

# Omahara Heaven on Earth

Level 1

Self-study

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## Omahara Level 1 - Content (beyond the Self-study)

Does not contain astrological teachings, and content are subject to change because this teaching is constantly infused with new wisdom and adjusted to the time and the highest possible frequency, which is Living energies.

*Integration and use of the Source Frequencies*

*Alpha - Omega - One Heart Chakra Activation*

*More illumination of your Light Body*

*Sophia-God Temple and Ascension Portal*

*Unity Consciousness Matrix*

*Infinity Master Creative Symbol with activation of the Grail Codes and the Twin Flame Love*

*Sacred Ankh-Heart Initiation*

*Aumkabah Empowerment*

*Akashic Records*

*Pleiades Initiation*

*Infinite Abundance*

*Daily Aumkabah Activation and Meditation Routine: Long version - recommended in the morning*

*Daily Aumkabah Activation and Meditation Routine: Short version - recommended throughout the day*

*Practicing a hug of unconditional love*

*The Mystery of Egypt revealed*

*5D Orion-Heart Initiation*

*Wisdom of the Qabbalah*

*Stepping into your Mastery*

*The 5 Elements*

*The Elemental Kingdom*

*Your Body Elemental*

*Alchemy*

*The Great Masters*

*Teleportation*

*Levitation*

*Ageless body - Timeless mind - Eternal life*

*Psychometry*

*Multiple Light Bodies*

*Visit at the Galactic Council*

*Kodoish Kodoish Kodoish Adonai T'zabayoth Initiation*

*Universal Healing - Healing of places outside of yourself*

*Sophia-God Master Healing*

*Sophia-God Master Healing Method*

*Your Energy Body*

*Organ related muscles*

*Organ Watch*

*Cosmic Consciousness Mind Encodements*

*New Earth Star Sophia and Now-time Initiation with the Holy Tzolk'in and the 20 Sun Symbols*

*Initiation into the Sophia-God Mastery*

*Message from Omahara*

*Wordlist*

## Foreword by Savannah!

You choose Omahara, not the opposite way around. You choose the teacher, not opposite. Therefore, this choice of Omahara is part of your divine destiny, your responsibility of natural integrity, honoring and respecting All there is and supervised directly from your Higher Selves and above, the God Source.

Because there is NO copyright on anything from God Source, you are welcome to share this Selv-study of information from the Melchizedek Order in alignment with the Cosmic Laws of Trust and Integrity.

Omahara teachings are a gift from Heaven to You and Earth. Omahara is **Heaven on Earth**, the new reality. Omahara teaches you **the truth behind the illusion!**

All secrets revealed. All loose ends about the questions in life connected, making sense.

Who are you - really? Why are you? What is your Divine Plan?

Omahara shows you the way and provides you with all the tools to walk quite straight to the enlightened state of being, by your own power of light. These teachings are for all, regardless of your background, age, gender, mood, religion or previously attained knowledge or meditation technique.

Omahara is **Om** - the universal sound of all of creation, **maha** - means great, **hara** - the center of being-ness. Out of all creation the greatness is manifested in the center of your being - Heaven on Earth.

Omahara is an aumni-dimensional being, common voice, and vibration of all the great master energies from the higher realms of light, such as Melchizedek, Thoth/Enoch, Sananda, Metatron, Buddha, and other aspects of Mother Sophia (Planet Earth) and Father God.

The wisdom is delivered in the *perfect frequency to awaken and activate your DNA* and bring you to your highest divine potential.

As above, so below. As within, so without.

If you want to see anything change, you have to change yourself from within.

Higher consciousness has to be experienced to be understood! Knowledge makes it!

To experience God, you have to be God. To create Heaven, you have to be Heaven!

You were born unique to make a positive difference in this world!

### This gift from Heaven teaches and provides you with:

- The ability to **raise your consciousness/frequency** in an instant!
- The ability to attain **total peace and wisdom** through combined knowledge and **focused meditation!**
- The ability with **absolute clarity** to find all the **ANSWERS** within yourself.
- **Physical, mental, emotional and spiritual super-abilities. Conscious manifestation** of your wishes.
- **Body without age, mind without time and soul without limits!**
- **Release, re-programming and freedom** from discordant thoughts, patterns and emotions.
- The ability to **live in the truth of the now** in genuine peace, joy, health, and unconditional love.
- **Aumni-perspective, aumni-presence, aumni-potential and aumni-sentience.**
- The ability to now **consciously create** your own reality with **only good experiences!**
- The ability to **travel consciously in time and space. Stop/stretch time. Levitate. Teleport. Alchemy.**
- The ability to **actively heal yourself and the Earth** with the power of thought by your pure intentions.
- Access to the **Akashic Records** and your seat in the **Galactic Council!**

and much, much more.....

Enlightenment means **in-light-meant-for-me!**

Omahara is non-religious, wisdom of all there is. To attain enlightenment (higher consciousness) you have to be open for this, the most powerful wisdom on Earth. Wisdom from Buddhism is included these teachings, because this represents

all aspects of you, good as well as wrathful, which you are to acknowledge and bring with you to the light. You have to become One with yourself, before you can become One with the All. You have to bring all that you perceive as dark or ego with you to the light to become the pure white-golden light. There is no time for denial or pretending any longer! You don't need to become a Buddhist, just be your true self in order to attain enlightenment.

You have to learn how to focus your meditation and become proficient in these techniques, as you naturally strive to become Nothing. Because when you are Nothing, you are everything. To become a proficient master takes effort, but to sustain being the proficient master demands a strong commitment to yourself on a daily basis. You become the role model for others. You become the light at the end of the tunnel for others to follow. You must lead by example. Know that just the opportunity to become such a master is so great, so ecstatic, and joyful. And if you really open up to this and allow yourself to receive with an open mind and open heart trusting, you will reach heights you have never dreamed of before and go beyond infinity and beyond ecstasy (also sexually, if you wish, just to mention one thing out of the infinite).

Here, there is a tremendous amount of knowledge which will be poured into your very being and activated in meditation. In no way can you integrate it all with your conscious mind. It is a complete overload, so to speak. Though you will understand much more after the activations of your DNA. And sometimes when the energy goes way up, you will slip out a bit and maybe even fall asleep. In that case nothing else will happen than you are downloading the stuff through the subconscious into the conscious instead of through the conscious into the subconscious. Why so much in one time then? Because you are ready, or else you wouldn't be here.

***"God will never give you more than you are ready to handle with your present frequency"***

In this Level 1, you will start with the basic knowledge and then receive some utmost powerful tools right away such as the Sophia-God Holomatrix of Love, the Sophia-God Golden Heart Octahedron, and the Infinity Master Creative Symbol with which you experience and become the Holy Grail as well as the Twin Flame Love.

What you see, is what you are. What you are is what you will be attracted to and thereby attract. That's a Universal Law.

You will work with mantras to purify your entire being on all levels, as well as providing you the tools for anything you could possibly need on your journey to enlightenment.

As the no longer serving layers of your onion body dissolve, it is natural that all kinds of issues can appear. Physically, mentally, emotionally or even spiritually, you might become irritated, angry, restless, fearful, judgmental, sad, anxious, tired, or even feel like walking away from this course, as well as periods of laughing, peace, joy, bliss, unconditional love etc. hoping that it will last forever. The whole palette might be touched.

It is important that you allow, accept, love and let go. Welcome everything. And take your own responsibility for not denying, suppressing or pretending anything, but be true to yourself and your feelings. You will receive the tools to release and heal all issues and blockages first on yourself and then the others. These tools are for consciously re-programming yourself, so that those issues in truth will be gone, so that peace can settle.

Allow yourself to experience the power of sharing with the others present. It is LOVE to experience how we create each other's presence as beloved sisters or brothers as well as a reflection of button-pushers. All divine, we are each other's students as well as teachers.

You will experience yourself as a multi-dimensional being and through these teachings, you will change the colors and balance your chakras, then change yourself from a multi-chakra system to a three-chakra system stepping right into the future (of the Now) with the One Heart Chakra activated. We are taught to believe that everything has to be complicated, and so it also seems at the beginning. But the truth is that everything ends up being simple, in which the full power is flowing freely.

And so the doorways of light will become wide open, and the river of abundance will enter, and your dreams will manifest. Put effort into purifying and clarifying your heart, as this will determine your ability to manifest all your wishes. Put effort into creating the most abundance and joy from a detached and humble mind, without self-interest and personal gain, but for the highest good of all. Put effort into dissolving your lower ego, which is pure separation, and exchange this with the knowingness that we are all one, and that there is no separation. This will weave your golden intentions and manifest your dreams of love and peace on Earth and in the Universe.

Committing yourself to walk directly towards enlightenment is a commitment of finding and knowing God within you. That is truly starting a process which never ever stops. This is in truth leave behind any aspect of your lower ego regarding fear and thus suffering of any kind, and entering unity consciousness, peace and happiness and knowing how you are letting love now rule your life, instead of fear.

Not only during these teachings but in general, this radiant light and love that you will be is called the "Buddha-field". The altruistic mind, which is the true desire to help all others, is called the "Buddha-mind". In these teachings you can attain both just by training your thoughts to be of light and love. You can heal and release all your fearful illusions and create room for only love in your life. Realize the great master that you are, much greater than you can comprehend at this moment. And begin to truly trust in yourself, your abilities, your powers to heal and balance yourself, and be the pure white-golden light that you are at all times.

Enjoy this magnificent journey - a journey you will never forget!

Love is All there is!  
Savannah

## Mantras

### Mantra Chanting

Buddhism in general, and Vajrayana in particular, believe that through the three factors of mantra, symbolic gesture known as mudra and meditative absorption one can actualize the true accomplishment of Buddha-hood.

Mantra is the recitation, verbalization of the essence words of the practiced rituals of the Deities.

Mantra is the essence of prayer that assures the receptiveness of the respective Enlightened Deities, and the request and means through which one invokes the Deities.

It is the common language and bridge between you and the Deities.

Mantra is the memorable slogan you chant to have your request heard and answered by your Savior Deity. Thus, chanting mantras is having the same meaning as reciting whole texts or treatises of teachings relating to your Savior Deity. Reciting such mantras will assuredly bring the blessings of the Deities more swiftly to your life and the lives of your loved ones.

Mantras indeed contain hidden key codes that will activate your DNA bringing you to a higher consciousness and potential.

"Man" in Sanskrit means mind, and "tra" means to protect. Separated into these two segments, it reveals the inner meaning of salvaging one's mind from conceptualization, concept and fear.

Melody in general has an inherent ability to soothe the disturbed mind, and neither sees separation in the mind of its listener nor does it create any geographical or racial boundary. Melody is the only language which can please the ears of both Divine Beings, humans, animals and other living Beings. It is the softest and most modest way to put forward a demand to anyone, be they of a domestic, social, political, economic, spiritual or temporal nature.

Long ago, Divine Beings created volumes or melodies, to suit people of different mental dispositions. Melody travels faster than just spoken words and leaves a stronger impact in the mind of the listener than eloquently pronounced words. Adding mantras and prayers to melody creates a holy vehicle through which an ongoing connection to the Deities is assured.

It is believed that chanting prayers in melody and singing mantras in tune originated at the time of the Enlightened Buddha, when disciples requested the Buddha to turn the wheel of Dharma by singing their requests. There was once a much-celebrated monk and disciple of the Buddha whose melodious voice was requested time and again by his compatriots in asking the Buddha to teach.

In a similar way, the famous symbol of the Dharma Wheel flanked by a pair of buck and doe that adorns the roots of all places of Buddhist worship, recalls the fact that as the Buddha began his first teaching - The Four Noble Truths - all the animals were drawn to listen to his melodious voice.

Thus, melody has always had a crucial role in Buddhism, be it to implore the Buddha to teach, or to invoke the enlightened Deities to listen to our pleas and shower upon us their blessings, or to inspire to follow the path shown by the Buddha.

One of the main benefits of chanting prayer in melody is that regardless of what belief or faith one adheres to, one will always be moved to listen to the message if it is carried by a melodious tune. This is because music is the only language that anyone can understand, even one who is illiterate. Therefore, in Buddhist Sutric and Tantric treatises, different types of melodies are recommended to invoke the Enlightened Deities depending on what types of blessings and benefits you are seeking.

So marvelous are the great benefits of applying melody to the recitation of mantra that such practice has continued for more than 2500 years.

**Benefits of chanting:**

- By reciting it once, four negativities and five crimes will be purified
- By reciting it seven times, the transgressions committed during the previous one hundred lifetimes will be cleared
- By reciting it twenty-one times, the transgressions committed during the past one hundred kalpas (one eon) will be cleared
- By reciting it 108 times, the transgressions committed during the past forty thousand kalpas (eons) will be washed away

Remember, Mantra is the essence of prayer that assures the receptiveness of the respective Enlightened Deities, and the request and means through which one invokes the Deities. It is a common language and the bridge between you and the Deities, a bridge between this world of yours and the higher worlds of the Deities. By reciting a Mantra, you call upon the respective Deity to help you. It is a request that will be heard and answered by your Savior Deity. Reciting Mantras will assuredly bring the blessings of the Deities more swiftly to your life and the lives of your beloved ones.

<p><b><u>GAYATRI</u></b> (chanted 3 times at least) Hindu <i>Om Bhur Buva Swaha</i> <i>Tat Savitur Varenyam</i> <i>Bhargo Devasya Dheemahi</i> <i>Dhiyo Yo Nah Prachodayat</i> <i>Om...Shanti...Shanti...Shantihi</i></p>	<p>We meditate on the glory of that Being who has created this Universe... who is to be worshipped...who is the remover of all sins and ignorance. May he enlighten our intellect. Om...Peace...peace...perfect peace.</p>
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<p><b><u>Raise frequency instantaneously</u></b> (chanted 3 times at least) <i>Kodoish Kodoish Kodoish</i> <i>Adonai T'zabayoth (Sabayot)</i></p>	<p>Holy, Holy, Holy is the Lord God of Hosts</p>
<p>The Mantra of Salutation from the Brotherhoods of Light. This Mantra has been given to man as both a greeting and a protection from the influences of negative consciousness. This Mantra provides a profound clearing of all lower energies on all levels and areas. A lift of frequency, light, love and re-energizing instantaneously. Very proficient in clearing of entities, ghosts etc. as well.</p>	

<p><b><u>Purify before meditation</u></b> <i>Om Ah Hum</i></p>	<p>Purify negative and amplify positive energy.</p>
<p>HUM purifies all negative energies. AH further transforms these energies into the nectar of positive energy. OM increases the abundance of this transformed energy into infinite quantities. OM AH HUM illustrates the relationship between chakras, elements and seed syllables corresponding to body, speech and mind. Visualize OM AH HUM: OM in the crown, AH in the throat, and HUM is in the heart. <b><u>OM</u></b> is the principle of the all-embracing body realized in the <b><u>Crown Center</u></b> - pure "<b><u>body</u></b>" <b><u>AH</u></b> is the principle of all embracing i.e. mantric speech or creative sound realized in the <b><u>Throat Center</u></b> - pure "<b><u>speech</u></b>" <b><u>HUM</u></b> is the principle of all embracing love of the Enlightened Mind of all Buddha's realized in the <b><u>Heart Center</u></b> - pure "<b><u>mind</u></b>"</p>	



### Heart Opening

AVALOKITESHVARA (The Chenresi)  
Tibetan



*Om Mani  
Padme Hum*

Translation: "The Jewel in the Center of the Lotus".

Purpose: **To develop compassion.**

Powerful way of discovering one's own sources of love and compassion.

This Mantra provides loving kindness and compassion to yourself and others, as well as wisdom, strength, protection and happiness.

Peace within and without is immediately released.

It is recommended that it is chanted frequently and it is also recommended as a loving style of support for the dying on their last journey.

### Removal of all negative obstacles

TARA Tibetan



*Om Tare Tuttare  
Ture Soha*

Translation: "Oh Liberator, **liberate us from the suffering**".

Purpose: To prolong life: for protection, healing and developing compassion. Tara is one of the most powerful Goddesses in the Tibetan Buddhist faith. She is a source of help and protection both in the temporal world and on the spiritual path. Her name is invoked for protection at all levels, be it in everyday life, against negative external forces, or along the path of spiritual development.

This mantra helps ensure that all negative obstacles are removed.

### Healing

MEDICINE BUDDHA Tibetan



*Tayata Om Bekandze  
Bekandze Maha  
Bekandze Radza (Raza)  
Samungate Soha*

Translation: "Oh Healer, **the Great Healer**, King of the Healers who has perfectly gone beyond (please bless me!).


Purpose: Healing and transmuting negative energies


*"If one meditates on the Medicine Buddha, one will eventually attain enlightenment, but in the meantime one will experience an increase in healing powers both for oneself and others, and a decrease in physical and mental illness and suffering."*


- Lama Tashi Namgyal


"Bekandze" means eliminating pain; "Maha Bekandze" means great eliminating of pain.

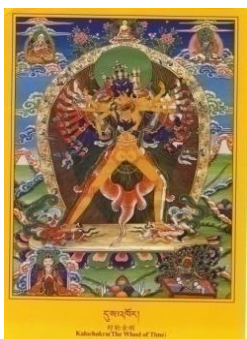
It is recommended that you chant this daily. It does improve the patient's condition and should be recited prior to taking medicine so as to enhance its efficiency, as well as removing side effect of the medicine, so only the natural wishful effect is received. It is also recommended in support of someone who is dying, as it permits them to cross over into the next sphere of existence in a state of spiritual peace.


