. Take several **AzurA** "Inhale-Exhale-Breaths", using each Exhale to saturate the

 hold at the **AzurA**, and visualize or intend the image of the 2 Staah-

 firmly from the **AzurA**, using the Exhale to push billions of copies of the

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 breath into the **AzurA**, while visualizing or imagining that each of the billions of






 slowly into the **AzurA**, then further upward to a "point" just outside of

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 slowly into the **AzurA**, then further upward to the "Fontanel" (Translation Duct-

File : [2009-05_Sliders4Transcript_scan.pdf](#)
Title : Sliders 4 (workshop transcript)
Subject : Transcript for Sliders 4 Workshop
Author : MCEO Freedom Teachings
Keywords :

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-  Inhale into the **AzurA** at the Thymus Gland, and at the top of the Inhale
 -  breath from the **AzurA** down to the Karanadis Seal near the bottom of your
 -  deeply from the **AzurA** using the Exhale to push a "Flood Wave" of
 -  Seed in your **AzurA** outward through a// of the cells and atoms of your
 -  by taking several **AzurA** "Inhale-Exhale" breaths, using each Exhale to saturate the
-


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-  hold at the **AzurA**, and visualize or intend the image of the 2 Staah-
 -  positioned in your **AzurA**. And just intend that these 2 Codes are now positioned
 -  positioned in your **AzurA**, even though some of you have never seen them. Exhale
 -  firmly from the **AzurA** using the breath to push billions of copies of the
-

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-  breath into the **AzurA** while visualizing or imagining that each of the billions of
-



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-  slowly into the **AzurA** and extend the breath further upward to a point just
-

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-  aligned at the **AzurA** Shield, the Density-2 Shield. This should be up here,
-


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-  down into your **AzurA** and then exhale it out, and it comes out around
 -  still in your **AzurA**. And then they have us using the imagery of the
-


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-  center of your **AzurA**. And then you'd bring it up and just send it
-

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-  dot into your **AzurA**, and then exhale gently and expand Orb out around you.
-


 Dot in our **AzurA**. Let's move into a state of bi-location now. Our

 ourselves from the **AzurA** up into our pineal where it's sitting at the mouth

File : [2009-05_Sliders4_scan.pdf](#)
Title : Sliders 4 - Handbook
Subject : The Call of Aurora Probability Alignments & The Adjugate Bond,
Intermediate Atmic / Ah-VE"-yas Body Training
Author : MCEO Freedom Teachings
Keywords :


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 cords, into the **AzurA**, then pull them down into the Kara-nA"dis Seal (

 Water" from your **AzurA** down to your palms, "Spark the Sa-A-Da

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 Inhale into the **AzurA** (Thymus Gland area), then at the top of the


 breath from the **AzurA** down to the Kara-nA"dis Seal (near the bottom

 deeply from the **AzurA**, using the Exhale to push a "Flood Wave" of

 Seed" in your **AzurA**, outward through all of the cells and atoms of your

 body. Take several **AzurA** "InhaleExhale-Breaths", using each Exhale to saturate the "

 hold at the **AzurA**, and visualize or intend the image of the 2 Staah-

 positioned in your **AzurA**. 8. Exhale firmly from the AzurA, using the Exhale to

 firmly from the **AzurA**, using the Exhale to push billions of copies of the

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 breath into the **AzurA**, while visualizing or imagining that each of the billions of

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 slowly into the **AzurA**, then further upward to a "point" just outside of

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 slowly into the **AzurA**, then further upward to the "Fontanel" (Translation Duct-

File : [2009-08_Sliders5_scan.pdf](#)
Title : Sliders 5 - Handbook
Subject : Essential Alignment, Stardust Flow, Mirror in the Sky & the Orbs of
Aquaferon - Freeing the Body For Slide, Intermediate Telluric Ah-VA"-yas
Body Training
Author : MCEO Freedom Teachings
Keywords :


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 PDN-1-10 **AzurA** Thymus Base Common Amoreaa Center Dimensional (D) Kathara Grids

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 2 Core Atumus **AzurA** Common Amorea Center Ah-yas Body Left 17

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 contraction (to **AzurA**) \ " " into D-2 Aah-JhA" Body "


