



Frequency of Light

Vibrational Wizard

2024

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Vibrational Healing and Manifestation

Plants and Practices to
Awaken Your Third Eye

The Arcane Art of Building
and Directing Life-Force Energy

Living From a Place of
Heart-Space Creation

Vibrational Wizard
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Just as ripples in the lake, one can flow
Just as information in the aether, one can transmit
Just as an engine, one can generate power
All of these gifts are part of you

My story

As a kid I always knew I wanted to be a musician, but it was not until age 13 that I began to learn guitar. In youth I dreamed of becoming a rock star but as I grew older I saw the Hollywood music industry for what it really was.

Many of the rock stars I looked up to as a child were wasted on tv shows with alcohol in their hands, constantly bombarding younger minds with this advertisement of legalised death. So I also began to drink heavily from the age of 15 and it took 30 years as well as much loss and destruction until I reached 45 when I promised to kick alcoholism forever.

The rock stars I looked up to publicly also talked about intravenous drug addiction in music magazines and television interviews, so I too became an intravenous drug user for several years in the mid 1990's. The coolest bands drank and shot up and I wanted to live that life also.

At 15 I began playing and performing my original music in rock bands around Brisbane. I also played guitar at wedding ceremonies in my early twenties. I composed music and recorded albums with some of these bands and more recently have recorded 7 solo albums and over 60 songs in magical tunings like 432hz and 528hz to calm heal and activate our emotions, bodily and biofield systems.

Then from late 1996 to 2005 I worked at an Australian hospital and witnessed the patients pass and get sicker from the treatments rather than the disease...I had an epiphany. I realised I had lived these experiences to awaken early to the "profit equals sickness medical model," and the way to control the masses is to have them addicted to poisons like alcohol, cigarettes. Pharmaceuticals that mask symptoms and are designed with side effects to sell more drugs to us.

From the age of 28 I began buying residential properties and renovating them by negotiating low deposit deals, sometimes paying as little as

\$100 to secure houses and units in Brisbane, Logan, and on the Gold Coast.

At 34 I was asked to be a featured interview in Australia's most read property publication. This is when I felt the calling to teach seminars to show others how to secure property, self-manage, and add value through renovation.

My trainings and workshops then evolved into teaching others the skills to build their own online business which back then we referred to as "virtual real estate".

The Gold Coast business club was birthed, and I built it up to 3,500 members with hundreds of people attending each "Networking in style" event I hosted at the Gold Coast Arts Centre Panorama room. I was then invited to be featured as chapter 1 of an international best-selling business book.

Then one day my relationship of 23 years ended as I was drinking vast quantities of alcohol almost every evening and would often wake up halfway home from the pub passed out. I got to re-assess what is important in life and fell back in love with music and my guitar.

I began travelling town to town in my campervan doing a lot of soul searching by waterfalls, oceans, rivers, and lakes. Living off street performing and creating workshops and events was an exciting next step, and in recent years have also released online courses and nature gatherings.

Around 3 years ago I started a group called Off grid living leaving the matrix which has now grown to over 130,000 members.

Now being 100% sober from alcohol these last few years, I feel excited to where things are headed and am ready to step up to assist others to live more freely from the matrix system by living free from the reliance on a job or government support doing what they love also.

I am reaching 50 and have healed from my addiction to alcohol and intravenous drug use. The signs were always there to never try to join the Hollywood music industry and to put on my own shows or street perform where I can bring light to real people's lives as they pass on their business.

Teaching others to thrive more freely through skills training like sound healing practitioner courses and east coast Australian foraging for food, medicinal and wild crafting purposes is also my passion.

To see the light that I see radiate from someone finding hope and inspiration in a learning environment, and seeing creatives flourish outside the system is what lights up my soul.

Introduction

Currently on this planet a great awakening is underway, a shift of consciousness from the 3rd density. We are becoming vastly more aware of our powers and the art of being-ness, and that we are here to learn to master vibrational frequencies.

You chose to be here at this time, in this place. This is a very special junction point at your soul's evolutionary process.