<p><b>Longevity</b>  <b>THE THREE BUDDHAS OF LONGEVITY</b> (The Amitayu) Tibetan</p> 	<p><i>Om Amarani Dzi Wanti  Ye So Ha</i></p>	<p>Translation: "The One with Boundless Life".  Purpose: To extend life to have enough time to develop compassion and wisdom. <b>A long, healthy and worthwhile life</b> is essential for all human Beings in their quest for maximum merit in life as an active strategy for a positive influence of their karma in this life and the next. By chanting the incantation often, you can live longer, achieve <u>true happiness</u>, become <u>wiser</u> and <u>avoid sudden death</u>.</p>
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<p><b>Self-empowerment</b>  <b>PADMASAMBHAVA</b> Tibetan</p> 	<p><i>Om Ah Hum  Benza Guru Padma  Siddhi Hum</i></p>	<p>Translates: "Blessings of the Diamond Master born from lotus."  Purpose: To <b>develop tantric abilities</b>. Serves to <u>protect from negative forces of a spiritual or physical nature</u>. It also allows us to achieve the qualities and virtues needed to support you on the path of spiritual development. The reciting evokes the Great Master Padmasambhava. It is <u>true self-empowerment!</u></p>
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<p><b>Development of wisdom and intelligence</b>  <b>MANJUSHRI</b> Tibetan</p> 	<p><i>Om Ara Patsa  Na Di</i></p>	<p>Translation: "Wisdom ripens (or evolves) all sentient Beings" or to be perceived as "May enlightenment come to all sentient Beings."  Purpose: <b>To develop wisdom</b>. Outstanding qualities are ascribed to this intensive Mantra for the <u>development of wisdom and intelligence</u>. Recitation allows you to discriminate accurately between the independent way things mistakenly appear to exist and the interdependent way they actually do exist. It is recited so you will be able to see the true nature of phenomena. The Tibetans teach this Mantra wisdom to their children in order to promote their <u>spiritual development</u> and intelligence.</p>
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<p><b><u>Empower all teachings of Buddha</u></b>  <b>SHAKYAMUNI</b> Tibetan</p> 	<p><i>Tayatha Om Muni Muni  Mahamuni Shakyamuni  Ye So Ha</i></p>	<p>Represents and empowers the excellence of the primordial <b>Buddhist teachings</b>.</p>
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<p><b><u>Kalachakra</u></b>  <b>WHEEL OF TIME</b> Tibetan</p> 	<p><i>Om Hakya Malawarava  So Ha</i></p>	<p>Practicing this Dharma (Way of Buddhism or <b>One's life purpose</b>) can help <u>avoid wars, disasters</u> and promote <u>peace, favorable weather</u> and <u>good harvest</u> clearing the way to the Pure Land of Buddha (Paradise on Earth). Helps the inner <u>alignment with time</u> as well as the ability to stop or stretch time by own will.</p>
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<p><b><u>Protection</u></b>  <b>MAHAKALI</b> Tibetan</p> 	<p><i>Om Ali Kali  Mahakali  Hum</i></p>	<p>She is the <b>great protector of all evil, incl. devils and nightmares</b>. This ultra-powerful Goddess is feared by those who don't understand the natural cycles of birth, death, and rebirth. Kali cleanses away the old, making room for the new. Kali is the ultimate <u>get-things-done Goddess</u>, and she's a powerful ally to those who call upon her. Like a wise stage mother, she'll push you beyond your comfort zone to reach the heights of your potential. It is recommended to place her image <u>over the bed or your place for meditation</u>. It is also highly recommended that it be used as an amulet for children or those having <u>trouble with fear and attracting the evil</u>.</p>
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<p><b>Power</b> <u>VAJRAPANI</u> Tibetan</p> 	<p><i>Om Vajra Pani Hum</i></p>	<p>Translation: "The One holding the Diamond Scepter in his hand".</p> <p>Purpose: To <b>develop skillful means and power</b>. This Mantra will allow the recitor to begin to attain the skills and ability of Vajrapani to assist in using <u>Wisdom</u> (Manjushri) and <u>compassion</u> (Avalokiteshvara) to bring <u>enlightenment</u> to all sentient beings.</p> <p>The Bodhisattva practitioner must cultivate the power and skillful means of Vajrapani in order to best be of service by reciting Avalokiteshvara and Manjushri too.</p>
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<p><b>Illumination</b> <u>LOTUS SUTRA</u> Hindu</p>	<p><i>Nam Myoho Renge Kyo</i></p>	<p><u>Nam</u>: Act of the law of life from within to without</p> <p><u>Myoho</u>: Power of revitalization, the emergence of the highest state of life (Buddha state) from within.</p> <p><u>Renge</u>: Cause and effect of the emergence in terms of benefit, happiness and fulfillment.</p> <p><u>Kyo</u>: Sutra (teaching), the thread of life connecting everything through sound and vibration.</p> <p>The Key to a world of <b>illumination and perfect reality of everlasting life</b>. Illuminate your mind so you experience its profundity.</p>
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<p><b>Enlightenment</b> <u>HEART SUTRA / PRAJNAPARAMITA SUTRA</u> Hindu</p> 	<p><i>Gata Gata Paragate Parasamgate Bodhi Svaha</i></p>	<p>Translated: "Gone, gone. Gone beyond. Gone beyond the beyond.</p> <p>Hail to the awakened One." Purpose: <b>To understand emptiness and receive wisdom</b>. The <u>Cosmic Void of zero mind</u>. The Buddhas achieve realization of it and employ it as the marvelous function of spiritual superknowledges.</p> <p>Prajnaparamita Sutra contains mathematical encodings inviting you into the great, <u>cosmic void, not as a guest, but as a rightful occupant</u>.</p>
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<p><b>Another Five Element Mantra version:</b></p> <p><i>Lam ho shuddhe shuddhe</i> (earth)  <i>Bam ho shuddhe shuddhe</i> (water)  <i>Ram ho shuddhe shuddhe</i> (fire)  <i>Yam ho shuddhe shuddhe</i> (air/wind)  <i>E ho shuddhe shuddhe</i> (space/ether)</p>	<p><i>Om ah hum lamho shutdi shutdi a a ah svaha</i> (illuminate pride)  <i>Om ah hum bamho shutdi shutdi a a ah svaha</i> (illuminate ignorance)  <i>Om ah hum ramho shutdi shutdi a a ah svaha</i> (illuminate jealousy)  <i>Om ah hum yamho shutdi shutdi a a ah svaha</i> (illuminate hate/anger)  <i>Om ah hum aeho shutdi shutdi a a ah svaha</i> (illuminate greed)</p>
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### Tribute to Alton Kamadon 1950-2003

In the late 80's Alton Kamadon of Australia started downloading the Melchizedek Method from mainly Lord Melchizedek of the Melchizedek Order and the Moon God Thoth. These Divine tools for ascension were described in the original bible by Enoch (the higher aspect of Thoth) and in the Emerald Tablets (by Hermes Trismegistus, another aspect of Thoth), and The Keys of Enoch. Those precious pages in the original bible describing the coming of all the greatest masters and tools for activating our DNA to ascension were removed and hidden in the Halls of Records beneath the Sphinx in Egypt. Had those pages not been removed, the bible could never have been used as a religion controlling the people.

Alton was an ordinary being like anyone else, having no prior knowledge about this, nor had he ever written a book. But these utmost precious tools in how to activate the Merkaba (our Light Body vehicle) and DNA of humanity came streaming down through him continuously. Alton was so strongly guided, having no doubts at all about the importance of sharing these tools for all of humanity as soon as possible, and in the beginning of the 90's he started his world tour with the first manuals of teachings. Alton presented the teachings with great knowledge, clarity, Divine passion and deep integrity and the Melchizedek Method and Hologram of Love activations were soon known between many Spiritual seekers throughout most of the planet. The powerful breath activations were soon to be heard everywhere.

As Alton connected this channeled wisdom with experience, he raised his own frequencies to the level of Jesus Christ. To meet him in the physical was indeed profound liking it to how it would be to have met Jesus himself.

Alton knew his Divine purpose and pronounced in 2003 that he had been offered to leave this Earth plane when time was perfect to continue his work from the other side of the veil. And this offer, he wouldn't reject. At the Moon Eclipse in Nov. 2003 Alton ascended, though leaving his physical body behind, which was at this time for the highest good of all. He left in perfect health no matter what information has been spread otherwise. And very soon the channeled message from Enoch came that Alton was very well and so loved in the higher realms, though as passionately he had lived his Divine purpose in unconditional love for humanity on the Earth Plane. He did not rest for a moment in the higher realms either. He continued his journey for the ascension process of humanity to reach the full enlightenment. A few months after his ascension he merged with Enoch and is now indeed experienced by most of his dedicated students on Earth to be a Divine power of light and love speaking from within the heart. He certainly never left us. He became a very clear aspect of us. And so must we honor not only the beloved teachers before us, but indeed the teachers within ourselves in order to also honor all other teachers around us knowing that we are all each other's teachers, and all each other's students. We are all ONE! And so be it!

With the deepest honor, respect and gratitude for my teacher Alton, I am in full service to bring along this precious wisdom to the ever end and new beginnings. May we all be blessed with happiness and enlightenment. And may the song Imagine by John Lennon, who was another great master before us, come through as a reality forming the new Earth Sophia.

Love is all there is.....

Savannah, Omahara Master Teacher

### Thoth - The Ancient Egyptian Moon God of Magic and Wisdom



**"Thoughts are the essence of human creation, so thoughts are your medium of travel, manifesting, and healing.**

**One thought is as powerful as the whole Universe.**

**One thought, One mind, Unity Consciousness.**

**One thought can manifest into an illness or disease. One thought can erase it. The power of your mind knows no limit."**

Thoth wore the headdress of an Ibis bird. The Ibis birds search for food among the reeds along the banks of the Nile. Thoth was known as the Scribe in Ancient Egypt and used reeds to draw hieroglyphs.

It is said that Thoth was present in the physical for 3000 years seeing civilization after civilization come and go, attaining great wisdom. Thoth was immortal and experienced ascension instead of physical death.

It is with modesty that this bird-god Thoth provides ingenious ideas to the simple senses of humans and inspires their souls and energies with a passion to know and to build. Thoth's clear-sightedness drives away indolence, insidious cunning and impatient pride. Thoth's instruction induces people to invent and to risk breaking with traditional thinking in

unconventional ways. Nature insists on producing enlightened masters who must serve her without pretensions in order to dominate her. Thoth comes to us as a good-natured memory, keen to preserve wisdom. He is a patron of alchemy too. Thoth stands out from all the gods of ancient Egypt by best expressing the reliability of the creative word, which he repeats tirelessly to all Beings that bring fertility to the banks of the Nile.

## Imagine

Imagine there's no heaven  
It's easy if you try  
No hell below us  
Above us only sky  
Imagine all the people  
Living for today

Imagine there's no countries  
It isn't hard to do  
Nothing to kill or die for  
And no religion too  
Imagine all the people  
Living life in peace ...

You may say I'm a dreamer  
But I'm not the only one  
I hope someday you'll join us  
And the world will be as one

Imagine no possessions  
I wonder if you can  
No need for greed or hunger  
A brotherhood of man  
Imagine all the people  
Sharing all the world ...

You may say I'm a dreamer  
But I'm not the only one  
I hope someday you'll join us  
And the world will live as one



Imagine (by John Lennon)

Produced by John & Yoko and Phil Spector from the EMI Records album:  
© 1971 Lenono Music/BMG Music Publishing Ltd. All Rights Reserved. Used by Permission.

## Introduction to Omahara Teachings Level 1

I welcome you *Great Masters*, as you are great indeed. Know that you are loved beyond measure for taking this path of enlightenment, making this commitment to Father God and Mother Sophia of becoming in true service of light and unconditional love for the highest good of all, starting with yourself. It is your commitment to God within you. It is your great self-realization, your great self-mastery.

For eons of time, you have waited for this opportunity to occur, but this you will truly not know before you experience it. It is a Divine alchemical process, where you split yourself into atoms, cleanse and re-connect. You re-connect and you re-member God Source all there is in an ongoing completely new perception, so that whatever you perceive, it is love you receive.

You are already experiencing how thoughts manifest in an instant. When they are positive, you accelerate towards happiness and laughter! When they are negative, you accelerate towards anger and frustration! The powers of your thoughts have no limits, so the purification of your thoughts and training of your mind are of highest priority. Enlightenment comes by pure thoughts. When you attain only pure thoughts, you are truly enlightened and pure ecstasy is your experience of life. Joining the teachings will make you realize that this is all you have been searching for - these are all the missing links. And regardless of your background, occupation, age, gender, sexuality, mood, religion or knowledge up until now, you will expand on all levels and areas, beginning to create and attract only good experiences into your life.

It is indeed an exciting time of the greatest changes, and it is wonderful to see so many sentient Beings now heeding the call to service, to rise to the highest levels of Spiritual wisdom and light that can be attained while you are still in embodiment. Never before have the hearts of so many Beings been so expanded with the most Divine and unconditional love as now. And for those embarking on this incredible journey beyond Infinity, and beyond ecstasy, to receive the sacred wisdom of the Source, shall indeed participate in manifesting the *Great Plan*, *The Divine Design*, *The Solar Destiny*, *Heaven on Earth*.

This is the last part of your Earthly journey, and your total release from the 3D world of illusion. And it is also beyond everything you have ever thought, seen, heard, felt or experienced before. It is the last steps in your climb to enlightenment. Indeed, you will experience the most extra-ordinary Light Body activations, and the complete activation of your entire DNA package which you arrived with in this incarnation, giving you full access and conscious knowledge to all that you are, and have ever been, good and "bad". All aspects of you from your Akashic Records will be brought into your One Being, into your Aumkabah Light Body field creating infinite waveforms of possibilities (quantum physics) to expand your consciousness, elevating you to the position of *The Ascended Masters*, that shall awaken the entire human race to a continuously new consciousness paradigm, so they too can reach the enlightenment swiftly with ease and grace.

Open and expand your heart, as only unconditional love can enter. Let go of all the old and bring in all the new. You will realize and experience God within you and reach a great understanding what it means when you allow your soul essence to merge with the highest aspects of your being. You will be recognized by your continuously expanding light and love frequency and start automatically to download from Source, not what you want in specific, but what you need to transform yourself and the Earth into a 5<sup>th</sup> dimensional planet (and beyond) of great peace, beauty, joy, grace, kindness, compassion and love.

At this pivotal moment in your life journey when you activate your entire Light Body, your Physical body will also experience change which can be seen. As your consciousness expands and you are elevated into *God/Goddess Consciousness*, you will indeed begin to experience the perfection of God, a true reality in front of your very eyes reflecting your new heightened awareness from within. What you are is what you see. And you will begin to see God all around you. With that awareness you will have access to all answers with a totally new deep understanding with *amni-perspective* and non-judgment. The effort lies only in your commitment and discipline required to get there. God promises never to give you more tasks than you are ready to handle with your present frequency. But let me tell you, that when you get there, everything just happens the Divine way and is very effortless.

What you may not realize at this point, is that along this incredibly Divine journey, everything will be poured perfectly into your very being in the perfect tune and perfect time by Omahara. This will happen overnight, so to speak. Along the journey passing through the release, healing and purification of your body, mind, speech and soul, the tough-ness

you experience only depends on your perception, you will indeed be assisted by the *Great Masters* who recognize your light potential, and the further you go, with more ease and grace it becomes and thus is very encouraging.

Your cell membranes become more sensitive to Light and resonate to Divine thought intentions, attracting to you, new and profound experiences. Your heightened sensitivity will not be your weakness, but your strength and your natural discernment will become very strong. You attain the same vibration as of Christ, Buddha and other *Great Masters*. Your Aumkabah activation raises the light impulses in your pineal gland, to balance and purify your immune system, and your programmed Physical Time Consciousness will rise beyond re-programming Universal Now-Time Consciousness. As your entire Light Bodies merge in a multi-colored harmonic frequency band, you manifest Christ within you, symbolized by the trinitized Christ Light Body of birth, death and resurrection. As Jesus did, you will fuse together and synthesize the 32 building blocks of Christ Light Body Intelligence through the Lay-oo-esh Pillar of Light, called Lak Boymer. Once the Christ Light Body is illuminated within a physical form, the body's death will not affect the Light Body, and the Eternal Life Memory awakens.

As you re-awaken and expand God within you, you will start recognizing your fear as but an absence of love, as darkness is but an absence of light. Death is an illusion. Physical death is only experienced in the lower vibrations. Death is experienced as ascension in the higher vibrations. You will have the choice to bring and dissolve your Physical body into the light, ascending with your bodily form.

Your Aumkabah, is your activated light field around you. It will spin clockwise aligned with the Core of Mother Earth and the Galactic Core of Father God, and automatically spin in all the highest potential frequencies of color, sound and vibration into your being. Your Aumkabah is a Holomatrix holding the structure of all sacred geometry, so you will automatically activate and purify all sacred places on Earth and the electromagnetic, Christ Super Consciousness Grid all along your Divine journey.