 \ 1 /**AzurA** | Common Amorea Center Ah-yas Body Left | "

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 Pillar Aurora Chamber **AzurA** 2 D-2 Aah-JhA" Orb shifts 15" CW Ah-

 DN-1 at **AzurA** to align with D-3 Light Body Rajhna Locks open

 45" CCW at **AzurA** to Rash a axis & Transfigures into Rasha Dark-Matter


 Dark-Matter /**AzurA** Common Amorea Center AC- 3 Ah-yas Body Left 19


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 Point position" (**AzurA**). B) Once descended, the Aah-JhA" Orb then shifts its

 Body in the **AzurA**. The MCEO Freedom Teachings® Series ©2009 A"sha-yana

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 drawing through the **AzurA** Central "Lock" and into the Aurora Continuum, and reemerging

 reemerging through the **AzurA** Lock at the Light Body Axis. B) The Aah-JhA"

 Light at the **AzurA**, the Jha-DA" Orb- with its A tum us-atoms

File : [2009-10_Sliders6Diary_scan.pdf](#)
Title : Sliders 6 - Diary
Subject : Sliders 6 - Workshop Diary
Author : MCEO Freedom Teachings
Keywords :

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 out from the **AzurA** (when activated to DN-2 it becomes 128 feet).

File : [2009-10_Sliders6Transcript_scan.pdf](#)



Title : Sliders 6 (workshop transcript)

Subject : Transcript for Sliders 6 workshop







Author : MCEO Freedom Teachings

Keywords :



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 it into the **AzurA**. And it's not doing it yet, it's starting to vibrate,
 endoplasm into your **AzurA** and then drop it down a little bit with the



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 directly into the **AzurA** . What we're going to do in a minute is
 just to the **AzurA** (exhales). Station it there in the AzurA for a
 there in the **AzurA** for a moment. Now inhale again and hold in the
 hold in the **AzurA** (inhale), and now use the exhale to push it
 back into your **AzurA** (inhale), and with a very gentle exhale, move it
 it from the **AzurA** just down a little bit to the Karanadis Seal at


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 now to the **AzurA** (inhales) and then release from there gently (exhales).
 passes through your **AzurA**, there's a little pop and hum sensation because the three



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 is in the **AzurA**. We're going to use the breath to once again move
 down into the **AzurA**, (exhales). Ok, I haven't said these out loud either


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 Exhale to the **AzurA**. Hold for a moment And then we're going to use


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 up, into the **AzurA** point first And then a little Exhale just to drop
 out from our **AzurA**. So, straight arms out, straight to the side level. So

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 out from the **AzurA**. And that stays there. Once this activation takes place, you

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 downward, through your **AzurA** and into your Karanadis Seal. So, you're inhaling (inhales)

 down through the **AzurA**, into the Karanadis Seal. Ok, now, exhale forcefully upward (


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 and into your **AzurA**, and then into your Karanadis Seal. So, you're putting it

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 out from the **AzurA** Level. So, exhale firmly (all exhale), and as you


 plane, from your **AzurA**, extending 64 feet around you. Also notice that, as you


 Seal, into your **AzurA**. So, they've shifted up into your AzurA, as well. The

 up into your **AzurA**, as well. The MCEO Freedom Teachings® Series Presented by


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 observe at your **AzurA** area where the Star-Flight Shield has come, is emerging

 SilverSeed, into your **AzurA** and into the Shield around you. Ok, now take a


 Lotus in your **AzurA** (all inhale) and hold. And, as you exhale firmly,

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 attention on our **AzurA**, because at this point it's in our AzurA at the

 it's in our **AzurA** at the center of that spinning Shield around us that


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 core at the **AzurA** level of your body. And that quantum allows the transfiguration

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 up to your **AzurA** which would bring the top up to there, right? And


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 area at the **AzurA**. Just Inhale it up and hold for a minute there.