In the pages of this book, you will learn a combination of the processes that the ancients, and a new breed of earth-keepers across the planet are now using to awaken and expand their own consciousness. These tools are available to anyone who would like to awaken their third eye, build more life force energy, and to create and live from the heart.

By combining these plants and practices with the power of magical tunings one can achieve abundance in the now. For there is only ever now.

Keep in mind however that one of the most important aspects to achieving what you seek is belief as you become open to leaving all preconceptions behind you.

If you remain open to new learnings, you just may find some answers to what you seek in these pages. And as you continue through observing your day, answers may continue to appear for some of the big questions you have always been asking.

You are about to unlock a culmination of over 2 decades of research and the author's personal journey into uncovering and experimenting with the vibrational frequencies, practices, and plants that assist in healing traumas and reversing disease of the bodily system. Frequency, nature practices and plants to activate our DNA, increase cell virility, and to aid in decalcification of the pineal gland and the awakening of one's consciousness.

To activate one's own Merkabah, (or light body), there are certain steps that can be taken every day in the now.

In these pages will learn ways to enhance vitality, stamina and health in yourself and others. You may wish to try some of these practices whilst reading through this book for the first time, and others like sun gazing must be done safely and at correct times of the day.

Humans each have around 37.2 trillion cells and if each cell has an energy store of around .07 volts, then we have a directed energy potential of 259 billion volts!

You are powerful, you are a being of light as you are also billions of photons flashing every second, and this book is all about learning to feed, activate and direct the great power you hold inside.

One may choose to follow the steps in this book that resonate, and then discard in the wind whatever one does not feel in alignment or comfortable with. As there are many secrets within these pages to assist your journey through this life with increased power, stamina, virility, and magnetism.

The best way to approach reading this book is to attempt to leave all previous learnings behind, and to enter the training as an open slate, a blank canvas. If your mind is an absorbent sponge, and your heart remains open to new possibilities, then you will benefit most from its teachings.

These words are here for you as channelled down, and extracted, updated, and rewritten of arcane teachings. They are passed to you as words, sentences, and paragraphs for you to consume and come back to again and again for reference on your own journey.

I invite you now to walk with me through a portal. This portal can take one to new realms of innerstanding. New dimensions of possibilities and most importantly, towards reaching a state of bliss and flow in one's life....

Are you coming?

One soul many lives

Your DNA remembers every life and those in parallel existence (ONE SOUL - EVERY LIFE). Inside you is every teaching that you have learned along your soul's path.

Surrounding you are memories of everything that has ever been or will ever be.

This lifetime for many right now is one of remembering. A life of calling on our wisdom, and reconnecting to our oneness with source.

Healing both our own, and also our ancestral wounds. The healing the wounds of love, wounds of regret, and the wounds of anger and jealousy and all shadows, to become one with all that is.

Humans are light beings, millions of photons or flashes of light firing every second. Once we learn to merge our powers of love (heart) with light (life force energy) we can then evolve into our light bodies and beyond.

YOU have access to the wisdom of the ancients, the akashic records, the crystalline grid, and all that has ever been, or ever will be...

All you need is intention!

Vibrational healing and manifestation

*Anything perceived with one's heart can become manifest;
tune in to its frequency.*

The power of vibrational frequency

On Sat 27 April 2024 I had just met with a friend musician after I played guitar at a gathering to head to his afternoon gig.

He had swollen wrists and said his hands were cramped the last few days when playing guitar, so I pulled out my 528 Hz tuning forks and said “this is 528 many call it the frequency of love, but I like to call it the frequency of the rainbow as rainbows were found to emit this note. It will activate your DNA and repair cells. It will help your hands.”

So, I struck 2 of my 528hz tuning forks together and placed the vibrating forks intuitively on areas of his palms, wrists, and fingers.

About 20 minutes later we are driving along the motorway through a sun shower, and I say to him “I bet we turn off into a rainbow.”

Sure enough when we turn off the motorway and go over the bridge a magnificent rainbow is sitting in front of us right on the middle of the road.