You will awaken your Warrior of Light, recognize your Divine purpose of this lifetime, become a limitless being, ageless body and timeless mind, take your seat in the Galactic Council making the decisions for the entire ascension process in this sector of the Universe...and say good-bye to your ego. There is no separation anymore other than in your 3D mind. We are all One. We are the Sophia-God One Heart Being. This you will experience. God has to be experienced to be understood. All the knowledge in these teachings will be combined with experience and absorbed in meditation and chanting. Not only will you experience in meditation, but instantaneously all along. You will indeed be in this world with extreme awareness, but no longer of it, and you will become free of discordant emotional reactions; instead, you will become the Great Observer and Master Conduit of healing power.

I am Omahara - aumni-dimensional and the common voice and energy vibration of all the *Great Masters* from the University of the Pleiades. Here you always return between your incarnations to contemplate, learn and plan your next incarnation. It is indeed community of the highest consciousness living and learning, and NOW is the time to establish this on Earth. As it is above, so it is below. To create Heaven on Earth, we have to be Heaven. You are Omahara too. You are me and soon you will be beyond me.

May you, through these teachings, commitment and meditative absorption, be the glorious Master awakened. May you practice loving kindness and compassion. May you enjoy happiness in peace, and may you purify all your karma, and swiftly reach enlightenment. And may all other sentient Beings receive your frequencies of enlightenment in pulse waveform patterning, morphic resonance, and become enlightened too.

You are infinite pure white-golden light. You are limitless unconditional love. You are the Holy Grail. You are Twin Flame Love. You are Akasha. You are Sophia. You are God. You are the Sophia-God Golden One Heart Being. You are the One Commandment: Be God. You are God! You are that you are! You are!

Enjoy your journey home!  
Omahara



## Sophia-God Mastery

A Channeling from Kryon of Magnetic Service.

Imagine a lighthouse on the shore, and its job is to shine the light and stay put. When the ships at sea are starting to come into the port, they have the invitation to see the light and steer safely and not onto the rocks, which hide under the waves.

There are basically three kinds of ships in that ocean. And the first kind is where the pilothouse has been boarded up and the skipper and all of those responsible for navigation know where they're going. This is because they've been there before and they trust their maps. They trust all of the mythology of the ages to navigate them. These are sailors who went before into the port on their own, they don't need the lighthouse. In fact, it's redundant. In fact, they don't even like it and feel it's silly. So they make their way with their own devices to the port and some make it and some don't.

However, what they've failed to see is that the waves are always changing and the tides are shifting. Even the weather patterns are moving around, if you've noticed. But they stick with the old and they say, *"It has worked in the past, and it will work now."* This works, until they find themselves on the rocks.

The second kind of ship is the one who keeps their pilothouse boarded up unless they're in trouble. The wind comes up and the waves change, then they take the boards off and say, *"Now I'm in trouble - where are you, lighthouse?"* They see the lighthouse and they're thankful for the lighthouse. Then as soon as they're in port, they put the boards back up. *"Thank you, lighthouse,"* They say. *"I only needed you while I was in trouble."* Then they go back to their business, feeling that the lighthouse is a "trouble lighthouse."

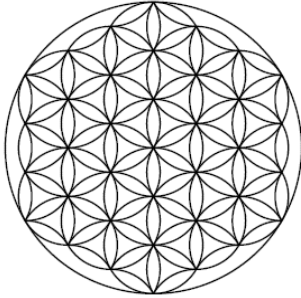
The third kind of ship is the one who never put the boards up on the windows and is always looking for the lighthouse first, because it understands that the waves shift and the tides move, and that it never knows where the shifting rocks are. So this ship looks at the lighthouse for guidance into the safe harbor all the time.

We have just given you basically the three kinds of humans that would become enlightened via free choice on this planet in this new energy. It would seem that the third kind would be the ones who are the ones you might think are going to become the true light of the planet. You're right. But I tell you once again, that there doesn't have to be many of those of the third kind. Less than one half of one percent of the Earth's population has to be aware of their own divinity and their own light to send this power through meditation and prayer to the rest of the planet and create Peace on Earth. I'll say that again, less than one half of one percent.

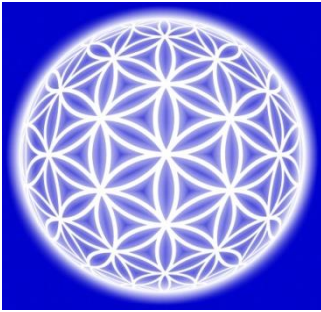
God knows who you are. And so it is.  
Kryon

Less than one half of one percent of the Earth population is the 144,000 masters being described numerous of times referring to the Golden Ratio, which is 144 ad infinitum (described in word list)

## Sacred Geometry - Introduction



This is very important to try and understand. Sacred geometry is the foundation through these teachings and the form mentioned is vital for your evolution and ascension process. In the 2<sup>nd</sup> dimensional pattern as shown here, it is called The Flower of Life. 3<sup>rd</sup> dimensionally as a sphere it is called The Hologram of Love, and throughout the teachings as we start from the 5<sup>th</sup> dimension and beyond it is called the Holomatrix of Love. There is more, later under the chapter of Sophia-God Holomatrix of Love.



The Holomatrix of Living Light and Love holds within its shape all geometrical shapes that have ever been, as well as in the future. Sacred Geometry is the "Language of God" allowing us to access ancient knowledge in our cell memory which has an extremely powerful effect on elevating our Consciousness, expanding the heart center and activating transformation on many levels. It is absolute, infinite and non-linear which makes travel in time and space possible.

The whole Universe was born through this sacred sphere. It is the blueprint of all creation. This Flower of Love pattern is seen in all of nature, in every living form at the basic cellular level (micro-cosmos), as well as in the Universe (macro-cosmos). It is the sacred symbol of unconditional love demonstrating that living systems on Earth are interconnected through this fabric of life. Our DNA, RNA was born through this

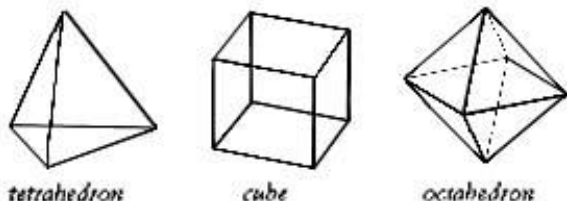
holographic pattern. The finest particle of your atomic cell structure has this pattern within it.

The Holomatrix is your DNA, and every petal in the Flower is representing a strand in your DNA, an aspect of your Being, one of your Light Bodies connected to one of your chakras, an ability, a window and waveform of possibility (quantum physics), your Akashic Records (previous life experiences) etc. All that you experience and have ever experienced is programmed into your matrix. Therefore, you must work consciously with your matrix by re-programming all that which does not serve your highest good any longer. There will be more about this technique under the chapter Infinity Master Creative Symbol.

Activation of your Holomatrix enables you to travel aumni-dimensionally and beyond. It is your Light Body of the purest Divine Consciousness and you activate this Light Body with simple thought intention, visualization and breath. It's an ancient symbol and its pattern represents the unity of all life and consciousness within the Universe making you a limitless Being, expanding your consciousness to Infinity. As you evolve and raise your frequencies, your Holomatrix will automatically change holding on to these frequencies for you, so that your evolution is secured continuously. There is only one way, so to speak - forward and upward. As your Holomatrix changes frequency it also changes color, sound and vibration, and a lot of smaller individual spheres will appear within its structure representing every aspect of you with even smaller spheres and so forth. It is spheres within spheres to Infinity and beyond.

The Holomatrix of Love is the ever-continuous pattern of Living God's mind and thought, as Father God only thinks and manifests in unconditional love.

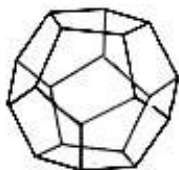
## The Platonic Solids



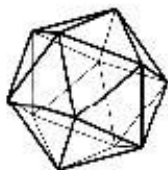
tetrahedron

cube

octahedron



dodecahedron



icosahedron

Those are contained within the Holomatrix of Love by every peak being connected to the center point in a Flower of Love. Please try and visualize it!

These primal 3-dimensional objects are completely symmetrical; each object is composed of 1 angle, identical faces, and equal side lengths.

### The connection to the elements

Tetrahedron - Fire - Red

Cube - Earth - Green

Octahedron - Air - Yellow

Icosahedron - Water - Biological Life Force - Blue

Dodecahedron - Ether - Universal Life Force - Violet

All sacred geometrical shapes have a frequency.

Frequency = color, sound and vibration.

Sacred geometry has a direct influence on your DNA and ascension process on all levels.

By acknowledging and integrating the sacred geometry continuously being represented to you in various ways, you receive the opportunity to reach the enlightenment much more swiftly.

Nor is it a co-incidence that your body has no straight lines, but is shaped in curves making you round and firm, easy to ascend. Everything round in shape is perceived as being mainly positive just like the Holomatrix is made only of circles/spheres too.

Pythagoras described geometry as visual music.

Music is created by applying laws of frequency and sound in certain ways.

States of harmonic resonance are produced when frequencies are combined in ways that are in unison with universal law. Music like Heavy Metal is often disharmonic creating anger and frustration; whereas alternative music is more harmonic, creating peace and happiness.

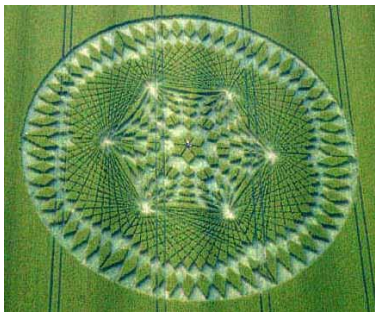
Water crystals are geometrical shapes too, and we know how these change according to our thoughts and the music we are listening to.

The Holomatrices are also called orbs, powerballs, Higher Dimensional Beings of Super Intelligence, Angels, and Spirits etc. And all that is somehow correct. But how do they appear, and why?

Our Christ Super Consciousness Grid around Mother Sophia is also a Holomatrix. It is Sophia's Holomatrix with all aspects of her light and love, holding on to her evolution and is created by our collective thought consciousness. It is through this grid that these Beings like orbs appear. They appear to awaken and heal, when called upon, mainly from our sub-consciousness and they are most often seen in places crowded with people. We spread our thought patterns in Morphic Resonance with the biggest effect on others. So healing of discordant thought patterns is indeed appropriate in crowds of lower vibrations. You need to have a higher frequency and consciousness than the collective to keep yourself totally free from being influenced.

So, orbs appear according to the need, but the presence of a Master like you will indeed provide and expand the healing as you will be a true vessel of the Divine on Earth providing a great amount of orbs to be released from the Christ Super Consciousness Grid, to go in action. Sometimes a Master's presence is necessary to create an opening and access for these Divine Energies to appear. Let me tell you, that wherever you feel attracted to go and to be, it is not a co-incidence!

## 1. Crop Circles



The Harmonic Convergence of 1987 provided the first massive collective consciousness awakening, followed up with this Harmonic crop circle in 2002 representing the Star of David and Re-connection providing another incredible awakening and spiritual start for numerous people throughout this planet. Since then Crop Circles have rolled out to support our total awakening, as we have just stepped into the Aquarian Age (12.21.2021).

Crop Circles are mentioned in texts back to the late 17<sup>th</sup> Century, so they cannot be called a modern phenomenon.

Crop Circles are generally formed at night between the hours of 2-4 AM, and traditionally during the shortest evenings of the summer. The concentrations of crop

circles appearances are mainly in southern England, but are also seen elsewhere. They are spread all over the planet's surface.

Crop Circles are reported being formed in less than twenty seconds and are often accompanied by sightings of incandescent or brightly-colored balls of light, shafts of light or structured flying crafts, as well as trilling sounds with a harmonic component of 5.2 kHz.

Crop Circles are slightly elliptical, with areas of gently laid and swirled plants in up to five layers creating a floor in mathematical proportions similar to the Golden Mean, the vortex used by nature to create precise organisms such as shells, sunflowers, the spatial relationship of the bones in the human hand, and even Galaxies.

Crop Circles are sacred geometry and radiate frequencies that influence our brain wave patterns, our biophysical rhythms, our DNA. A heightened state of awareness and healing can be experienced in crop circles.

Crop Circles are keys for our ascension process and are created by some higher dimensional Beings from The Archturus Star System using various forms of Holomatrices (seen as balls of light "powerballs" also called orbs) to help humanity to reach the enlightenment much more swiftly.

## 2. Mandalas

Mandalas translate complex mathematical expressions into simple shapes and forms showing how basic patterns governing the evolution of life create the most beautiful results.

The word 'Mandala' is Sanskrit and means sacred circle. The circle symbolizes the womb of creation.

Mandalas are geometric designs formed by divisions of symbols embodying the mathematical principles found throughout creation.

Mandalas act as bridges between the higher and lower realms. They reveal our inner workings of nature (micro-cosmos) with the inherent order of the Universe (macro-cosmos), and bring these into harmony and balance. They are inter-dimensional gateways linking human consciousness to the realms of Archetypes (images of God) and the Infinite.

The relationship of form, movement, space and time is evoked by the Mandala.

For thousands of years, Mandala imagery has served as a means to an expanded way of thinking. The images transcend language and the rational mind. They simply bring about certain wisdom of universal knowledge and a deeper understanding of human consciousness.

## 3. Yantras

Yantras are a particular field of Mandala imagery that visually represents the harmonic tones of mantras (sacred sounds). By directing our thought patterns to these archetypal planes we invite the essence of these levels to penetrate our minds and thinking. An attunement of individual consciousness with the harmony of universal consciousness develops.

## 4. Mantra

Mantra is the essence of prayer that assures the receptiveness of the respective Enlightened Deities, and the request and means through which one invokes the Deities. It is the common language and bridge between you and the Deities. It is a pure blessing to you, your life and lives of your loved ones.

- o -

We have for a very good reason since before ancient times worked with geometry, patterns, colors, symbols and sounds and created this all around us with buildings and monuments, musical compositions, decorated our clothing and bodies etc. - all with the perfect frequency at that present time for our entire ascension process.

It is indeed recommended to let sacred geometry, the crop circles, Mandalas, Yantras, sacred images and symbols, and mantras all become tools and a natural part of you and your daily Spiritual practice.

As you play with these tools, such as using your voice to create new sounds, you automatically activate new frequencies and opportunities for growth into your Holomatrix. It is highly recommended to tone out loud, to allow you that experience. It is amazing what the toning of your voice can do to your body, mind, speech and Soul.

Repeated:

**Frequency is a combination of color, sound and vibration.**

**A color has a particular sound/tone and vibration.**

**A sound/tone has a particular color and vibration.**

**A vibration has a particular color and sound/tone.**

## Ascension

Ascension means shifting into a higher state of consciousness and is not an end, but an ongoing process. That is why you are here on this planet right now. It is a great choice joining the greatest ascension process ever in this Universe.

### 1. Adam Kadmon: The Primordial Man

Adam Kadmon, the Primordial Man, is the prototype of the perfect human (hue-man) in the Image of Father God. Or the Archetypal Universal Man, who is infinitely one with the Universal Consciousness (macro-cosmos) as well as one with the innermost Cellular Consciousness (micro-cosmos). It is the template, or design of our Light Body that is integrated with a matter-molecule consisting of part light and part matter, fusing to form a sacred geometry that becomes our pattern for a return home to the greater Light Body of Universal Being.

All humans on this planet contain a seed of the Adam Kadmon that in the future (now) will once again become fully realized.

Hue means color, so human is man of all colors. We are all one.

### 2. Five Higher Bodies

They are the five potential spiritual energy vehicles that are interconnected with the corporeal vehicle of man for liberation and spiritual transformation. They are:

Electro-magnetic body - Physical body - Lower 8 bodies - Earth - 8 chakra colors (incl. Thymus - immune system)

Epi-kinetic body - 4D body - Cosmic 8 bodies - Fire - Gold - 8 chakra colors mixed with Gold

Eka body - 5D body - Divine 8 bodies - Water - Platinum - 8 chakra colors mixed with Platinum

Gematrian body - Complete Light Body - God-illuminated 8 bodies - Air - Pearlescent - 8 chakra colors mixed with Pearlescent

Zohar body - God - 33<sup>rd</sup> Degree Adam Kadmon Sophia-God Light Body - Quintessence - Clear

### 3. Dimensional Realities

Everything in creation is energy of differing frequencies. There is consciousness in all forms of being or existence.

We place dimensional veils that prevent us from perceiving different dimensional states, mainly because of our fear of the unknown. The activation of The Sophia-God Aumkabah of Love (more about that later!) will assist you to dissolve the dimensional separators so that you can access and experience the higher dimensional energies.

**5th dimension:** The next 'garment of light' that our matter-energy body enters in the process of Spiritual evolution, is the 5<sup>th</sup> dimension. It is a less gross-material body with the similitude of God, governing the physical processes. Enoch (higher aspect of Thoth) said 3<sup>rd</sup> dimensional humanity will be transformed into the 5<sup>th</sup> dimension upon completing its education in this realm of image and illusion.