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 up to the **AzurA** but from behind, as if you're making a little U-


 back of the **AzurA**. All right, and now they say to, "Inhale breath

 happening in your **AzurA** area but toward the back of your AzurA area. See

 back of your **AzurA** area. See if you can sense it and kind of

 back of the **AzurA** area, and now using the Exhale just gently expand the

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 know, at the **AzurA**. Try to sense it Ok, and now we will go

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Shield at the **AzurA**. Ok, and we're going to do one more Inhale of

File : [2009-10_Sliders6_scan.pdf](#)
Title : Sliders 6 - Handbook
Subject : The Arc of the Covenant, Sphere of Destiny & the Stairway to Heaven,
Engaging the Spirit for Slide Intermediate Level
Author : MCEO Freedom Teachings
Keywords :


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 / " / **AzurA** Thymus Base Common Amoraea Center " " " " "


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 downward through your **AzurA** and into your Karanadis Seal at bottom end of your

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 head, through your **AzurA** and into your Karanadis Seal at bottom end of your


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 down through your **AzurA** and into your Karanadis Seal. 13. Breathe normally for a

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 plane from your **AzurA** and extending 64 feet around you. Also notice that as


 and into your **AzurA**. 15. Return to normal breathing and observe that two small


 Seed in your **AzurA**. 16. Take a final, firm INHALE breath into the Crystal

 Lotus in your **AzurA**, and HOLD. 17. EXHALE firmly, and notice that as you


File : [2010-01_ElementsOfDiscovery_scan.pdf](#)
Title : The Elements of Discovery - Handbook
Subject : 15 Dimensional Anatomy, Exploring the God Worlds, Cosmic Clock, Gifts of the KRYSTHL River Prayer
Author : MCEO Freedom Teachings - Kathara Team
Keywords :

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 corresponds to the **AzurA** in our body, and there is another dimensional lock between









 there is an **AzurA** point at the center point, and that is where the

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 emerge from the **AzurA** at a 45- degree axis. This is important as it


File : [2010-04_MakersOfWings_scan.pdf](#)
Title : Makers of Wings and Other Things - Handbook
Subject : The Orbs of Ah-SA-yas, Planes of Aurora, Ancient Arrows, Planetary Mirror Ball and the Hidden Cities of Earth
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

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-  & into the **AzurA**, and hold at the AzurA, as the Ah-SA"-yas
 -  hold at the **AzurA**, as the Ah-SA"-yas Elemental Orb Flow runs up
 -  up into your **AzurA** from the Ah-SA"yas Reservoir now open in Earth
 -  upward from the **AzurA**, using the breath to push the Ah-SA "-yas
 -  Flow from your **AzurA** upward into Earth"s atmosphere, then resume normal breathing as the
 -  and into your **AzurA**. 5. Hold inhale at AzurA for a moment, then release
 -  Hold inhale at **AzurA** for a moment, then release a 12-point Exhale into
 -  Light" from your **AzurA** outward through your Allurean Chambers, to activate your personal Density-
-

File : [2010-04_SpiralsOfCreation_scan.pdf](#)
Title : Spirals of Creation - Handbook
Subject : Spiral Math, comparing KRYSTic and Metatronic, Fibonacci, Fib-of-NO-chi
Author : MCEO Freedom Teachings - Kathara Team
Keywords :

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 known as the **AzurA** point, at the mid point on the central vertical column.

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 rotated about its **AzurA** center so that the center 9 to AzurA line of
 center 9 to **AzurA** line of the current grid overlays the center 12 to
 center 12 to **AzurA** line of the previous grid. This progression is illustrated in
 at the same **AzurA** point. This is turn holds connection to Source for every
 connect to the **AzurA** center along the central vertical column of the grids. These

File : [2010-05_Sliders7_scan.pdf](#)
Title : Sliders 7 - Handbook
Subject : The Lands of Wha Mirror Mapping, the 3 Paths of the KRYST and the Wha-YA-yas Masha-yah-hana Adashi Adepts
Author : MCEO Freedom Teachings
Keywords :


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-  Reservoir to your **AzurA**, then exhale a 24-point Orb-burst from AzurA
 -  Orb-burst from **AzurA** outward through your 12 Allurean Chamber lines & 12 Fire
 -  Pillar into the **AzurA** & Karanadis Seal; hold, then firmly exhale Ah-SA"-yas
 -  Flow Currents from **AzurA** & Karanadis Seal down your arm channels, out your palms,
-