We had found the end of a rainbow!

Was it the tuning forks, the intention. or was it serendipity like a stroke of randomness in aligning the playing of the frequency and telling him the gig will be awesome and the end of the rainbow appears?

Or was it a sign from the universe?

And how did I know the end of the rainbow would be waiting there?

The powerful manifestation techniques in this book when used with belief and feeling can totally transform your place and life path in this realm.

In all the years playing at events and festivals and street performing town to town I have only met a handful of musicians, producers and disc jockeys that even have a basic innerstanding of vibrational frequencies.

You see most musicians are taught one tuning base. And many would rather argue with and lose a friend than admit they were lied to and indoctrinated into a music tuning base that produces harmful and disturbing frequencies.

A music tuning that can control and manipulate our senses.

One day I was playing guitar in the streets of a small New South Wales town and the head chemist came out of his shop and said to me, “Can you turn that guitar down”.

I replied, “I will turn my music down if you can name one prescription medication you have inside that does not have side effects so you can sell more drugs”.

He looked at me all confused for several seconds so I said, “move on so I can send healing music to the passersby.”

He replied, “You heal no-one” and gave me the middle finger.

In fact, he is correct as I do not heal anyone as every master healer recognises vibration triggers the healing within the patient.

So therefore, the patient is healing themselves.

If vibrational healers are snake oil salesmen for showing people, they can heal themselves with natural plants and practices then how would you describe someone who prescribes a treatment that only represses symptoms?

Dangerous prescriptions with company indemnities that void liability like with the vaccines that come with bonus chemical side effects and reactions and health complications so they can sell you repeat treatments of other dangerous drugs for those side effects.

We are here to experience and learn how to harness vibrational frequencies. Our thought forms and feelings are so much more powerful than most of us realise.

If you become a vibrational match for that which you desire to experience you will enter that parallel reality, you can shift into a different timeline by tuning into its frequency. You become what you think and feel, you become a match for the rate you vibrate at.

This is why it is so important to learn to master our thoughts and feelings.

Nikola Tesla was once quoted as saying “If you wish to understand the universe, think in terms of energy, frequency and vibration.”

The 1908 book of the secret doctrines entitled the Kybalion has a passage that reads “Nothing rests; everything moves; everything vibrates”.

Vibration is everything, from the rock to the air, to our bodies, they are all vibrational frequencies.

Sound is the only thing known in this world to not be on the electromagnetic scale, as sound is the precursor to electromagnetism.

Hertz is a way to measure tuning pitch accurately. When a guitar string is plucked it will vibrate or oscillate at a certain number of cycles per second. This measures the hertz frequency.

Just as hertz (Hz) measures cycles per second, kilohertz (kHz) measures thousands of cycles per second, for example 1 kHz = 1,000 cycles per second.

The human ear can comprehend sounds from between the ranges of 20 Hz to 20 kHz. Low pitched sounds below 20 hertz are known as infrasonic frequencies and high-pitched sounds above 20 kHz are known as ultrasonic frequencies.

Infrasonic frequencies come into play when we are in resting, healing, sleep-states. Here are some of the lower frequency brain states: Delta (<4 Hz), theta (4–8 Hz), alpha (8–12 Hz), beta (12–30 Hz), gamma (30–80 Hz), and high-gamma or high-frequency activity at levels above 80 Hz.

Schumann resonance, which is the “Earth’s heartbeat”, sits at 7.83 Hz in the infrasonic Theta range.

In 1995 researchers Betty Siskin and Janet Walker conducted a series of experiments using tissue samples and frequencies. In these experiments they found that 2 Hz affects nerve regeneration, 10 Hz ligament healing, 15,20 and 72 Hz stimulated capillary formation and fibroblast proliferation.

Raymond Rife developed the Rife machine in the 1920’s and in his experiments, he found cancer cells to be vulnerable to destruction at frequencies of 100 kHz to 200 kHz.