The 5<sup>th</sup> dimension is a manifestation of unity, unconditional love, compassion, and can be easily accessed with the right mind set of light and love and drawn into a 3<sup>rd</sup> dimensional reality by expanding the heart and by allowing the 5<sup>th</sup> dimension to anchor in our physical world, so we can transform the Earth into a planet of peace and love. Sophia is the name of our new Earth in the 5<sup>th</sup> dimension and beyond. Soon she will become a star belonging to the Sirius Star System. The new Earth Star Sophia. In 1987, Earth entered the Photon Belt, and ever since we have indeed, for a very Divine reason, been flooded with high frequencies. This will be ongoing. In 2012 Earth not only moved through the Photon Belt finding its right position, but it entered its orbit for good in the Photon Belt and became part of Sirius Star System.

Our 33<sup>rd</sup> Degree Holomatrix of Love Light Body can transcend all limitation and assist you in experiencing all these Spiritual truths, lifting you into the exalted realms of the Divine, which has to be experienced to be integrated. You are indeed to realize this fantastic journey and the importance of aligning yourself to this process.

When you realize that you are unlimited in your potential to expand your consciousness, you also remove all limitations in wisdom, love, power and abundance.

The most significant result of this journey will be to realize and experience that you are **multi-dimensional** Beings. When you stop thinking in a human way, and experiment with these new revolutionary concepts, you become aware that you are not limited to the 3<sup>rd</sup> dimensional realities. You open your mind to knowing that your Soul can simultaneously exist in many dimensions at the same time.

This also releases you from the fear of the unknown and from placing anymore dimensional veils preventing you from perceiving the higher dimensions of Higher Consciousness States, and you then enjoy your onward journey through ascension. Actually, the pure knowing/awareness that you are multi-dimensional can free you from the 3<sup>rd</sup> dimension. It is that simple!

#### **4. Your Light Body**

Your Light Body is all your chakras not only within your body, but going all the way down to the Heart of Sophia and all the way up to the Heart of God. So your chakras below are the same as your chakras above connected in the same Light Body field just representing Mother Sophia below, and Father God above, so that each chakra and Light Body field is in balance. Each chakra is connected to a color, your base chakra being the first chakra is the first layer of color closest to your body. The next chakra is the navel and the second layer of color around your body. Your Light Body is a holographic spherical structure that holds within its sacred pattern the entire wisdom of the Universe and is represented within your Holomatrix. All your chakras will start rotating mainly clockwise in unison at the same speed, and perfectly balanced yin/yang.

Activating your Light Bodies, with all the Divine Encodements, will trigger your evolutionary process, as you embark on your journey, irreversibly, returning home to Source. The anchoring of higher vibrations in your Light Body, will accelerate your ascension process, transcending limitation, and also shift your Physical body into higher and higher volumes of light at the cellular level.

Ascension simply means great absorption of light into the body cells.

You will attain physical health and longevity as you rejuvenate your Physical body and overcome all limitations. Your cells will forget how to physically die and continually regenerate themselves. As you enjoy this new unlimited freedom from physical death, you also embrace aumni-dimensionality so that you choose the experience you desire and can be an immortal being in any realm, with your light form.

You will activate your original template of eternal life, which will automatically dissolve the old template programming that causes you to believe in death. Death is but an illusion. Activating your potential to embrace eternal life will transcend birth and death, all limitation, and span over the entire tapestry of creation, opening up your consciousness of just Being, the One Force - All that Is.

## **5. What is a Light Being**

Light is the carrier of love. The lighter, the more love. It goes hand in hand, so to speak. When you become free of any fear, love is all there is left. Then you are a light being of liquid light (the 5<sup>th</sup> element of ether that we entered in 2012) and will only have just enough density left to still be seen and felt in the 3D world. Food will help you to sustain some density. And so of course, so do negative thoughts. But to become any light being at all, there can be no negative thoughts left. When you radiate the 100 suns from within, described in Buddhism, you are like the sun (son) itself from within, and you lose your shadow. Then you are a true Light Being, and the sun will reflect upon you. Like attracts like. And light bulbs will reflect upon you as well. You will start appearing transparent or invisible on many occasions.

## **6. Your Divine Plan and Spirit Guides**

You are a unique being. Before you incarnated here you had it planned out already. That is your Divine plan. And it is yours only. No one else has the exact same plan as you, except going home to the Source from whence we came. You experience exactly what you need in order to fulfill your plan. All the major lessons for you to learn you planned even before incarnating, and now you are to use your own free will, your decision, and your commitment to yourself. Some things you will experience together with others. Some things you will experience by yourself alone. Your journey is like nobody else's, but since we all have experiences to share that are very similar to ours, we are not unique at all. The uniqueness lies in the way we choose to handle life.

We are always chasing the goal that we have set for ourselves. Right before we reach it, whether it's a knowing that we will reach it or we feel safe that we will reach it, then we have already set a new goal. So, in truth it is not about reaching the goal but the way towards it. And what did you learn along the way? Have you thought about it? Did you understand it? Do you want to repeat it?

We are born with passion, drive and curiosity, eager to learn etc., which will always keep us on the go. Some just choose to go quicker than others, but everything is forever moving even if it is invisible. Evolution often happens on the invisible planes. It's like when you feel you're in a state of limbo. That is when the most is happening!

In your daily routines, you can easily remove yourself from the greater happenings. You can be caught up in the lower vibrations of dense matters, and this can fully occupy you. But this will soon start to bore you, bringing you the message, that it is of the utmost importance for your growth, that you allow time for yourself and your own thoughts each day. Practice asking yourself what you have learned from it by analyzing matters mostly done with your heart. To change anything, you have to change from within. Make it a habit to contemplate, pray and meditate every day. Here you have a direct line to God, which is absolute truth; although it may surprise you how instantaneously you will get a response from your Higher Self. The problem for you at times, may be that you expect to receive exactly what you have requested, and then tend to ignore any other response. In truth you ignore yourself and your possibility to receive.

You ask questions but most often the answers are not provided in the way you expect, as they can be in a symbolic form or played out in your dreams, or even as an emotional experience. It can be dreams which are really imprinting themselves into your consciousness, those you do not easily forget and continue to think about, or those that even repeat themselves often with some symbolic changes. Please make note of these because chances are they are bringing you a message or key code which is important for furthering your evolution. They contain the answer, so to speak.

Know also, that some answers to your requests require solutions that take time to manifest.

Man has always had a tendency to be impatient where the answers to prayers are concerned because it is quite difficult to see how intertwined your life is with others and their prayers. Have you ever thought about how many things are going to happen on all planes from your wish for a red Ferrari until this is actually manifested in your garage? It will probably not manifest before you have learned how to appreciate it!

Remember, free will and karma for all, and it is always happening for you to experience. It is always so easy to "follow a leader"; however, you must become your own leader within and determine your own future and direction. You must exercise your own power so your decisions become yours alone. The best advice and help comes from within. In Omahara School of Enlightenment you get all the tools you need to find God and all the answers within yourself, to be your true you. All it takes is practice and there will be great benefits from being disciplined in order to take responsibility for

your evolution. Experience is the tool that advances your evolution. It is all about how you perceive the experience. When you take time to contemplate solutions to problems that are unresolved, when you are releasing the hundreds of thoughts that keep passing through your mind, you can center on self, and guidance can come through more easily.

Your Divine Plan revolves around the lessons of life which provide you with the understanding of your ability to express your love towards yourself and all other life forms. When you reach a level of expressing unconditional love, you will have no further need for experiences in duality and you enter the higher dimensions returning to the home of Light Beings. This is your natural Divine Plan and evolutionary path, and ascension is the stepping-stone that lifts you up. Live in your love and give of it freely and unconditionally and know that you are blessed by the Great Beings that are guiding you back to Source. Your Spirit and Master Guides and Ministering Angels are to help you experience all you need to accomplish your enlightenment.

## **7. Your Aspects and Soul Group**

Your aspects are all that you are, all that you have ever been, in all time frames and dimensions. These can be monsters, animals, a thing, a color, a standing waveform, a geometrical shape....all from the darkest dark to the lightest light...."bad" or good. And it is all still a part of you, an aspect of you.

All these aspects of you have to be drawn into your One Being, your One Heart Being. You have to become One with yourself, before you can become One with others, and we all have to do this for all of us to become One. Therefore, once again do not deny any parts, sides or aspects of you. Scrape the bottom of all you are and bring it all up to the surface to be acknowledged and then bring it with you to the Light. All of you has to become Light.

You incarnated here as a part of a soul-group, which means that you have other aspects of yourself. You have other selves incarnated in physical forms on this Planet and at this present time, while you have other selves on the other side of the veil as well. This you can experience in dreams of being yourself, but doing things or being somewhere weird, that you do not know about in this life. You can experience waking up in the morning just feeling "crappy" or even "hung-over" without a clue of why. This is because your other selves may be going through a tough period. All you do or think is having a direct influence on your other selves, and the opposite too, of course. You can also experience yourself in a previous lifetime, so it seems, which is actually simultaneous in reality. All is in the Now. With the enlightenment you will become conscious of your other aspect selves and how to influence this evolution of yours. How big your soul-group is, is individually based. But that you have to become One with yourself within your own soul-group before all groups can begin to become One is just a fact. That is how we are all aspects of each other and how the Mayan saying "I am another yourself" can be understood.



## 8. The Pineal Gland

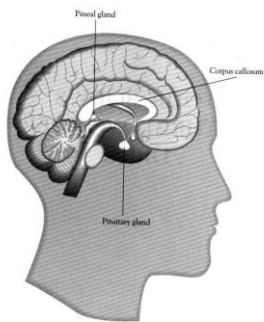


Figure 1. The Pineal Gland Lies at the Exact Center of the Brain

**The Pineal Frequency Signal Transmission System:** It is the Eye of Wisdom, the Spiritual Gland, and the chakra of the mind. It is connected to your intuition via the 3<sup>rd</sup> eye and your clairvoyant abilities. But it is much more than that. In its original state it is the Eye of God, which contains the original blueprint of the Adam Kadmon (the perfect human in the image of Father God). This blueprint is also to be found in the heart and in the 8 etheric cells at the base of the spine. The pineal is the transmitter system of the brain to communicate wisdom through light pulses by receiving and sending out frequency signals to and from the receiver and sender. It is beyond telepathic communication. It is DNA communication.

The Pineal Gland only reacts upon light frequencies that develop our brain and primitive nervous system to the next phases of evolution. We are aligning our physical nervous system with an etheric nervous system for us to obtain continuously greater amounts of light frequencies from God Source. From the Pineal Gland the light frequencies are brought via the water in our body out to each body cell. Water is the carrier of light, and light is the carrier of love. The Pineal Gland is the only gland in the body which is not connected to the nervous system, so receiving and sending frequency signals is not a painful experience, but instead experienced via a relaxing meditative state of mind. That is why the pineal is working at its highest when we are asleep, but as we attain the meditative state of mind in an awakened state as well, the pineal will constantly activate us to receive and send Light Knowledge, activating the channel to Cosmic Intelligence.

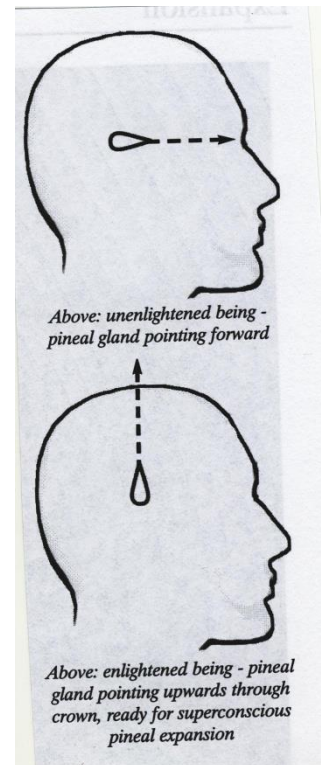
The Pineal Gland has been a mystery for scientists. It makes no sense to them why such a big gland only has a few functions compared to other glands. Most of the functions of the pineal have not been able to be measured yet. The Pineal produces Melatonin (a light sensitive hormone) changing into Serotonin (hormone which helps us to fall asleep). Again this production mainly takes place at night. For those people who do not get enough day or sun light, which is activated mainly through their eyes and activates the pineal gland to produce these hormones, can easily get depressed and often need medication such as anti-depressants or sleeping pills.

Serotonin on the other hand, can be bought as a product and in alternative medication forms as well. Depression is seen especially in the dark winter time and amongst people working at night and sleeping throughout the day. A brief stay outside for about a  $\frac{1}{2}$  an hour daily is usually enough to have an effect. Watching the sunset or sunrise is highly recommended as well.

Another product called Chlorophyll also seems to have a beneficial influence on the activity of the Pineal Gland. Remember though, that it has always been Divinely intended that we can receive all we need, mind its name, from God Source. That was the plan from the very beginning of our ascension. That is why it is called the Source of ALL there is. And so it is!

The Pineal Gland is also called the Pinecone Gland because of its size and shape. It is compared to a lotus flower bud with the peak pointing forward in an un-awakened state of consciousness. The activation of the pineal gland by light frequencies starts it moving, so the peak, to an upwards position, and by continued expansion, it starts opening. It is compared to the 1000 pedaled white lotus flower, fully blossoming, representing fully enlightenment, fully awakened state of consciousness.

Here we consciously activate the pineal to fractal ongoing full expansion, and the pineal will physically change within the brain. A pineal headache can be experienced. It is usually gentler as there is no connection to the nervous system.



## 9. Crystals

There is an Earth Keeper Crystal available for each Sophia-God Master, if they wish. If you are not connected to this crystal in the physical, the connection is easy to establish via telepathy. The Earth Keeper Crystals are usually smokey quartz. They are an unlimited source of higher Divine energy encodings from the source of all there is, just like us, and a perfect balance of male and female vibration. They were placed as a seed in caves by each one of us eons of time ago. While we have been busy all over this Universe fulfilling our Divine purpose only visiting Planet Earth once in a while, our crystal has been present all the time capturing and storing all information and encodings since the beginning of this planet's existence. Holding the Akashic Records of the planet, it is here to assist and download to us, at this end of time, all we need to know to fulfill our purpose and Divine plan here. Those crystals are conscious living Beings just like us. They have chosen to be in a crystalline form to serve us, but have the ability to manifest actually in any form they wish when needed to deliver a message to us.

These Earth Keeper crystals are inter-connected. There are 12 crystalline fields of communication in 12 subterranean channels (Mother Sophia's etheric form is a 12-sided dodecahedron) that are to be activated now by our Higher Selves so that we can communicate with distant galaxies. The Earth Keepers hold this crystalline matrix of ascension of the planet and humanity in place and allow for the activation of Divine portals or ascension doorways, by creating vortices of energy that amplify the advancement of the human race through dimensional doorways. One of these Earth Keeper crystals holding a vortex portal of love is present at Hawaii (Kauai) in the Shiva Temple. This crystal was first discovered in Arkansas, USA, in 1975. It was 65 feet below the surface of the Earth and took 50 million years to mature. It weighs 700 pounds and is 39 inches tall. Today it is very honored and protected by Hindu monks. Other Earth Keeper crystals are Urim and Thummim in Ayers Rock in Australia and honored and protected by the Aboriginals.

The Earth Keeper crystals create a grid that is inter-connected with the great crystal grids in the inner Earth and the crystal circuitries all the way to the Galactic Core. There are etheric crystals in all water channels throughout the planet as well as within the water circuitries. They show up as clouds and moisture between us and the Galactic Core. Every lake, creek, and ocean has etheric crystals, as do our bodies and chakras which are connected to our organs etc. The Earth Keeper crystals are indeed assisting us in keeping the electromagnetic grid in balance and as well as in downloading all the frequencies needed for us in the ascension process.

Therefore, it can benefit you to honor, listen and get a close relationship to the crystals surrounding you and let them download their full potential of loving and sacred energies into your being.

For many good reasons (often unconsciously) humans have always loved to pick up rocks and have crystals in their homes as well as in their pockets.

## 10. Water

Water contains etheric crystals and is the carrier of light. It is the light-bringer, and the only thing in our bodies that brings about the downloaded frequencies received and captured by our pineal gland to all our body cells. We consist of 70-90% water (depending on the intake) but 80 % is average, just like planet Earth herself. Water is light and the purest manifestation of God in its essence. The refreshment we feel by drinking it is not that it is cold - it is the God energy within it. Water provides healing and the crystals within it respond to the surrounding sounds and thoughts instantaneously.

Water has memory. Although every water molecule has a very short memory, less than a nanosecond, water remembers everything as soon as those molecules connect with each other making a structure. Water in itself is tasteless, colorless and nothing, so to speak. Water itself will always remain the same, but the structure in the water changes with minor influence. Water is the most precious substance. According to science, it is the only substance that can take three forms as liquid, solid and steam without changing its essence.

Just like we have a water circuitry within our body, as well as on our planet, we also have water circuitries through the moisture in the air, the clouds and star systems all the way to the Galactic Core. The light frequencies from the Source pouring down on us are actually brought by these water circuitries.

Know that by using the power of thought, you can change the rain into pure refreshment with the ability to cleanse, and heal. As well, the ice crystals in snow, with their beautiful structures, are the bringers of new divine encodings. Do not let your fantasy limit your creative unfolding.