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-  Pillar into your **AzurA** & Karanadis Seal. Hold for a moment at the top
 -  to fill your **AzurA** & Karanadis, and then exhale slowly, keeping the Orb Flow
 -  Flow within the **AzurA** & Karanadis Seal. iii) Repeat Step-2 twice more, to
 -  quantum in your **AzurA** & Karanadis Seal. At the end of the last exhale
 -  Orb Flow-filled **AzurA** downward and Karanadis Seal upward until they meet and me
 -  4, as the **AzurA** and Karanadis merge & "pop" into a violet-blue
 -  4) where the **AzurA** and Karanadis Seal merged, the 2nd in the pineal (
-

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-  Flow up into **AzurA** and exhale 12-point exhale into your Mirror Ball
-


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-  & into the **AzurA**, and hold at the AzurA, as the Ah-SA"-yas
 -  hold at the **AzurA**, as the Ah-SA"-yas Elemental Orb Flow runs up
 -  up into your **AzurA** from the Ah-SA"yas Reservoir now open in Earth
 -  upward from the **AzurA**, using the breath to push the Ah-SA"-yas Elemental
 -  Flow from your **AzurA** upward into Earth's atmosphere, then resume normal breathing as the
 -  and into your **AzurA**. 5. Hold inhale at AzurA for a moment, then release
 -  Hold inhale at **AzurA** for a moment, then release a 12-point Exhale into
 -  Light" from your **AzurA** outward through your Allurean Chambers, to activate your personal Density-
-

File : [2010-08_Sliders8Diary_scan.pdf](#)
Title : Sliders 8 - Diary
Subject : Preparing the Body for Slide, Advanced Emotional Telluric Body Training -
Workshop Diary
Author : MCEO Freedom Teachings
Keywords :


Page: 3

 Sphere in the **AzurA** area and activating our 12" diameter Personal Womb of CreationAh-





 spheres at the **AzurA**, the Ah-Yah-RizU seed [core of the Silver

File : [2010-08_Sliders8_scan.pdf](#)
Title : Sliders 8 - Handbook
Subject : Awake, Aware, and ALIVE in the Lands of Aah, The Sea of Ah-Yah, Eternal Stream of Ah-Yah-YA the Covenant of Ah-Yah-Rhu and Eternal Dream Fields of the ONE, Preparing the Body for Slide - Advanced Level
Author : MCEO Freedom Teachings
Keywords :

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 Ur to the **AzurA**, the Density-2 Pa-Ta Um-Eir'-A to the

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 upward into your **AzurA**, and Hold at the AzurA, then Exhale a 12-Point
 Hold at the **AzurA**, then Exhale a 12-Point Horizontal Breath outward from your
 outward from your **AzurA**, through your 12 Fire Chambers. Hold at the bottom of
 emerge from your **AzurA** Water-Seed. 5. Breathe normally and observe that a thin


File : [2010-10_Sliders9_scan.pdf](#)
Title : Sliders 9 - Handbook
Subject : The Flame of CosMAyah, Mayan Mother Matrix & Luminary Body
Activation, Advanced Spiritual Body Training
Author : MCEO Freedom Teachings
Keywords :

Page: 34


 Vehicles SHOWN "" - **AzurA** Common Amorea Center Ah-yas Body Left The "3

File : [2011-04_ShA-DahL-UUN13Virtues_scan.pdf](#)
Title : ShA-DhaL-UUN 13 Virtues - Handbook
Subject : The ShA-DhaL-UUN Rite, 13 Virtues and the Shores of Ah-MA-ya-san,
Planetary Mirror in the Sky Activation 1
Author : MCEO Freedom Teachings - Ashayana Deane
Keywords :

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 arms and into **AzurA**. Continue using breath & Exhale silent tones to circulate energy

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 contracts toward the **AzurA** center and on the Exhale the spiral Expands upward. The

File : [2011-05_Sliders10_scan.pdf](#)
Title : Sliders 10 - Handbook
Subject : Return of the Sacred Butterfly, Te, Chi, & the DhA-Ya-Tei, Ultimate Desire, DhA-Ya-fication of the Vessel, Eternal Identity & the Adept Mind
Author : MCEO Freedom Teachings
Keywords :