The word resonance means to re-sound or sound out together. Sympathetic resonance frequency is where 2 or more objects are in tune with one and other. Sympathetic resonance can be explained as if 2 guitars are tuned the same one guitar string plucked can set off the other guitar’s string to vibrate at a distance.

Raymond Rife was merely demonstrating sympathetic resonance when tuning into the frequencies to destroy cancer cells. Just as we can also tune into upgrading and activating DNA and cells with the frequency of 528 Hz.

Australia's standing stone sites

Standing stone sites across Australia are some of the oldest in the world, but we do not commonly hear about them.

Ancient standing stones across the planet have been found to have some amazing hidden properties. Many of the stones contain high quantities of quartz crystals and feldspar.

Quartz crystals are used in the most advanced computer chips today for their unsurpassed memory holding qualities.

Quartz crystals when rubbed together also create light, a phenomenon known as triboluminescence. Crystal is essentially fossilised water. Feldspar is a stone used for its healing properties and also for astral travel.

Many stone sites across the planet have been found to resonate at healing and elevating frequencies like 111 Hz which is now known to temporarily shut down the prefrontal cortex and fire up the right hand creative, flow state side of the brain.

Speeding up sound waves beyond the speed of light.

With the arrangements of stone circles sound waves hit the smaller stones at different speeds to the larger stones on the outside creating

what is known as group velocity. This phenomenon can speed up sound waves beyond the speed of light thereby opening portals of healing and ascension.

There is a similar process in play in sound resonance chambers, cathedrals, and underground sound caves called hypogeums.

Constructive interference

When 2 sound waves meet up after being directed towards each other depending on the correlation of frequencies of the two wave determines whether they cancel each other out or amplify their power. When sound waves cancel each other out this is called destructive interference and constructive interference is when two sound waves of equal size meet, they join together to create a new wave this resulting wave is referred to in physics as linear supposition.

Non metal conductors are on the electromagnetic scale as is everything except sound, as sound frequencies are the precursor to everything we perceive including light.

If this is true then everything we perceive can be elevated, manipulated, or destroyed by the correct vibrational frequency.

Sound combined with high vibrational plants in their raw form is the true medicine that will heal the world.

Everybody perceives music in different ways, some even see music, this is called synesthesia.

The inventor or re-inventor Nikola Tesla when pondering on what light actually is.

His conclusion was “that light can be nothing other than a soundwave in the ether. This is why sound is not on the electromagnetic scale because it precedes everything including light.

I felt the calling to street perform town to town in more harmonic tunings like 432 Hz and 444 Hz this enabled me to test out these tunings to such a large group of diverse humans.

In Gladstone I met a guy who had not slept well for some years, and he looked very tired too. He listened to my music for some time and then purchased my album entitled 17 songs in 432 Hz.

A few months later I received a message online from this guy starting out by saying “My girlfriend is not going to leave me anymore”. He went on to explain that for years he has had insomnia, and he paces the house at night chain smoking cigarettes. The evening he met me he went home and put my 432 Hz music on to sleep and he was able to sleep a full 8 hours. From then on, he played the album every night to achieve a good night's sleep.

More recently a psychic friend named Mark purchased 2 copies of my 432 Hz chakra align album, one copy for himself and one for a friend. He reported to me that the night he put it on to play before bedtime that the music took him 3 dimensions higher in sleep and he stayed that way all night.

I was street performing in Geelong Victoria a few years back when a lady approached me and said, “I have bi-polar and have been listening to your music sitting in my car with the window down and do you know it is the first time I can remember where I feel like I am ok going into the shops without taking my prescription medication.

Music is the antidote to so many problems in this world, and I truly believe that music is the cure to all disease. For if we can tune into the sympathetic resonance frequency of any disease, we can heal it.

We are remembering so many beneficial frequencies like 111 Hz for example. Listening to 111 Hz temporarily switches off the prefrontal cortex and fires up the right-hand creative brain. This frequency has so many benefits not just for creative applications but for aid for those suffering from ADHD, autism, anxiety, depression, bi-polar, and schizophrenia.