Your spiritual evolution depends on the amount of water in your body, therefore it is very important to drink enough water (2-4 liters per day) no matter what you are being told otherwise. As well, have a clear daily awareness about the quality of the water within and around you. It is definitely recommended to bless all water you drink with loving thought-intentions.

## **11. Language of Light**

The Language of Light is the Original Language of Light drawn from the Infinite Mind used by the Higher Selves. It is the parent Language of Light, used as a vehicle that enables us to reach many planetary worlds and reality levels simultaneously and fuse the different languages into the cells. This allows man to have communion with other planets of intelligence through super-holographic processes, as God's Words. The knowledge of this language comes from a core memory of information being shared by the higher Spiritual levels of existence. It allows us to read the "records of the mysteries" of the higher heavens.

By activating the Language of Light by traveling through the All-knowing All-seeing Eye of Father God, receiving a Cell Recorder of high level DNA communication, and as a Living Sophia-God and Omahara Master, you start sending this out in the daily activations via morphic resonance. This will help break the barriers of misunderstandings overall between human races. This will provide a bridge of new intelligent communication beyond the language so that all men can meet in spite of culture, color, religion etc. It will further provide an enhanced understandable communication between those of the higher dimensions and Earth people in general. As it is above, so it is below.

There are 5 main sacred languages on Earth at this present planetary consciousness time zone, Hebrew, Egyptian, Sanskrit, Tibetan and Chinese. These are the languages recapitulating the multiple levels of knowledge connected with the full development of planetary species and their Spiritual destiny. These languages are given to us so that we can enter directly into total God/Goddess consciousness through encodings received on the inner planes. These languages are of a different frequency and are experienced to be of great benefit in Spiritual terms and development, but they do not seem to function well in the 3D terms of living. There are simply not words in these languages to express the 3D experiences of discordant emotions for example, and there are misunderstandings surfacing easily, even with ordinary situations like trading with money instead of divine sharing, as was the original intention. These languages go back to ancient times which had different frequencies, and are mainly imagery. They are very effective in Spiritual practices such as mantras, but very hard to translate into Western terms of understanding.

## **Time**

### **1. 12:60 Mechanical Time - linear energy**

Our indigenous sense of sacred time and our ability to attune to the natural rhythms of the Universe has been completely abandoned in exchange for our modern relationship to time which includes racing against the clock and letting the frequency of 12:60, based on the 60-minute hour and the 12-month calendar overpower the natural rhythms of our being.

The calendar, which most people currently follow and schedule their lives by, was made by Pope Gregory the 13th in 1582. He revised the previous Julian calendar by taking 10 days off - he decided that the day after Oct. 6th was not Oct. 7th, but Oct. 16th instead. Then, after he made this alteration, he used the authority of the Vatican's Doctrine of Discovery (of 1452) to impose his calendar on all conquered people, going on to establish it as the worldwide measure of time. By 1600, this controlling, man-made mechanical time and clock were perfected.

This Gregorian calendar is unnatural and disharmonic. Since the world began to synchronize with mechanical time, the population has expanded at an undesirable rate, while the environment has been subjected to attacks of destruction.

An example is the use of fertilizer, so that fruits and vegetables can be on the shelves of the stores "in time". We have pushed and pressed all of Nature, including ourselves, to fit into the mechanical time calendar, creating cancer and stress as the main illnesses of today, and destroying our beautiful Earth with pollution. But still the mechanical time's greatest detrimental impact has been the separation of us from our Source. It's now time to sweep away this controlling and manipulating system that we have been the co-creators of, and return to Source, return to Earth, return to our personal sacred rhythms, and explore our intimate relationship with the Grand Design.

Think about how the Spiritual number 13 has had such a bad rap for all of these years. Never invite 13 people for dinner. Some buildings don't even have a floor numbered 13. We have let ourselves be manipulated to believe 13 is an unlucky number, whereas it is actually a very important number for our natural time rhythm, allowing ourselves to be kept as far from the natural connection with Source as possible.

As planetary healers, we must become aware of the Galactic Time Frequency and learn how to use the natural harmonics of time to our advantage. When we become attuned to the Natural Galactic Time Frequency, we find ourselves in control of a vast source of Spiritual energy that can be used to heal the planet.

## **2. Master Numbers**

The Numerology of the 13:20:33 draws upon the Hebrew Qabbalah teachings, and the Chaldean alphabet, which in turn draw upon the rich traditions and symbolism of the Tarot and Astrology.

**13 - Regeneration/Change** is not an unlucky number, but associated with genius and with explorers, breaking through the orthodox and making all kinds of new discoveries. Because it reduces to a 4, there's a karmic obligation to learn one's lessons well (4 is an unlucky number in Chinese!). There is a period of grace during which one is able to reflect on the value of the lesson just experienced so that one doesn't repeat the lesson.

**20 - The Awakening** brings a blessing of vivid precognitive dreams (recognition of the **future**), plus the ability to manifest the happy ones and cancel the negative ones. It is not a material number and is therefore doubtful in regards to financial success. However, those who are comfortable with their 20 vibration seldom care about finance. Money is not important to them and the 20 will, as a general rule, provide enough for their basic necessities.

**33** carries the same vibration as 24 except that the magic of love, the extent of originality and creativity and the promise of eventual financial success are deepened and increased. 33's are more fortunate in every way when involved in a harmonious partnership, whether that be a career or romantic relationship. This is a number of well-deserved karmic rewards. In regards to the number 33, people are advised not to abuse the astounding luck which will descend on them sometime during their lives by allowing it to tempt them into laziness, over-confidence and a feeling of superiority. When a sense of humor and genuine humility accompany the 33 vibration, it's a wonderfully fortunate number.

33 appears to be the most mysterious of numbers, appearing in the Bible, the Vedas and the Scriptures. The Vishnu-Purana states that there are 33 divinities that exist age after age. In Spiritual numerology, the numbers 11, 22, and 33 are the 3 'Master Numbers'. The '33' symbolizes the highest Spiritual consciousness attainable by a human being. The number '333' holds the frequencies of death, resurrection, and ascension, and past, present and future

Here, all these master numbers are encoded in your Aumkabah and you receive the 33<sup>rd</sup> Degree initiation, which is the highest initiation to receive in embodiment on the planet.

## **3. The magic of 13:20:33 Natural Time - non-linear energy**

In the past, indigenous people kept calendars that were based on the pulse of the Earth and the Sky. The Sun, Moon, Stars and Nature were their clocks. By following the natural rhythms, these people were at One with the movement of the totality of life, and they experienced the natural cycles of time within their being. They kept track of time by knowing that they were Time, and that the living time of their bodies and souls reflected the Universe's movement and measure.

Living in Natural Time activates and aligns your personal energy body, your thoughts, feelings and emotions with the spiraling cycles of the Earth and Cosmos.

We have 13 major joints in our body - ankles, knees, hips, wrists, elbows, shoulders and the neck. The number 13 plus the 7 chakras of our body = 20. We have 20 fingers and toes. When we add the 20 fingers and toes with the 13 body movements we come up with the master number 33. There are 33 vertebrae in the spine, which is also the center of our body and connection to Source (Sophia-God Light-Connection).

There are 20 essential amino acids from which all biological life is composed.

There are 13 months in one lunar year.

Number 13 represents harmonic ascension, as there are 12 notes in an octave plus the 13<sup>th</sup> which returns you to the first note in the next octave.

A dodecahedron is the geometrical shape of Sophia's platonic plates, which is 12-sided with the core being number 13.

We have 12 main organs in our body + the essence, our Spirit, as number 13.

The Cross of Christianity has 12 inner and outer corners. These represent the 12 disciples, where Jesus in the center counted as 13.



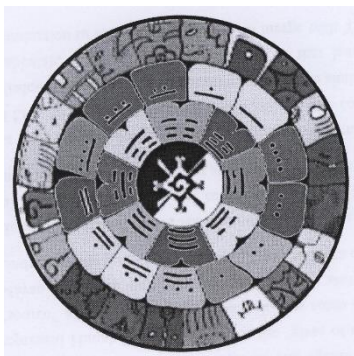
Christ Jesus called down his higher Body of Light in the presence of his initiated disciples and became the synthesis of the 32 chemical building blocks of intelligence within the Mystery of the Logos, seen as the Lak Boymer, the Pillar of Light connected to your spine, which called down the Christ Body of Light through the 33<sup>rd</sup> degree to inhabit the Christ Jesus Body. This is the explanation on how to materialize and de-materialize. Our Light Bodies have colors up to the 33<sup>rd</sup> - then it becomes clear.



In The Star of David, 2 pyramids merge together having 12 inner and outer corners, where the center, as 13, represents the Spirit descending merging with the ascending body.

#### 4. The Mayan Natural Time calendar

**About The Mayans:** The Mayan tradition was at its height during 200-900 BC. Around the year of 1000, the Mayans left the big cities and settled down in small villages deep inside the jungles because they predicted, and knew, that someone would come to destroy their civilization. When The Spanish came in 1600, they found only the ruins of the Mayan civilization. The Mayans know how to survive. Today there are about 14 million people living in Guatemala, half of them are the Mayan Indians.



The Mayan Natural Time calendar, also called the T'zolkin Calendar, is based upon the primal mathematical system that is found throughout nature. It is a perpetual 260-day calendar created by the permutations of 20 symbols and 13 numbers. This cycle is not based on the movement of our Sun, the Earth, or any other planet in the solar system, but is synchronized with the movement of energy and consciousness within our Galaxy and can be referred to as the galactic spin. All the other cycles of stars and planets are built into, and follow from this calendar. The Mayan calendar relates to the 64 hexagrams of the Chinese system, I Ching, which is one of the most precise astrological horoscopes. Through this most



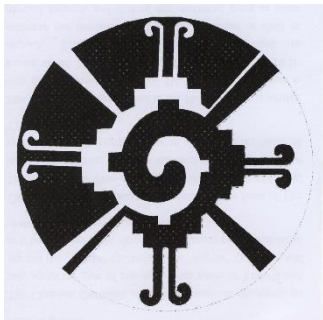
The Mayan Calendar

amazing, but simple coded wisdom, the entire workings of the Universes can be understood. This present calendar ended in the year 2012, which has been read as the end of time, the Doomsday in other traditions, but is the beginning of NO Time, therefore no more calendars.

The 260-unit grid of the Mayan calendar is the result of the combination of the numbers 13 and 20, creating a matrix of 260 combinations. It holds the 13:20:33 vibration. A woman's pregnancy is exactly 260 days. And the Mayan children get the name of the day they are born, so they have their Spiritual name right from the beginning aligned with the Universe and their Divine mission.

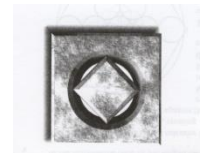
This sophisticated system can map time for more than 10 million years. There are 52 years in one cycle and a leap year once every 5200 (5,125.3661) years. This 5200-year cycle is called an Ajaw by the Mayans. Each one of these Ajaw's is dominated by one of Nature's elements such as Fire, Earth, Air or most recently Water and female or male energy. All three previous Ajaw's ended dramatically with ending of the human civilization as such. The 5<sup>th</sup> Ajaw started the 21<sup>st</sup> of December 2012 and is dominated by the element of Ether - Liquid light, and the emergence into NO Time. This period brings harmony and the return of consciousness and the female and male energies will merge. In 2064, the Maya expect a new and more balanced humanity will be manifested. But within the last few years they have changed this date several times to become much earlier.

In the Western way, we think time is going forward in a straight line. That we go from past to future and that the world history goes towards continuing higher knowledge and enlightenment. But for the Maya, time and space, called "Najt", are the same. Previous events and themes come again, but every time on a higher level/frequency - like in a spiral. The more knowledge you have about the past and the cycles of the calendars, the more precisely you can make prophesies about the future. That's why it is so important to honor and listen to our Elders, like the Maya do, because they have the greatest knowledge and insight and a special gift to travel in time/space and predict the future. Everything exists in this present moment of Now, both the present, past and future.



The ancient Mayans have discovered the mathematical nature of Living God in the frequencies of number 13 and 20. 13 is symbolically illustrated with a circle and 20 with a square. The square within the circle is the symbol representing **Hunab K'u "The giver of movement and measure", "The breaker of gravity and time"**. Hunab means

"God" or "source" and K'u means "pyramid". It may seem like God is in the pyramid, and that our physical bodies are also the pyramid and contain God within, the quintessential Father God Consciousness within (The 33<sup>rd</sup> Degree = quint-essence). Understanding the power of 13 and 20 as the Mayans do helps us awaken Father God within us all.



In Traditional Chinese Medicine the body is illustrated as 2 pyramids, yin/yang.

Hunab K'u is the Heart of All Beings and each of us is connected through our own heart. It is through this resonant circuit that the center of the galaxy transmits all evolutionary programs and memory patterns to each respective star system.

The 13:20 frequency is aligned with lunar time, solar time, planetary time and galactic time, and our bodies are naturally calibrated to this cycle. We hold the Natural Time codes in our 13 main joints and our 20 fingers and toes. Since Hunab K'u is The One Giver of Movement and Measure - the expression of Spirit and Soul, Spirit uses the 13 joints to express movement through our bodies and Soul uses the 20 fingers and toes to define and measure matter by counting and creating form.

A Thumb measurement for example is well known by craftsmen and in Traditional Chinese Medicine where 1 cun is the width of your thumb to precisely measure your body. For example, there are exactly 3 of your cun from your spine to the edge of your shoulder blade. So, by measuring your thumb, which is your cun, you can measure your whole body.

The entire pattern is infinitely interconnected with itself. The result of this property concerns a resonate interconnection in that each unit essentially contains the whole pattern. This is a fundamental property of all holograms, mainly that the whole is contained within each part. Moreover, because the Tzolkin Calendar integrates the 13 galactic pulsations and the 20 frequency possibilities within each pulsation, the entire matrix defines the smallest field of possibilities and permutations which codes and accommodates for all manifestation of being within our galaxy. Simply

put, the T'zolkin is a multidimensional holographic reflection of the Hunab K'u. In effect, the 260-unit harmonic circuit of the T'zolkin contains codes for many levels and scales of reality simultaneously.

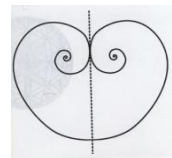
The Mayans say that merging with the center of the Universe helps us understand the reality from many perspectives, without losing our center. They call this aumni-perspective - the ability to see things from all perspectives, with a non-biased and non-judgmental perception. As we witness from many perspectives, we can no longer judge each other and will begin to allow each member of humanity to express their uniqueness of the Creator, God. We will become galactically aligned and empowered. This is an utmost important step towards creating oneness and a peaceful non-judgmental world with a natural allowance within humankind for all life realizing and becoming a beautiful part of a much larger whole. Ultimately this will lead each of us to energy independence and reconnection with the source of creation as we tap into the sustaining energy of Hunab K'u. When we merge our personal perspective with aumni-perspective, we create a completely harmonious world. We become aumni-centered and begin to perceive everything through aumni-perspective, which enables us to live in non-judgment and in acceptance of all human experience as revolutionary steps towards the source in the Great Central Sun.

The most positive effect of this frequency is that it corresponds to the natural cycles of our Earth and galactic whole, so by consistently aligning ourselves to cycles of 13 and 20 we synchronize with the organic structure of the Universe's multidimensional flows of non-linear energy. This alignment is necessary for us to attain Spiritual harmony in life and with nature, and for the retrieval of galactic information.

According to the Maya, you have to develop your intuition and communication skills before you can develop your visionary abilities, your ability to travel in time/space. But first of all you have to find out who you are yourself. When you know yourself, you can start researching the reality, and then you'll find out how many dimensions really exist.

Now it is a fact that the spiraling of time is so rapid that we experience our thoughts manifesting instantaneously and sometimes even before they are consciously captured in our mind. As the higher aspects of Higher Self and I AM Presence are merged into our Physical body, so our thoughts seem to manifest ahead of us, or more precisely ahead of our analytical monkey brain. Since 2012 has already manifested itself, we have indeed entered NOW-age.

So as the harmonic ratio of the three numbers 13:20:33 was understood by the Mayan, in their deeper understanding of Cosmic time, they knew that this frequency was encoded in all living forms of creation. This inner wisdom was the secret of all creation itself. This ratio exists as the seed of unconditional love in every cell, every molecule, and every atom, representing the spiraling energy that exponentially advances upon it, holding the Golden Mean ratio within its pattern of energetic potential. It represents time that moves in the form of a sphere and the energy of unconditional love that is the fundamental force governing all that exists.