Page: 13

 center of the **AzurA** Point (at base of Thymus gland). 19. Exhale at
 19. Exhale at **AzurA**, using the exhale breath to again expand the small "
 outward at the **AzurA**. 20. Inhale a "half-breath" at AzurA, using the
 half-breath" at **AzurA**, using the inhale to again contract the small "Root
 the center of **AzurA**, then continue the inhale, using the second-half of the
 downward from the **AzurA** and into the center of the Karanadis Seal (behind
 CKs-7,5,4,3,2, 1, **AzurA**, Karanadis Seal and Ra Center), an energetic "replicate" of

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 and into the **AzurA**. Hold at the bottom of the exhale for a moment
 you from the **AzurA**. 29. Inhale into the center of the AzurA, where the
 center of the **AzurA**, where the center-point of the Silver Mirror-ball Sphere
 center of the **AzurA**, and hold at the top of the inhale. 30. Exhale
 downward, from the **AzurA** and into the Karanadis Seal. Hold at the bottom of




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 duct, . the **AzurA**, within the " " : base of the Thymus :



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 D-3 Thymus **AzurA** Base Natural Signet- 5 at Stomach Lowered Signet-S False

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 ... 6. rear **AzurA** (base of Thymus), & split-flow, smaller to AzurA
 flow, smaller to **AzurA** center larger flow up to 7. rear Pineal (
 to 9. **AzurA** center & merge split-current down to 10. Karanadis

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 pineal) DhA-TEi **AzurA** DhA-ya-TEi Force Flows DhA-Ya-TEi -,-----f
 Capsule (rear **AzurA**) DhA"-TEi * KaranadisSeal5 DhA-Ya-TE-i - Radiance

 Seal rear 6. **AzurA** rear 7. Pineal Gland rear Activation of the Elemental DhA-

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 rear, SEAL-6: **AzurA** rear and SEAL-7: Pineal Gland rear. Preliminary Preparation: Sliders-

Page: 56


 pineal) DhA-TEi **AzurA**seal 6 DhA-Ya-TEi Radiance Capsule (rear AzurA) DhA"-


 Capsule (rear **AzurA**) DhA"-TEi * Karanadis Iseal 5 DhA-Ya-TE-i

 Seal rear 6. **AzurA** rear 7. Pineal Gland rear Activation of the Elemental DhA-

File : [2013-05_WatersOfE-LAI-sa_scan.pdf](#)
Title : The Waters of E-LAI-sa - Handbook
Subject : Tan-Tri-A"ra Chismatic Self-Healing Level 2, The E-LAI-sian Seal and the 8-
step E-LAI-sian Encoding Process
Author : ARhAyas Productions, E"Asha Ashayana
Keywords :

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 TEi Membrane at **Azura** & Thyroid gland. Lotus f.:~>r•~>r>=~·tn,.....-...1.


 Chakra-4 & **Azura** :::!~T:i\----""-]o::::::::::=:=:3:-::~~T-- Karanadis Seal behind Sun-


Page: 92

 Cathedral Code at **Azura** & Median Earth Lotus Interface and breast Chakra-4 &

File : [2013-08_ShiftMasterHostMasterEarthCYNC_scan.pdf](#)
Title : Introduction to ShiftMasters, HostMasters & the EarthCYNC Celebration - Handbook
Subject :
Author : ARhAyas Productions - E"Asha Ashayana
Keywords :

Page: 30

 TEi Membrane at **Azura** & Thyroid gland. Lotus f.:~>r•~>r,,,·tno---..1.

 Chakra-4 & **Azura** ;:;!~rrT-----"1~:~:~:~:~:~:3:~:~:~:~:T-- Karanadis Seal behind Sun-8

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 Cathedral Code at **Azura** & Median Earth Lotus Interface and breast Chakra-4 &


Page: 81

 Cathedral Code at **Azura** & Median Earth Lotus Interface and breast Chakra-4 &

File : [2013-12_SecretsOfEFFI_Handbook_scan.pdf](#)
Title : Secrets if the EFFI - Handbook
Subject : Shiftmasters Course 1 - The hidden powers of Consciousness, Concave & Convex reality Cave dwellers, the Ancient Sncestral code & the Cloak of ARI-YON"ah
Author : ARhAyas Productions - E"Asha Ashayana
Keywords :