Many sacred sites across our world have been measured to resonate at 111 Hz including Stonehenge and Malta's Hypogeum of Hal Saflieni.

And then there are the amazing benefits of Solfeggio tunings listed below.

174 Hz – Anaesthetic

$$1+7+4=3$$

Great for pain relief 174 Hz is a powerful sonic anesthetic and can be utilized for pain management and relief.

174 Hz is also a preferred tuning fork by many practitioners for biofield work which is in essence retuning the biofield and finding stuck energies and traumas that are left out in our field and returning them to chakra points to be healed.

Traumas can become compartmentalised in the human biofield and by finding them and shifting them back to the body we are reintegrating these experiences to heal and learn from.

285 Hz - Rejuvenating

$$2+8+5=15$$

$$1+5=6$$

Healing of the organs and tissue can be enhanced by sounding out the reviving sound of 285 Hz, the tone that tells the bodily system to re-organise, restructure and repair itself. 285 Hz can enable healing in the body to speed up, rejuvenating tissue, also helping to strengthen the immune system.

So, whether the patient has cuts or burns, fractures, sprains, breaks, or needs tissue or organ regeneration, or has respiratory or breathing issues this frequency is beneficial as an all-body repair frequency.

396 Hz - Root chakra – Red

For aid in depression, anxiety, bi-polar and schizophrenia this frequency could really be the answer.

The frequency of 396 Hz has 3 main benefits:

- 1/ It uplifts one's spirit
- 2/ a feeling of control
- 3/ give's one a sense of security

396 Hz can aid to remove subconscious fears, worries, and anxiety. It also helps to eliminate feelings of guilt and subconscious negative beliefs. If personal goal setting and the desire to achieve something is strong this tuning can also be extremely beneficial.

417 Hz - Sacral chakra - Orange

417 can help with integration of upgrades and to facilitate change. This frequency has also been utilized to helps with dealing with trauma and anxiety.

It can also assist by removing negative self-talk and emotions and also assist with the pain and heartbreak caused by traumatic events.

This is a great solfeggio tuning for those who are prone to self-criticism, being judged or feelings of unworthiness.

528 Hz - Solar plexus chakra - Yellow

528 Hz is the frequency of love, and the rainbow, the frequency to restructure water and to strengthen and activate cells and our DNA.

528 Hz when played at 80 decibels is shown to reduce cell death in alcoholics by 20%. It is also studied to increase the virility in cells and the body's immune response via increasing the reactive oxygen species

in the body by 100%.

93% of DNA is light and sound reception and transmission. 528 Hz is essentially upgrading and repairing our DNA and activating the waters in our body.

Listening to 528 Hz music or the pure frequency of 528 Hz for as little as just 4 minutes has been found to reduce stress to both the endocrine system and the autonomic nervous system.

528 Hz is a C5 note.

C1 (4 octaves below 528 Hz) is 33 Hz and C2 (3 octaves below 528 Hz) is 66 Hz.

639 Hz - Heart chakra - Green

I refer to 639 and 936 as “angel tunings” or “angels pitch, as they have heavenly and angelic tones especially when played together. I use these frequencies with intention to summon angels to help heal, protect, and guide them on their path.

963 Hz enables one to enter a state of harmony, bliss, and flow to allow in love and acceptance. An instant mood lifter 693 Hz can also help to regulate emotions.

639 Hz can aid when working through big decisions, tasks in life, or relationship issues and affairs of the heart.

741 Hz - Throat chakra - Light blue/turquoise

If you want to activate the problem-solving mechanisms of your psyche, then 741 Hz is for you. It also enhances the feeling of freedom to be

creative and the freedom of self-expression and also to speak one's truth thereby being connected to the throat chakra.

If you would like to become and live more healthily and to detoxify your body, utilise this frequency. The same goes for the desire to live more purely and in touch with the earth.

852 Hz - Third Eye chakra - Deep blue/purple

To feed and activate intuition, and to power up and cleanse and decalcify the pineal gland known also as the third eye. This frequency can be used to release negative thoughts and feelings and replace them with positive affirmations.