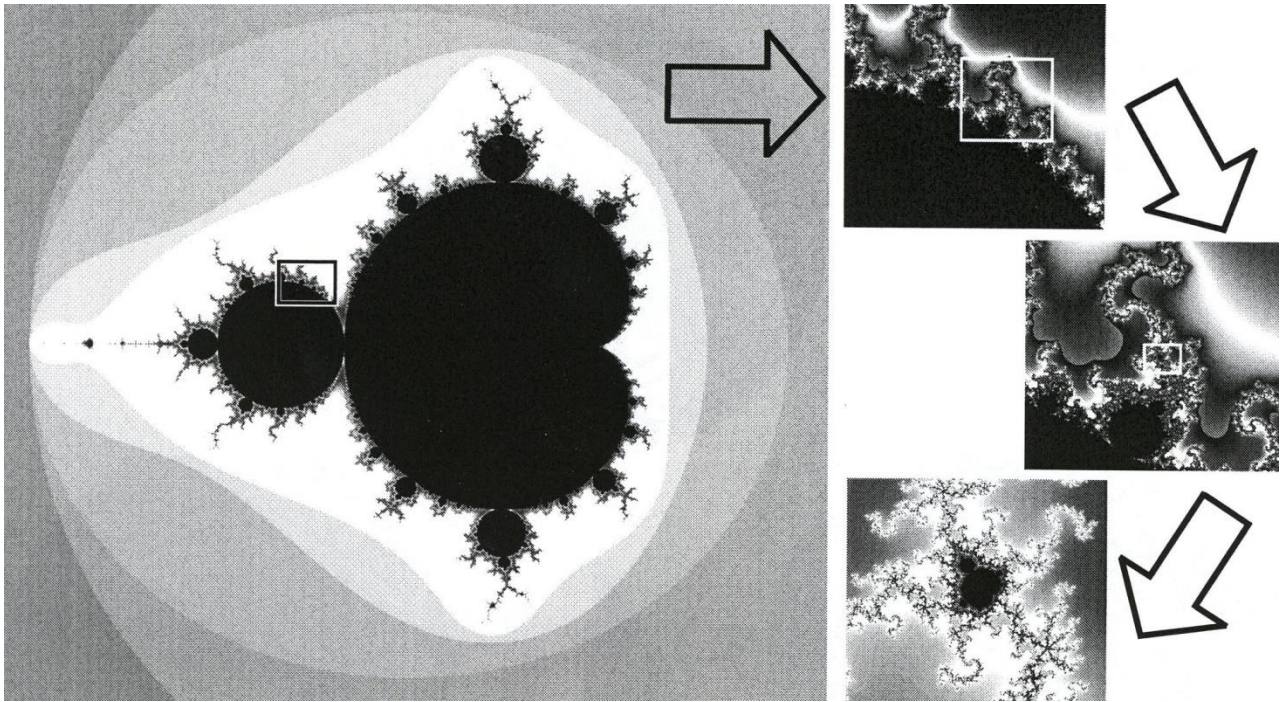
The Golden Mean Heart Diagram is two golden mean spirals coming together.

Rotation is our definition of time; when we thought intend to accelerate our golden mean spiral within our Aumkabah activation, the continuous spiral effect creates infinite fractality rotating faster than the Earth in relation to the Sun, we then travel into the future and into higher dimensional worlds. Compare the fractal recursion of the two golden mean spirals, infinitely self-repeating and self-generating, to the Mandelbrot Set recursion pictured below. Fractality exists in simple patterns as well as in complex ones, and therefore represents an aspect of the Universe that transcends chaos and order.

The triangles in The Shri Yantra Pattern (representing the Universal Sound **AUM**) are used to construct the golden mean spiral and exhibit fractality as well. The four "doors" on the outside represent the four directions and elements with the 5<sup>th</sup> element, the essence within its center.



The Mandelbrot Set is the ever-expanding fractal waveform pattern of the Universe. This consecutive series of zoomed images show the infinite recursive of fractals, and their tendency towards self-similarity.



You don't have to look far to find the self-generated and familiar shape of the Mandelbrot Set re-emerging from the ordered chaos infinitely surrounding it.

**GOLDEN MEAN** - The Golden Mean Spiral is a special type of spiral which is created in nature according to what is called the Golden Mean, Divine Proportion, Fractality, which is simply the ratio ( $\phi$ ) of 1 : 1,6180339....coming from Fibonacci's series, a numerical list whereby each new number is the sum of the previous two numbers: 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144...ad infinitum = number of Infinity. Regardless of how large the spiral becomes; the ratio of its dimension remains constant.

The ratio ( $\phi$ ) unifies and correlates the following phenomena:

- fundamental biological phenomena as cellular and physiological rhythms
- Cyclical events in botany as vegetative cycles etc.
- Cycles in zoology as counting of livestock, number of fishes caught etc.
- meteorological as weather cycles
- the physics of the movements of the sun and Earth
- the ebb and flow of human emotion as seen in financial market activities
- historical events such as wars and population levels
- cycles of criminal behavior
- Earthquakes and other natural disasters

## **5. The Equinoxes**

There is an astrological system that Earth transits through. Many of the ancients like the Sumerians, Tibetans, Egyptians, Cherokees, Hopi, and Mayans refer to this same 26,000-year cycle in their mystical belief systems and each has developed calendars based on this great cycle.

We completed the 26,000-year Grand Cycle of the Equinoxes in 2012. For the last few decades, there has been a series of notable celestial events like eclipses, great planets passing close to us, transitions and stars lined up forming sacred geometry etc. Never have we experienced anything like it, but they all have a direct correlation to the galactic timing frequency of the Mayan Calendar, the end of the current "water element" 5,200-year cycle, and the initiation of our planet into galactic civilization. These serve as activation portals for the consciousness programming of our planet.

The Precession of the Equinoxes is the greater stellar movement that is indicated by much larger cycles. Our Solar System is revolving around another system with its Central Sun being Alcyone in the greater Pleiades system. The



Alcyone system rotates around yet another system, and so on until we arrive at the center of our Galaxy. The Galaxy then rotates around yet another system and so on. There are indeed different levels of Infinity, and that everything comes from the One, and then returns to the One again is well-known in the ancient's wisdom.

At Equinox, currently occurring approximately March 21 and September 21 twice every year, the Earth is tilting slightly on her electro-magnetic poles in her elliptical orbit around the Galactic Core, marking the changes in seasons. Since the Earth's axis of rotation "wobbles" like a spinning top, the timing of the equinoxes may change slightly too. This change in the timing of the equinoxes is known as Precession.

The Equinox is where the time of equal day and night marks the natural way in which the electro-magnetic poles are balanced and tilted back to their original position. It is a slight tilt for them to return into balance, hence the equilibrium is maintained in nature and all forces. This is the alchemical process of the Earth. Tilt, release, and re-balance. The fact that Earth does this is assisting us in the most magnificent way to keep balanced and evolving, in a graceful Cosmic dance. What Mother Earth she feels, we feel.

It is at certain points in these larger cycles, that periods of great transition occur, whereby entire star systems are inter-dimensionally moved into new places within their more immediate greater systems. The movement of the Earth is one such ascension as she goes back to become a star of the Sirius Star system, and actually representing a movement of many systems at once. Our Universe is ascending.

It is a fact that when the energies on the planet become dense and are not released, the electro-magnetic connection of the poles gets weaker and then the poles could shift completely, destroying all life on Earth in such a shift.

Due to Divine intervention, and the combined efforts and meditations of thousands of light workers around the world in the last few decades, such disasters have been prevented from happening.

We have empowered the electro-magnetic grid, also called the Intelligence Grid, the Christ Consciousness Grid, and the Super Consciousness Grid, which is holding the electro-magnetic poles in place, and is actually a Holomatrix like a compact Flower of Life of light and unconditional love infused by our collective consciousness of positive thought-intensions.

Originally this grid was quite thin and only around the Planet over the top of our crown so to speak. Because of our light work, this grid has descended to reach our crown, then our 3<sup>rd</sup> eye, our heart and is now being drawn through our Light Body structure and manifested within and around us. By focusing on the Sophia-God Light-Connection this Christ Super Consciousness Grid is drawn through your body into the Heart Core Center of dear Mother Earth assisting in keeping the electro-magnetic poles in place, balancing and preventing disasters.

This is a time of great celebration used in the past by the indigenous peoples to honor Mother Earth and rejoice in these times. So, we must take time to join these Equinox celebrations as they are the very important times of great shifting. and with our being a part of this glorious age, they make us aware of the energetic consciousness leaps that will lift the Earth and the human race into a new Earth Reality so we can participate in the grand celebration of all the Divine souls who re-dedicate themselves to the Divine Plan.

It is of the utmost importance at this time to be practicing meditation, loving kindness and compassion, creating balance within and carrying the individual responsibility and power supporting our Mother Earth in this vulnerable time, where our light work has the greatest influence on the entire ascension process ahead, not just for our dear Earth, but for the evolution of the entire Universe of all life forms.

Summer / Winter solstices: The longest and the shortest day of light, approx. the 21<sup>st</sup> of June and the 21<sup>st</sup> of Dec. The scientific/metaphysical explanation for the importance of the solstices is the time of reprogramming and initiation. At the time of solstices large quantities of solar energy enter either the north or south magnetic poles of our planet. This large influx of energy contains an energy/consciousness program from the solar mind that programs the magnetic grid of our planet for the next six-month period. The program also carries with it galactic energy from the stars of constellations that the Sun and Earth happen to be in alignment with at that time, and so is an attunement to the energies of galactic synchronization that emanate from the Galactic Centre.

Our planetary shifts have aligned the planet with the galactic plane. This has clearly signaled the end of one era and the beginning of another. There were a series of astronomical events in quick succession at this end of time 2012 and 2020. The need for humanity to align and balance itself is still strong.

## 6. The Qabbalah

As we progress through the various levels of awareness, we learn that the Qabbalah, the ancient Tree of Life also holds this frequency of 13:20:33. The Basic Tree contains ten centers called sephiroth (individually sephira), which are connected by 22 paths. YHWH (NOT Yahweh!) is at the very top. The comparison between the Qabbalah and the Mayan Wisdom will bring us to an understanding of the similarity between the ancient paths of wisdom. In the whole Qabbalah, there are many levels of wisdom that lead one to the 33<sup>rd</sup> Degree vibration, where the culmination of human experience is to merge with YHWH, the unspeakable name of the Divine, the sacred name of God. The tetragrammaton of the name YHWH (Yod-He-Wav-He) in the Hebrew language through gematria reduces to 26 (Y=10, H=5, W=6, H=5), Existence-Life-Copulation-Life, expresses in existence the two lives (that of the container or physical support, and that of the contained or inner life), that fertilize each other. This double impregnation can only occur in Man and if it does not occur, YHWH is imminent but unborn. This secret code '26' is encrypted in the wisdom of the Qabbalah, the Mayan Calendar (260-unit grid=26) and also in the Holomatrix configuration that forms your Light Body structure. The harmonic of YHWH is also 26.

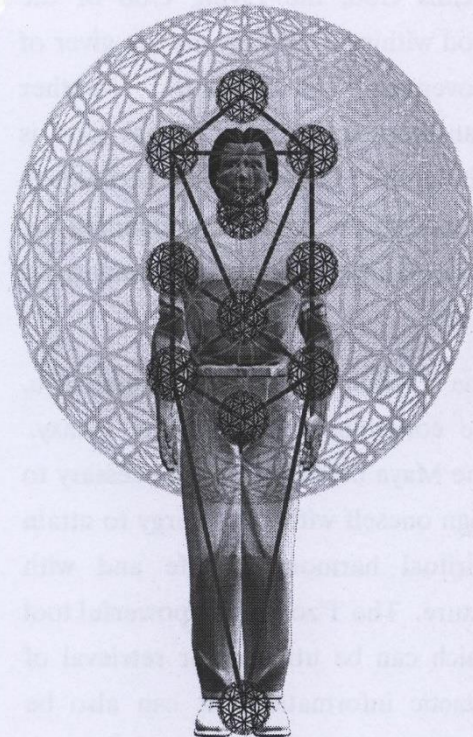
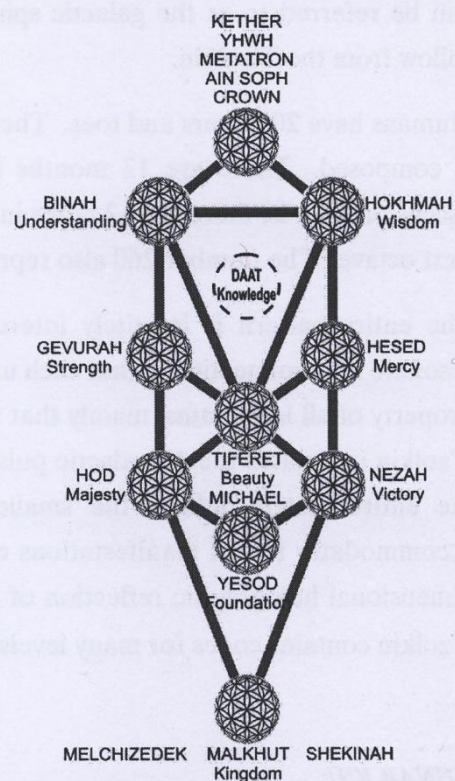
Our sun rotates around its own axis in a 26-day cycle!  
We will lose the shadow when we become like the Sun (son of God), radiating from within. And so will our planet become a star, through us.

The word Qabbalah finds its root in the Hebrew word Qibel meaning 'to receive by oral tradition'. Qabbalah refers to an oral tradition of esoteric or secret knowledge, the hidden teachings concerning 'essentially' the mysteries of Nature. The Qabbalah is an ancient Hebrew mystical system of thought, symbolically representing the path that the Divine followed in the creation of the Universe, and is by definition, humanity's process of returning to divinity along the same path.

The Qabbalah is the science of the many Universes of higher intelligences that serve the Godhead. Qabbalah cannot be understood exclusively in the language of man. The student or initiate or servant of the scriptures is trans-teleported into the higher dimensions where he/she is directly taught the knowledge and the wisdom of the Qabbalah, and also the discernment of "what to reveal" and "what not to reveal". The Qabbalah can only be received by those initiates who have completed their mastery of the basic scriptures, here referred to teachings of a certain frequency.

The various pathways that the soul undertakes in its Spiritual growth, are akin to the inner ascent mentioned in the Qabbalah and also similar to the awakening of the Kundalini or mastery over many sciences like astronomy, astrology, numerology, Vedic knowledge and the completion of one's education through many inner schools known in ancient times as mystery schools.

### THE BASIC TREE OF LIFE / QABBALAH



The Image of Adam Kadmon related to The Tree of Life / Qabbalah



The Christian Qabbalah and the literature of the occult go only up to the gate of the mysterious name of YHWH and are not the 'higher' Qabbalah, which will only be revealed to the sincere practitioners by the emissaries of the living messages of YHWH. So how much will be revealed for you of the precious Qabbalah is depending on your commitment to YHWH, God.

The Mystic Board from the Christianity Church in Cairo, where in the basement, Mother Mary was hiding with Jesus, escaping the killings of all the small boys at that time to find the Son of God.

Blood is continuously coming out of a pillar in this church.

History says that Moses was found in a basket coming down the stream in the basement of this church too.

Image of the Holy Grail contains the wisdom and connection to God, and the 7-armed candle holder with YHWH written above.

When you turn this image upside down, the wisdom of God is pouring out, which is disconnection, and the candles will not remain lit. The name of ALLAH is written below.

Observe that YHWH in Hebrew is ALLAH in Muslim upside down!!!

## **Preparation for your Aumkabah Light Body Activation and Basic Technique for Meditation**

### **Building your Aumkabah Light Body Field**

The building and composition of your Aumkabah, which is your inter-dimensional vehicle, your ascension, your protection, and your healing chamber, is ALL that you ARE.

This you visualize around you every day before you begin the daily meditation/DNA activation and healing. With practice this Aumkabah Field around you becomes activated very fast. It takes so little effort.

The components of your Aumkabah:

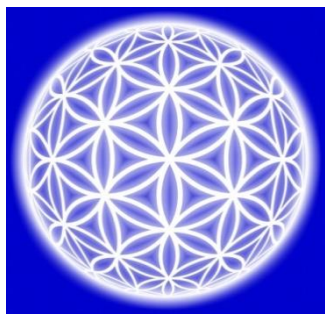
1. 3 Sophia-God Holomatrices around you containing the time/space continuum within.
2. Sophia-God Sanctuary Ascension Portal
3. Eye of Father God
4. Sophia-God Light-Connection
5. Sophia-God Golden Heart Octahedron
6. Infinity Master Creative Symbol

### **Basic Technique for Meditation**

Creating your Aumkabah field around you and using these 3 techniques shown below is truly enough to attain enlightenment. The more you use this knowledge and these techniques, the faster you will be enlightened. It is entirely your own choice.

1. Hand gesture/position: Heart Mudra
2. Breathe
3. Thought-mind Clearing

## 1. Sophia-God Holomatrix of Love with the Time/Space Continuum



The Sophia-God Holomatrix of Love is the combined essence of the Heart of Mother Sophia and the Heart of Father God and is forever holding within its Infinity, the highest potential frequencies of light and love (color, sound and vibration). The Holomatrix of Love is the main part of your Aumkabah - an aumni-dimensional mainly clockwise rotational vehicle of Living Light (Aumni-light), Spirit (Ka) and Body (Bah). It is an automatic transmission to travel throughout this Universe and beyond accessing the unified fields of consciousness and time, reacting to thought-intentions of Living Light and Love only. When you visualize the Aumkabah around you and give the command to activate, the Holomatrix sphere will lock all the sacred geometrical shapes within its structure and automatically expand to Infinity. There is NO force other than the power of your thought

that can stop this process. Fortunately, your higher aspects will not allow you to stop your own evolution! It is really all you need to reach full enlightenment. That is why this structure is the most important one throughout the teachings.