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 to 3. **Azura** Duct-1.. .. (base of Thymus) ... to

 Giand/Pineal 3. **Azura** Duct-1 (base of Thymus) The Tan-Tri-Ahura

File : [2013_04_ELAiSaAwakening_Handbook_scan.pdf](#)
Title : E-LAi-Sa Awakening - Handbook
Subject : The Indelible KRYST Code & Chismatic Self-Healing Level 1
Author : ARhAyas Productions - E"Asha Ashayana
Keywords :

Page: 61


 ____ __, _ "" - . **AzurA** The "3 Vehicles" (Bodies) of a Density-1


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 Point position" (**AzurA**). B) Once descended, the Aah-JhA" Orb then shifts its

 Body in the **AzurA**. ®4/20 13 E"Asha Ashayana, All Rights Reserved. 66

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 drawing through the **AzurA** Central "Lock" and into the Aurora Continuum, and reemerging

 reemerging through the **AzurA** Lock at the Light Body Axis. B) The Aah-JhA"


 Light at the **AzurA**, the Jha-DA" Orb - with its Atumus-atoms in

Page: 76


 Vehicles SHOWN "- **AzurA** Common Amorea Center AC • 3 M-yas Body

File : [2014-04_ShiftMasters1_scan.pdf](#)
Title : Tan-Tri-Ahura Teachings™ ShiftMasters™ Course-1
Subject :
Author : (C)2014 E"Asha Ashayana
Keywords :

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 Vehicles SHOWN "-. **Azura** common Amorea Center AC · 3 M·yas Body


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 ... to 3. **Azura** Duct-1.. .. (baseofThymus) ... to 4. DhA" Center











 Giand/Pineal 3. **Azura** Duct·1 (base of Thymus) Tan-Tri-

File : [2016-03_KDDL2_scan.pdf](#)
Title : Arhayas Productions KDDL2 Hand Book
Subject :
Author : (C)2015 E"Asha A. Arhayas
Keywords :











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 side from your **AzurA**" and has quickly expanded to fill the TrhU"ah/UiaWave field

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 deeply from the **AzurA** (Base of Thymus Gland), using the inhale breath to
 & into your **AzurA**; hold at the top of the Inhale for quantum building.
 Exhale from the **AzurA**, using the exhale breath to gently push Endless LUV Glow
 frequency from your **AzurA**, outward to all atoms, molecules, & fluids in your physical
 Buddie into the **AzurA**, and each exhale to expand it into the physical body.
 Buddie into the **AzurA**, but now directing each of the 3 exhale breaths into
 inhale into the **AzurA**, using the inhale breath to draw into the AzurA the
 draw into the **AzurA** the entire LUV BUBBLE & TrhU"ah/LilaWave field doorway from
 stationed at the **AzurA**. Exhale gently, using the exhale to release and "park"
 Diamond" in the **AzurA** for future use. Your TrhU"ah/Lila-Wave field "Krystalbridge


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 speck at the **Azura**, then exhale-pop, using the exhale to once again expand
 deeply from the **AzurA**, using the inhale breath to draw in LUV Glow pale-
 Glow" into your **AzurA**; hold at the top of the inhale for quantum building.
 Exhale from the **AzurA**, using the exhale breath to gently push LUV Glow frequency
 frequency from your **AzurA**, outward to all atoms, molecules, & fluids in your physical
 Buddie into the **AzurA**, but now directing each of the 3 exhale breaths into
 slowly into the **AzurA**, using the inhale breath to draw into the AzurA the
 draw into the **AzurA** the entire LUV BUBBLE & (TrhU"ah/Wo-Wove field)
 stationed at the **AzurA**. 12. Exhale gently, using the exhale to release and "
 Diamond" in the **AzurA** for future use. Keylontic"" Discourses for Daily Living- KDDL"" Course


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 down into the **AzurA** (Base ofThymus Gland), and then continuing the exhale to


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 Atom at the **Azura** (etheric duct at base of Thymus Gland). thereby tethering


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 ration EirA Spark@ **AzurA**) / ZhEon (Birth Quantum ~ ~ ~ ~ ~<; ~ q"(\:

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 Atom at the **AzurA** during the Fetal Integration Process, 33-56 days (originally


 duct within the **AzurA**, in the base of the Thymus Gland. • The point


 ZhEon enters the **AzurA** is called the FetalIntegratioo point, the point of incarnational commitment.

 j EirA Spark@ **AzurA**) forms at Fetal Integration. Tethers the GharE spirit to the

 Birth-quantum enters **AzurA** at Fetal Integration Point - 33-56 days after

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 Atom at the **AzurA** during the Fetal Integration Process, 33-56 days (originally


 duct within the **AzurA**, in the base of t he Thymus Gland. • The

 ZhEon enters the **AzurA** is called the Fetal Integration point, the point of incarnational


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 ZhEon _ in **AzurA** @ base of Thymus Gland Heart of Eff-E"-Mah


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 i-ron at **Azura** • Eff-im-o"·rhol Copsul~-1 activates

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 i-ron at **Azura** • Eff-im-a"-rhal Capsu/e-1 activates •

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 i-ron at **Azura** • E/f·lm-a"·rha/ Capsu/e-

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 forms at the **Azura** during Fetal Integration (33-56 days after conception). v


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 ron at the **Azura** releases a Triptec Spark called the Spark of Eff-A" -

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 ron at the **Azura** releases a Triptec Spark called the Spark of Eff-A" -


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 Iron at **Azura** • Eff-iron-"-rhol Copsufe-J activates

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 Iron at the **Azura** releases a Triptec Spark called the Spark of Eff-A".


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 the ZhEon at **AzurA**. ACTION-1: Eye of lila releases a 12-point Effira

 ZhEon unit at **AzurA**, then cools and crystalizes into an Effiron Crystal with ZhEon

 surrounds ZhEon at **AzurA** & cools-crystalizes into Effiron Crystal with ZhEon core. •

 1: At the **AzurA**, as the Effiron crystalizes with ZhEon at its core (

 ZhEon at the **AzurA**. ACTION-4: As the Intra-Violet Vapor Wave forms, both

 Brevity Brief): At **AzurA**. 1. ZhEon sends out ""Blue t(e putsen. 2.


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 Brevity Brief): At **AzurA**. 1. Intra-Violet Ze/f-i-ron broadcast and circulation


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 forms at the **Azura** during Fetal Integration (33-56 days after conception). Va-

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 unit at the **AzurA** reaches frequency holding capacity, as its organic Eternal Quantum is


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 Stage7A) at the **Azura** (and planetary core) reaches full frequency-broadcast release, expelling

 Iron at the **AzurA** and travels downward through the CVC and into the etheric

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 unit at the **AzurA** contracts and in so doing creates a condition of "

 unit in the **AzurA** above it. As the upward draw force of the Zeff-

 Iron unit and **AzurA** are drawn a bit downward, until they engage merger within


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 forms at the **Azura** during Fetal Integration (33-56 days after conception). The


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 Stage7A) at the **AzurA** reaches Quantum Zero Point (Stage-7A full Intra-violet

 Iron at the **AzurA** and travels down the eve into the etheric Duct at

 Iron at the **AzurA** contracts, creating a condition of "suction"/ "draw", within

 Iron in the **AzurA** above. As the upward draw of the Zeff-i-ron


 i-ron and **Azura** are drawn a bit downward, until they merge in the

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 ron at the **Azura** releases a Triptec Spark called the Spark of Eff-A" -

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 ron (at **Azura**) then Transfigures to Eternal·Life Vector-Free AR"-E

 Quantum embodies in **Azura**/Thymus Gland duct T Eff-A"-yah Cycle 4 Eternal


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 ron at the **Azura** releases a Triptec Spark called the Spark of Eff-A" -

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 ron at the **Azura** releases a Triptec Spark called the Spark of Eff-A" -

 ron at the **Azura** releases an Eff-A"-yah Triptec Spark (composed of

 i-ron at **Azura** releases Eff-A"-yah Triptec Spark into into "Death

File : [KeylonticDictionary.pdf](#)
Title : Keylontic Dictionary
Subject : KS Dictionary
Author : MCEO Freedom Teachings
Keywords :

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~rually born. **AzurA** The Smaller Replicas of the Cosmic Krist Seed Atom are