Another great tuning to play to those suffering from anxiety, depression, insomnia, ADHD, autism, bipolar and schizophrenia.

963 Hz - Crown chakra - Violet/white

Tuning of 963 can be summoned for divinity purposes.

I would use the 963 Hz frequency on someone who desired to access higher states consciousness and for those who are on an ascension path.

A good tuning to activate lightworkers and starseeds.

One of the best ways to start healing yourself and others with sound frequencies is by getting a set of tuning forks. Good quality solfeggio sets cost just a few hundred dollars.

Begin by sounding out the tuning forks and letting them resonate near your ears and whilst waving them over your body. Start experimenting with sound healing instruments on your own or contact me for further training.

Awaken the Third Eye

Plants and Practices

*'When the third eye is awoken,
one will see from the outside in*

*When the third eye is awoken,
one will see from the outside in*

What do the ancients say about the third eye?

The pinecone shaped pineal gland has been found to be a major focus point of reverence and worship for so many cultures throughout history.

Pineal gland symbols and statues have been placed in prominent places of worship or at entrances to many important sites. Even at the entrance to the Vatican there is a giant pinecone representing the pineal gland.

The Christian teachings of Jesus also show him as a man with an awakened third eye.

He told his disciples they could perform magic and miracles.

Could it be that the true second coming of Christ is the awakening of Christ consciousness in many of us across the earth?

By the awakening of Christ Consciousness, I am referring to this:

If a pineal gland lies in all of us and it can be decalcified, fed, and activated. It can then be directed at the will of that person, and we can use our pineal glands to unlock amazing powers.

The powers of Gods!

Could this be why original Sumerian stories show men and women who had ascended to God-like status living in our world?

Shiva

Lord Shiva is well known for his third eye.

And Shiva's mantra is OM NAMAHA SHIVAYAH which means "universal consciousness is one".

It is believed that when the Lord is extremely angry, He opens his third eye and punishes those that are ignorant to their harmful actions. Shiva's third eye is also sometimes known as the eye of wisdom.

Lord Shiva is said to have 5 faces and each face has a temple dedicated to it.

1.**Sathiyojaatam** - Lord of earth and one who is responsible for creation-Kachipuram Ekambareshwarar Temple.

2.**Vaamadevam** - Lord of water and responsible for sustainment - Thiruvanaikaval Jambukeshwarar Temple.

3.**Tadpurusham** - Lord of Air and controller of prana vayu - Sri Kalahastheeshwarar Temple, Kalahasthi.

4.**Aghoraroobham** - Lord of fire and hence lord of destruction - Thiruvannamalai Annamalaiyar Temple.

5.**Esanam** - Lord of space and everything comes within this space - Chidambaram Natarajar Temple.

Sadashiva is achieved through the awakening of ones third eye and Sadashiva means "the ultimate God within."

Where is the third Eye and what happens when it awakens?

The main channel to the third eye is found at the point between the eyebrows where you will feel an indent in the skull.

The pineal gland or third eye is located in the epithalamus, hidden deep in the centre of the brain, between the two hemispheres, and is tucked in a groove where the two halves of the thalamus join.

The pineal gland is an endocrine gland and was the last of these types of glands to have its function discovered within the modern scientific community. However, its location protected deep in the brain is an indication of its huge importance.

Rene Descartes in the 17th century called the pineal gland the "seat of the soul". Descartes believed it was unique in the anatomy of the human brain as he thought its structure was not duplicated on the right and left side. This observation has since found to be incorrect, as under a microscope the pineal gland is clearly divided into two fine hemispheres.

Wikipedia will tell you: "The pineal gland produces melatonin, a serotonin derived hormone which modulates sleep patterns in both circadian and seasonal cycles."

However, by undertaking much deeper hidden research one will find many great powers and amazing abilities that can be uncovered by awakening the third eye.