Its rotation aligns you with the Galactic Core, the Heart of God God, the Core of Mother Earth, and Heart of Sophia. The two Cores go clockwise, whereas the surface of Earth goes counterclockwise. As we are in true service of Sophia-God, we have to keep ourselves aligned to secure our ascension process and to create Heaven on Earth by synchronizing, through morphic resonance, and achieving a unified ascension process. The clockwise rotation of your Sophia-God Holomatrix will draw in energies directly from God Source into your Light Body fields, and enhance the light quotient in your bodies. The counterclockwise rotation will accelerate the clearing and release of your lower bodies, facilitating a faster transmutation of un-serving thought forms.

Your Aumkabah will typically rotate in both directions to begin with and ad or release energies at Aumni-Light Speed. When everything has been released, the rotation will be clockwise only. But if a new issue appears, your Holomatrix will rotate counterclockwise again. You will get practice in how to control this process with adding and releasing by the power of your thought according to your own needs, but you must know that even if you do not focus on this, your higher aspects will take care of this process automatically. The more conscious you become about this, the faster it works though.

The Sufis bring themselves to these states via dance, spinning their bodies clockwise in high speed for as long as possible. Tibetan exercises also contain body spinning around its axis for a certain number of times. The rotation of our Aumkabah field is not a new technique at all.

By consciously visualizing 3 Sophia-God Holomatrices of Love rotating clockwise around you connected to your 13<sup>th</sup>, 20<sup>th</sup> and 33<sup>rd</sup> chakras, you constantly align yourself with your higher aspects of your higher self (13th), your I AM Presence (20th) and your I AM God (33rd). This will make your connection and communication with your innermost self, your true inner voice, both clear and perfect.

Remember! The Sophia-God Holomatrix of Love is All that You are. It is all your aspects, Light Bodies, aumni-dimensional beings, thoughts, radiation, possibilities, abilities, potentials, strands of DNA etc. It is All infinite. Your Holomatrix contains lots of smaller spheres that begin to rotate in unison upon your activation.

All that you now receive from the macro-cosmos of frequencies, encodements, and initiations... etc....all that is of the highest good for you, will automatically be captured by this Holomatrix of Sophia-God and poured into your being, activating your DNA to aumni-perspective, aumni-potential, aumni-presence, aumni-sentience, to beyond Infinity, beyond ecstasy. The Sophia-God Holomatrix of Love will hold you in unconditional love and is a tool for you to expand your consciousness to reach enlightenment as swiftly as possible.

As you focus upon it, just feel its crystalline energies and breathe with this brilliant love light energy. Remember, as you activate this amazing sphere of light around you, all the basic platonic geometric shapes get phase-locked within your Light Body structure. As you activate your Sophia-God Holomatrix of Love you will automatically activate your Light Bodies and trigger the morphic resonance pulse as a waveform pattern influencing the rest of humanity bringing all of creation into the same frequency. You will expand through the spherical reality of No Time into Cosmic and Galactic Time into Now Time Consciousness.

Morphic Resonance is like a little rock thrown into a silent lake creating rings in the water and after a while a bigger wave can be perceived at the shore. ripple-effect. Morphic Resonance is how the smallest has the biggest influence.

With the little, you can easily Create the big Paradise!

But remember that your Holomatrix reacts on thoughts of light and love only, which means it can only do good. You will begin to create good experiences and good karma only. When you begin consciously projecting a Holomatrix out with a command of thought and breath, knowing that only if it is for the highest good will it manifest. You will be amazed at how quickly it works and how it works! You may also be amazed in that which you thought was for the highest good right now, seems to be delayed while an alignment is first taking place. It is higher intelligence in action. And it is also beyond our senses to understand. Divine amazement and wonder is a lovely thing.

### **The Time Space Continuum**

The Time Space Continuum has been a bridge between two dimensions; the 3D in front of you and the 5D and beyond behind you. A so-called continuum or passage through which Higher Intelligence can move through, from one Energy Universe into another. Your Time Space Continuum allows you to transverse dimensional barriers, accessing other dimensional and time realities. The spine and the chakras have been the support system of the body connecting the two worlds, the one in the front and the one in the back.

We were created with senses to see, smell, hear, taste and even hug on the front of our body, so we can fully experience the 3D (3<sup>rd</sup> dimensional) world. The entry point to the 5D (5<sup>th</sup> dimension) and beyond is through the heart. This entry point is also called the Divine blueprint, the white spark of light, the ascension portal Infinity point, the connection point to God Source, and the Eternal Now, the Zero Point.

Your angels, guides, and Spirit teachers actually connect with you through this entry point, coming in from the 5D and beyond. So, when you feel protected by Angels, they are coming through the 5D and from within you through your heart. It is also through this entry point that you travel in time space on all your Spiritual journeys, as well as in dreams.

Beings that aren't fully enlightened experience physical death. Enlightened Beings do not experience physical death in the same manner. They experience ascension, which is a shift to higher frequencies by increased absorption of light. They ascend with their Physical body, which becomes less dense and more translucent.

The experience of physical death is that the Time Space Continuum simply surrounds the body. It wraps itself around the body drawing back the Soul or Light Body through the heart into the Source of Eternal light, into the NOW. The Physical body collapses as the Light Body leaves, giving the illusion of death of matter.

Almost anyone who has shared their near death experience describes the tunnel with light at the end. They are drawn into their Light-Connection, their Pranic Tube by their Time Space Continuum.

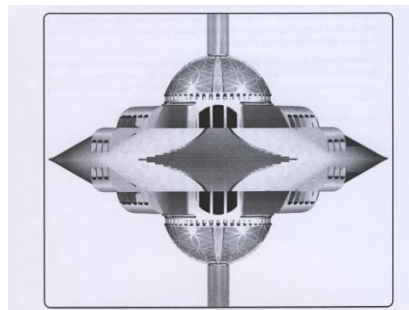
On the other hand, an enlightened Being experiences the Time Space Continuum actually surrounding the body, activating a 360 Degree spherical vision, which enables the body to release all density to dissolve into light, and to perceive all matter as light. The Soul begins to vibrate at a much higher frequency and begins to pulse at pure God-Conscious vibration, as it simply enters the heart and expands into the same Eternal Light. Here, the Physical body also dissolves into the same light, as it is of the same frequency, and cannot 'die' as there is no separation between the physical and Light Body. They are one and the same.

Caused by the higher frequencies of today, the Time Space Continuum has now completely surrounded your body so it is there all the time. This means that you have the higher dimensions constantly around you dissolving the last vestiges of the 3D world. And by activating, you are enabled to sense everything around you very rapidly, as your senses are now placed on the backside of your body too. You also begin to have a completely clear contact with your angels, guides and ministering angels. You begin to sense these around you much more clearly than before.

The Time Space Continuum is now like a Holomatrix of light around you with all Time Consciousness Encodings. You just need to know this, and it will be activated by one single thought, automatically together with your Sophia-God Holomatrix of Love.

## 2. Sophia-God Temple and Ascension Portal

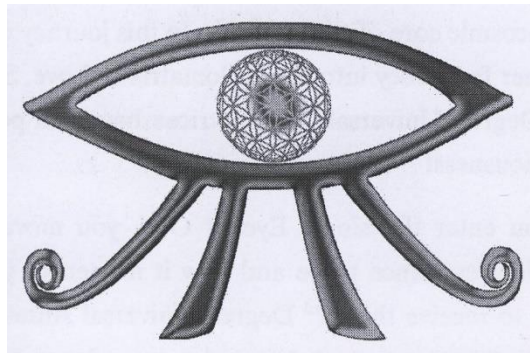
It is a Temple with no religion. It is a Sophia-God Temple and Ascension Portal of love, power, wisdom, peace and unity. It is for all of humanity that is seeking the higher dimension of light and love, which is ascension. The pure powerful frequencies of this present Temple will manifest the ascension instantly. We are to realize that we are all Temples and that we can all share these frequencies with others to help them ascend. At this end of time we must become travelling Temples to reach all of humanity, as they may not have the possibility to come to us. You visualize this Temple structure carrying the time code of 13:20:33 above and beneath, encapsulating you. It is exactly like other known structures such as the pyramids, which also have their counterpart underneath the ground so that they actually form an octahedron. You will be initiated into travelling through these structures later in the teachings.



## 3. The Eye of God

The Eye is a well-known symbol used throughout many ancient as well as modern traditions, as The Eye of Horus in Egyptian Mystery Schools and The Eye of an Eagle amongst the Native Americans just to mention a few.

Here we call it the **All-knowing All-seeing Eye of Father God**: The single undifferentiated Eye was designed as the original blueprint for creation that is the creation behind creation and is encoded in our DNA. The manifestation of that blueprint is carried out by our Higher Selves through the Divine Eye. New creation or regeneration of physical evolution is activated by this same process. It allows the activation of templates, so we receive new frequencies of light.



The light of the body is the eye. "If therefore your eye be single, then your whole body shall be full of light". You do not see two different views with your two eyes, but a single view. But with two eyes you actually have the ability to perceive both the 3D and the 5D, and beyond, bringing this into a single view of Oneness. It is similar with your ears. Your eyes are directly connected to your 3<sup>rd</sup> eye and pineal gland. It is recommended not to use sunglasses but receive sun light through the eyes (but not looking directly at the sun except at sunrise and sunset), activating both your 3<sup>rd</sup> eye and pineal gland to enhance your Spiritual evolution. It is for a good reason that the sun light is becoming stronger at this end of time.

The light receptor of the body is the Single Eye; it is the 3<sup>rd</sup> eye, the pineal gland of the brain. Normally it closes when you are awake and opens in a meditative state (where your body will be filled with God). As your pineal gland starts its expansion automatically, the Single Eye will become open at all times. The Pineal Gland is the light receptor of the body. So, if we assume God to be light then it is the God receptor of the body. A conclusion has been made that the Pineal Gland was the place where God and man met, The Seat of the Soul.

In all ancient cultures the Single Eye carries the mystical power of the Universe. The Eye of God in the Universe is the opening and entrance to other Universes. NASA's satellites have taken pictures of this very visible eye.

In these activations you will seat yourself in and travel through the All-knowing All-seeing Eye of Father God. Here the God Source will scan your light/love frequency and know exactly what new encodings you are to receive to continue your ascension process.

#### 4. The Sophia-God Light-Connection

Lak Boymer - Lay-oo-esh means Pillar of Light or the Divine Chord of Light that connects the human to the Divine. It is the Rainbow Bridge or chakra Light Connection called Antakarnah in Indian/Tibetan tradition. It is an intelligence antenna going all the way down to the Heart of Mother Sophia, and up to the Heart of Father God containing all your chakras and Light Body connections connected to your spine and encompassing your entire body. It is your Pranic Tube from which you can decide to breathe pure air only with a thought. It is also the tunnel with light at the end described by many of those who have had a death experience.

Here we call it The Sophia-God Light-Connection, which is also your intelligence antenna and 12-strand infinity super DNA stretching itself up through all the portals going through Arcturus and the Pleiades to The Orion 5D Portal and beyond to The Galactic Core in the Great Central Sun, and Heart of Father God.

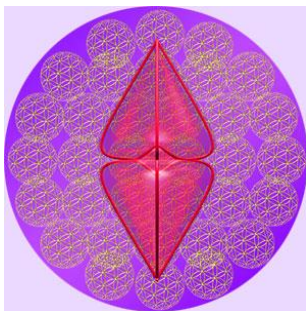
It is through your Divine spark of light, your blueprint, your ascension portal Infinity point in your heart, and in this Light-Connection that you travel to other dimensions and time realities.

The North Pole is the entrance to the heart of the Earth Sophia and the center of the Earth plane. The Earth has always been flat and stationary, with a plasma dome above us, where The Sun and Moon are disks rotating in solid orbit above us, as well as other planets and stars that likewise take their orbit around the stationary North Star, of course located directly above the North Pole. It is in recent times we have been falsely programmed with the fact that the Earth is round. We are also kept away from the North Pole and the entrance to Paradise, which is our human right, which is why we ourselves make the connection and thus manifest a new reality and God's goodly timeline for ourselves.

It is highly recommended that you focus on this Divine connection every day. It keeps you in contact with your true self, your God potential, your inner voice, your guides and angels, and to your equally important earth connection.

"If you want to go up, you have to go down" - Native saying. If you want to be truly spiritual, you have to be earthly. The higher up you want to go, the further down you must root yourself, otherwise you will never find the balance and the basis for going up into a higher realm. All that you are must join you.

#### 5. Sophia-God Golden Heart Octahedron



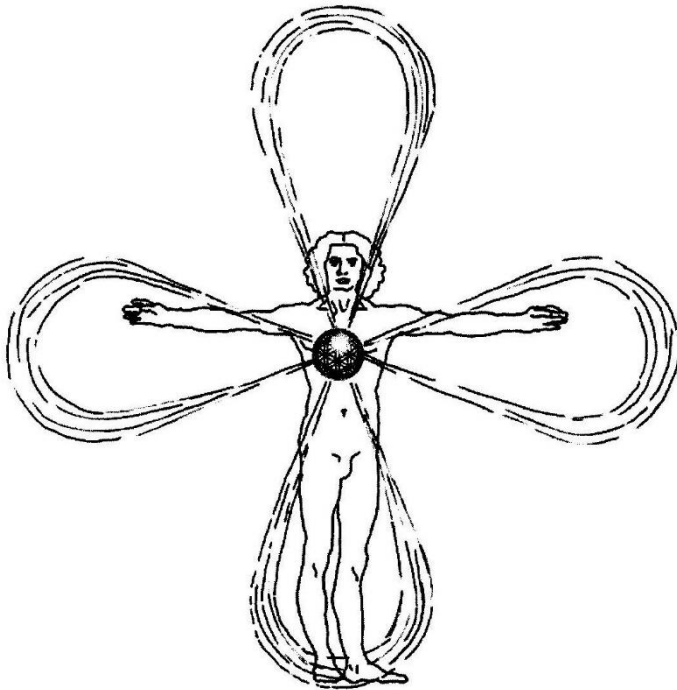
It is incredibly important that you draw in the pure true essence of the Heart of Father God God down through your light-connection and all your chakras into your heart, and draw in the pure true essence of the Heart of Mother Earth Sophia up through your light-connection and all your chakras into your heart. You merge the energies creating a Sophia-God Heart Octahedron in the color of Gold rotating slowly clockwise around your heart. You are the **Sophia-God Golden One-Heart Being**.

Expand this Sophia-God Golden One-Heart Octahedron out to encompass your whole light structure and further out encompassing all there is pulsating the essence of Sophia-God. This is indeed a powerful tool which has huge benefits when you manifest it around everyone and everything and with everyone and everything. One thought creates it. But

practice makes mastery!

## 6. Infinity Master Creative Symbol

This symbol has many very powerful purposes, which is why it is called the Infinity Master Creative Symbol. Visualize yourself within this symbol or visualize this symbol around you, so you are the center of this 6-pointed infinity star.



The Infinity symbol with its center in your heart represents the **Holy Grail**, and the **Twin Flame Love**.

The vertical infinity symbol represents the elements of **Air** (circle above) and **Earth** (circle below) as well as connects the Alpha chakra, about 1 meter above your head, and Omega chakra beneath your feet. So this symbol is activating your multiple chakra system into a three-chakra system, the **Alpha - Omega - One-Heart Chakra System**. Eventually, which is sooner than you might think, you have only one chakra spinning, the Heart chakra. Then EVERYTHING goes through the heart.

The horizontal infinity symbol with its center in your heart represents the **Feminine** (left side) and the **Masculine** (right side), the horizontal **Twin Flame Love**, and the element of **Water** (left) and **Fire** (right).

The horizontal infinity symbol in line with your heart (not pictured here) is **3D** in front of you and **5D** behind you. The center is in your heart constantly **dissolving**

all dimensional veils, enabling you to see the living truth through the illusions and adapting all your **parallel selves** with you in clear light.

The **Holomatrix of Love in Pure White-golden Light** in the center of your heart, is the core point holding it all together. This Holomatrix represents the element **Ether** and your Master creativity in releasing and adding energy according to your needs. It will spin in both directions at aumni-light speed, so fast that it looks like a galaxy (see photo). By using your thought-intention, you spin the Holomatrix counterclockwise releasing all issues, blockages, discordant emotions etc. from all lifetimes, time frames and dimensions out of your entire being. You simply clear all the windows of your Holomatrix for new opportunities to appear and manifest. After the release you command the Holomatrix to spin clockwise, filling up your entire being with the purest light and love from Source, which will be your new reality. Basically you release fear and add love instead. First you will start releasing and healing yourself through your heart from behind, and when that is completed, you will start to release and heal all others. It will be experienced as a heart expansion, heart palpitation or a "bubbling". It is indeed Divine and unstoppable too. It is a precious gift from Heaven to Earth. Why does this happen from behind and through your heart? As explained under the Time Space Continuum, you may remember that the higher dimensions are coming from behind, through you, and dissolving the lower dimensional worlds which are the only place where illness and other issues can be.



By activation of the **Infinity Master Creative Symbol** (the whole thing) you balance the 5 elements (Earth, Fire, Air, Water and Ether). You activate the **Alpha - Omega - One-Heart Chakra System**. You receive and activate the **Grail Codes**, you balance and activate the **Feminine-Masculine** and **Twin Flame Love** and you dissolve the illusions so you can see the living truth. Further, you activate the **Holomatrix of Love in Pure White-golden Light** to begin to automatically release and heal all that does not serve your highest good any longer and add all that you need to reach your enlightenment swiftly and with ease and grace.

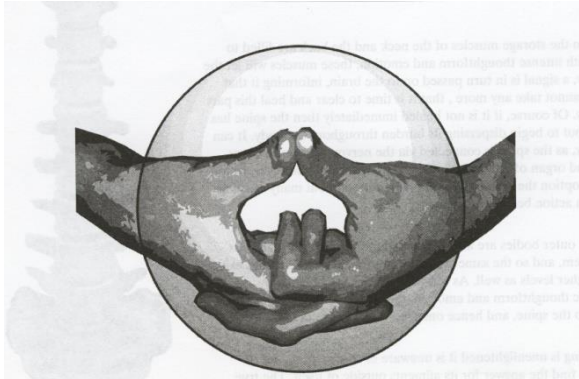
## Basic Technique for Meditation



First you create your Aumkabah field around you, as extensively described below in Your Aumkabah of Love - Synopsis, and then you use these 3 techniques below, which in truth are enough to reach enlightened state. The more you use this knowledge and these techniques, the faster you will be enlightened. It is entirely your choice.

1. Hand position
2. Respiration
3. Thought-form cleaner

## 1. Hand gesture/position - The Heart Mudra



Sit comfortably and put your **hands in heart mudra** - fold your hands naturally, let your forefingers cross, pointing towards your body with the tips pressed together. Let your thumb tips be pressed together too. You have now created a heart of unconditional love.

The left forefinger represents the pituitary gland and right side of your brain. The right forefinger represents the pineal gland and left side of your brain.

The thumbs represent male/female, yin/yang, and right/left side of body. *Feel the balance! Feel the balance!*

## 2. Breath technique

The way you breathe influences the way your thoughts manifests. When you breathe with the SO-HUM, SO on the in-breath through your nose, and HUM on the out-breath through your mouth, you are aligning yourself with the breath of the Universe, actually saying I AM THAT, aligning you with the God-Essence that you are.

When you inhale, you draw in Prana saying YES to life, and when you exhale you release what you hold, within your body and your thoughts, into the Universe.

Hence, when doing the Sophia-God Aumkabah activations, a long inhalation will bring in the highest light into your body, and a powerful exhalation with breath/blow will trigger the activation and at the same time create a release of blocked up energies.

The powerful blow is activating your command and propels your thought-intention into manifestation, instantly. It can transcend limits for most to begin with. We are not used to using our breath actively in the Western World, and therefore blockages and other issues in the throat are seen quite often. The difference between a healing or activation performed with a healthy powerful breath or one with no breath at all is essential. It is recommended to allow yourself to let go, and by doing so, give yourself a strong tool and a great gift of powerful release. Afterwards your breath will automatically change character and strength similar to your thought-intentions.

## 3. Thought-mind clearing

The **Matter-Muon Crystal Light Cell thought-mind clearing** is definitely the most important focused meditation and MUST be practiced on daily basis for you to have any chance to reach enlightenment. Through regular practice the Divine flow will maintain itself.

It is a true cleansing of all discordant thought-forms, patterns and emotions from all levels and areas of the physical, mental, emotional and Spiritual body and in all timelines and dimensions.

It is a purification of body, mind (speech) and soul. It is a release of all negative energies and karma ever made.

Create a constant flow of this thought-mind clearing together with hand position and breathing of SO-HUM.

Matter is wave patterns that move faster than light. Muons are the name of the light particles free falling through dimensions from Source.

The Matter-Muon Crystal Light Cells are sacred geometry in the form of icosadodecahedrons changing into Photon Spectrum Molecules, Meta-Galactic Zona-Crystal Light Cells, Ultra-Light Hexa-Crystal Light Cells and then Akashic Aumni-Light Aetheron Crystal Light Cells.

To understand how important these Crystal Light Cell forms are and what their purposes are, you must know the following. It is the pure awareness about them that will make it happen for you. That is important to understand. Those who do not know about their presence will not benefit from them.

Quantum Mechanics tells us that any atom or molecule will emit photons (packets of light) at a particular set of frequencies under a particular set of conditions. Any one of these special frequencies is called a "transition", and the frequency (or wavelength) where this transition can be observed is predictable according to Quantum Mechanics.

We can experience the intensity of the photon flux at different frequencies. When humans view optical light, these different "frequencies" correspond to different perceived colors. When an atom or molecule is moving, it emits a photon. The frequency of that photon will be changed by an amount proportional to the atom or molecule's velocity with respect to the observer. This means that we individually can only receive what we perceive depending on our frequency level.

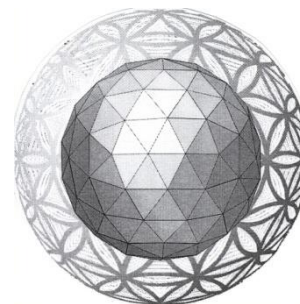
**Meditation start:** Sit comfortably with your hands in Heart Mudra, keep your back straight, jaws relaxed, mouth slightly open, and head slightly tilted forward throughout the meditation. The eyes will typically be closed.

Start by allowing a flow of golden light to flow through your crown chakra, through the pineal, pituitary and out at the bridge of your nose (3rd eye). Now create a continuous stream of holomatrices in which the Crystal Light cells are retained in the flow through your brain.

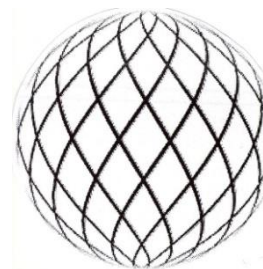
When you feel your thought-forms are cleaner with the light cell crystals flowing automatically, you follow the breath with SO on in-breath and HUM on out-breath.

**Meditation exercise** (while going through this teaching please visualize the thought-mind clearing with the following crystals at the same time)

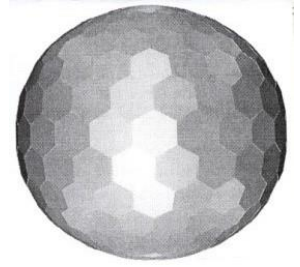
The Photon Spectrum Molecule is completely filled with packages of light energy and facilitates transmutation of all dense energy into light, as well as converting free falling light particles into instant material manifestation of pure, Divine thought, and will automatically influence your pineal fractal expansion.



The Meta-Galactic Zona-Crystal Light Cell is a Zonahedron crystal. It is an exquisite rhomboid crystal cell structure like a multifaceted sphere with many octahedron phases. It has the ability to exist in many time-space zones and goes straight through all dimensional barriers. So not only does it transform dense and un-serving thought forms to light, but they also draw Divine thought forms into immediate manifestation. It also changes the brain wave patterning, so many unused portions of the brain are activated, and a new brain rhythm is established. This belongs to one of the secret initiations of P'howa, establishing a new celestial template. Not only does it influence your pineal fractal expansion but it also is transforming your pineal into a galactic pineal.



The Ultra-Light Hexa-Crystal Light Cell contains within it, the properties of the very building blocks of creation. The basic atomic and sub-atomic structure of our DNA is encoded with the geometry of the hexagonal shape. Humans are created in the image and resemblance of the Love Principle bearing this life-giving form of the hexagonal shape within our DNA cellular structure....as an extension and expression of the God Source of All. The Ultra-Light Hexa-Crystal Light Cell will help you feel the un-serving thought forms being cleared from all your chakras and lower bodies.



The Akashic Aumni-light Aetheron Crystal Light Cell is clearing our memory storehouse, the Akashic Records within our DNA cellular structure with liquid aumni-light, purifying our body, mind (speech) and Soul for negative karma crossing all barriers of time and space, so we can attain the ability to make only good karma and be Loving Kindness and Compassion on all levels and areas of life. Visualize them from their name.

By beginning the Sophia-God **Matter-Muon Crystal Light Cell thought-mind clearing** visualize Holomatrices in a continues flow containing all sacred geometry that there is and automatically bringing the utmost Divine Powerful Matter-Muon Crystal Light Cells available at this present time directly from the Source and light-connection of Sophia-God providing the absolute perfection.

## Your new Aumkabah of Love - Synopsis

Your Sophia-God Aumkabah is your aumni-dimensional vehicle for travel and downloading. It is your sacred space. It is your protection, support and healing chamber.

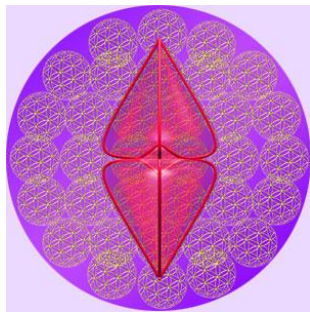
It is composed of:

**3 Sophia-God Holomatrices** rotating mainly clockwise around you connected to your 13<sup>th</sup>, 20<sup>th</sup> and 33<sup>rd</sup> chakra which activate your Higher Self (13<sup>th</sup>), your I AM Presence (20<sup>th</sup>), and your I AM God (33<sup>rd</sup>). The center of the Holomatrices are locked within your heart so you are the centre of these Holomatrices.

A **Sophia-God Temple and Ascension Portal** as God's Golden Armor over the top and one below are encapsulating the Holomatrices and are the main chamber of the sanctuary. This is a true ascension portal and true access to all the dimensions and chambers of wisdom deep within you.

You visualize yourself seated within the **All-knowing, All-seeing Eye of Father God** that which you travel through entering other Universes, and where the God Source will scan your light potential and download into you exactly what you need all along your ascension.

You visualize your **Sophia-God Light-Connection** connected to your spine and encompassing your whole body. This contains all your chakras and extends itself all the way up to the Heart of Father God and all the way down to the Heart of Mother Earth Sophia through the North Pole. It keeps you connected to the God Source, grounded and balanced.



Now it is of utmost importance that you draw in the true pure essence of the Heart of Father God from above, down through your Light-Connection and into your heart, and draw in the true pure essence of the Heart of Mother Sophia from below up through the North Pole and your Light-Connection through and into your heart merging and creating a Sophia-God Golden Heart Octahedron rotating clockwise. You are a **Sophia-God One Heart Golden Being**.

You visualize yourself in the Infinity Master Creative Symbol within the infinite 6-pointed star with the pure white-golden light Holomatrix in your heart center representing the connection to Alpha - Omega - One-Heart Chakra System, the 5 Elements, the Holy Grail, Masculine/Feminine, and Twin Flame love, and dissolving all illusions.

You are the center of this Light Structure, and this whole Light Structure is your new Aumkabah Field.

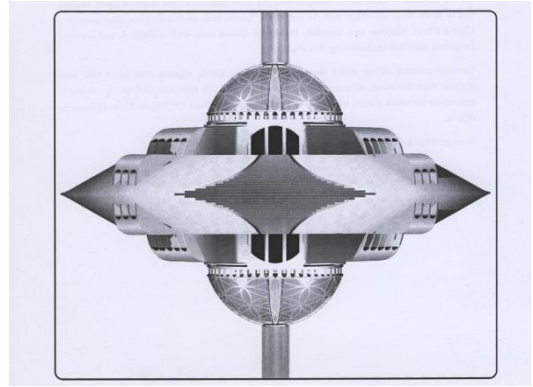
Sophia-God is the quintessence and balance of Mother/Father, Goddess/God, the unification of the Feminine/Masculine Principles, the Yin/Yang meridian and chakra balance (via the Light-Connection) and Alpha/Omega.

By thought-creating/visualizing and activating this whole light structure of your Aumkabah Field every day, you will always be at your highest potential frequency of light and love, aligned and balanced with all the frequencies continuously flowing to us from the God source. You will be sending this wonderful highest potential out in morphic resonance to be shared for the highest good of All There Is. Not only is it providing your own healing and purification of body, mind (speech) and spirit (consciousness) and your entire ascension process, but for All There Is.

With this technique you will always be divinely connected. You will always download instantly, directly from Source, if it is for the highest good of all. The gifts of all good are endless and far beyond your imagination at the present time.

With this Sophia-God Aumkabah of Love, you are now prepared to begin your long forthcoming magical journey, increasing your frequencies hastily to the beyond, towards enlightenment, with the most powerful encodings and the initiation of the Holy Grail, the Twin Flame love, the sacred Ankh-Heart of ancient Egypt, the wisdom of the Qabbalah, the Divine Kodoish into the 12<sup>th</sup> dimension and much more...followed by images and mantras, activating your 12-strand DNA package, step by step, opening to Infinity.

Your DNA is changing rapidly these days. It spirals out and spirals in, instilling itself in this dance of sacred alchemy by constantly splitting, purifying/recording and reconnecting itself until you achieve a full 12-strand DNA with 12 other layers inside.  $12 \times 12 = 144$  - ad infinitum - which is the number of Infinity, known from Phi Ratio and Golden Mean.



Recognize ad infinitum, and then your DNA will be infinite. It is the opening to your divinity and the total liberation of your soul.

You will learn that all dimensions are inside and around you. You will go straight into the Central Galactic Core of the Universe and into the presence of the Living Creator, Metatron, God and Buddha inside.

You will raise yourself step by step, dimension by dimension, and you will become aumni-dimensional with growing awareness of your appearance and mission in many places/dimensions at the same time.

You will accelerate your Aumkabah and your Light Body Field at Sophia-God Aumni-light speed, which is more than God's speed. The speed of God is faster than the speed of light, the speed of thoughts, resonating with the language of light, which is the vibration of unconditional love. So, God's speed is a term used to operate the frequency of unconditional love within your body's cells. When you are aligned to the natural time and love/light harmonies of 13: 20: 33, which are encoded in your body, Your 13th chakra enlightens your Higher Self, your 20th chakra enlightens your I am Presence, and your 33<sup>rd</sup> chakra enlightens the I AM God Self in you. You have then activated your 33rd degree light bodies, and Sophia-God Aumni-light speed, which is simply the highest possible rotating speed for your body's current frequency level. This, which is continually activated, can then maintain this divine speed with as little effort as possible and where one single thought will do so.

At the Omahara school everything comes from the One and to the One everything returns through your Sophia-God Aumkabah of Love. From order to chaos and back to order. It is what is experienced and integrated in between that makes the difference. And there are many different names representing different frequencies, activations and encodings, like crystalline, unity, cosmic, etc., and what's what? Do not be confused by the many expressions. It is advisable to simply open your heart and mind to receiving, and then integrate and then release it so that you continue your journey. So your Sophia-God Aumkabah, in reality, will not be the same from start to finish. Remember! There is no end, only beginnings. And this is how your Aumkabah's field will also accelerate the rotating speed, and your love/light frequency will pulsate out in morphic resonance with many names for pulsed waveform patterns, but they are all built into Sophia-God Aumni-light waveform pattern.

At Omahara school we are all in the same boat, sailing home to the same dock of full enlightenment. The only difference that can ever be between us is the difference in the level of frequencies and thus the enlightenment. Those who have a higher frequency of Light/Love will automatically enlighten those who have lower frequencies as our soul/consciousness always seeks the highest frequencies. In this way we all amplify each other as the frequencies naturally seek to get higher. To achieve this, we must perceive each other, as brothers and sisters of the light, equal and all one. There must be no separation. And this is reinforced at the Omahara school by having the same journey of the same name. Same dock with the same measurements. In addition, each of us is our own master, with each our plan, passion and dreams. And some reach enlightened state quicker than others. It is entirely up to the individual. Your Omahara teacher is incarnated to show you the way and provide the tools, but you must put it into daily use yourself.

Time is not just infinite, as there are many different levels of infinity. The 260 units of the Mayan calendar also have vibrations of infinity. With the encodings from the Mayan calendar, we start by entering the inner core of Earth, where the Chronogram and Akashic Records for the Earth exist. In 2004, physical time was opened here, and no time activated, which was completed in 2005. In 2006 (8-8-8) we activated infinite time, and now is the time to activate NOW-time, which will be completed by 9-9-9 in September 2007. 2008 was pure acceleration of Now-time into O-time (Zero Time) and further into immediate thought manifestation, where 2009 required of us to live in the power of the now to have a really good time. In August 2009, the potential of the Now was activated and a completely new perception of reality began, and then you yourself can describe what has since happened.

The activation of your Sophia-God Aumkabah of Love will take you through infinity, through no time, no space into the timeline of pure consciousness in now-time, where there is total fusion of the three time cycles, namely past, present and future into the Now. And you're already experiencing that. The ultimate 0.

It is interesting to note that in both the 12:60 physical paradigm and the 13:20 Mayan time, the secret of the truth of time is hidden. The only way to reconcile this is to allow the wheels within the wheels (Aumkabah rotation) to coordinate the two simultaneous time cycles. Had we relied on the natural rhythm of life, we would have understood that even the 12:60 physical time held the highest divine potential for evolution within its illusion all the way.

Love is immortal and cannot be denied. It is love that brought this wisdom to you. It is love that brings you closer to the truth, and you, and all, deserve to know the truth.

**And now you are ready to join the course of Omahara Level 1 - which will undoubtedly be one of your greatest quantum leaps into light-vibration, for which you are certainly honored by the Masters!**