Newfound powers and psychic gifts that are achieved by awakening ones third eye may include:

- Clairvoyance and precognition
- Clairaudience
- Astral projection and out of body experiences
- Levitation
- Telekinesis
- Remaining healthy and youthful

Many other dimensions, realms of possibilities and doorways are opened to the one with an awakened third eye. One is no longer a victim in life. As life no longer “happening to you”, it is “happening for you.”

A look of grace is often noticed by observing the face of one with an awakened third eye.

With an awakened third eye comes the realisation of an interconnectedness in everything, a feeling of oneness with everything, in the flow, and in turn one will begin to benefit from more protection, and increased health and vitality.

Triggers can be removed and replaced with deeper innerstandings, such as the innerstanding of why it is those who are aloof or get angry towards you are doing these things. Irrational behaviour will be replaced with a much deeper innerstanding of outside of just ones-self.

If you ask any psychic or channel “why am I here?”

They will usually reply with “We are here to learn to heal ourselves”.

Exactly right, yes, we are here to learn to heal ourselves.

And to help others to awaken the power that is within them.

Could the “second coming of Christ” actually be the awakening of Christ consciousness in us all?

Full love-light activation.

Crystals

Inside the pineal gland lies the most amazing thing of all. Crystals sit in a bowl of DMT which is said to be “the hallucinogen that creates our realities”.

DMT is created by mixing an enzyme with an amino acid. This could be a crucial perspective, that in our heads there is a bowl of crystals floating in “the hallucinogen that creates our realities.”

Could this really mean that you have a lot more power in this realm than you have potentially been led to believe?

Crystals are the ultimate storage device.

Superman memory crystal is a nano-structured glass for recording of 5-D digital data using a superspeed or “femtosecond” laser writing process. Memory crystals are currently capable of storing up to 360 terabytes worth of data for billions of years and are now being utilised in supercomputers.

Many ancient stone structures have hidden crystalline memory properties also. For example, the great Stonehenge on the Salisbury plain of England. The larger Sarsen stones at Stonehenge that weigh

around 25 tons each with the largest stone “the heel stone” weighing in at 30 tons contain liquid quartz. The smaller bluestones that weigh between 2-5 tons each also contain crystals including quartz and mica. These stones could be considered like an ancient database, teaching stones that hold memory of lost knowledge.

Our Australian standing stone sites also have stones that have high quantities of quartz crystal and a mineral called feldspar which is harder than glass and has electrical insulating properties.

The Wiringin or Clevermen of Australia were the medicine men or witch doctors who held special powers. They would be healers, magicians and spiritual leaders of particular tribes of which 88 were documented in 1944 and from these reports across in many of the uncovers of this ancient art the interviewer was told the postulant or clever man in training would be given and use quartz crystals in preparation, initiation and ceremony.

From a young age once determined to be of the character to become a Wiringin the postulant of certain tribes was reported to be given crushed quartz crystal mixed in water. Other ceremonies included rubbing of crystals into the body and surgically implanting quartz crystals into the body to take on their special powers and gifts.

The crystalline grid

The Crystalline Grid is the energetic lattice that covers our planet and stretches out over our solar system and beyond like a kind of universal internet.

It reflects and amplifies our ascending levels of consciousness. The crystalline grid also connects us to everything in the cosmos.

When you visit a place and feel an ancient memory or energy of things this is because that occurrence was recorded in the crystalline grid for that particular place.

Our pineal gland and sacred heart-space are the keys to accessing this ultimate source of power grid of information allowing us to surf this ever-present communication freeway.

Chasing enlightenment

Why do so many of us chase enlightenment but never seem to reach it? I have asked that question many times and feel I have finally found the answer.

It is because most of us are chasing external happiness to reach enlightenment.

We may seek happiness and fulfilment in others, to then discover that we can only find those states of emotions inside ourselves. Self-talk like “If I am with them, they will make me happy” is missing the source of happiness, it is in you.

We can also make the mistake of believing things like “If I get more qualifications and certificates, then I will reach enlightenment.” Again, external false beliefs that are used to delay us in utilising the power that already resides in us.

What is missing is the important key of recognising that you are worthy already.

How can one reach enlightenment in this life whilst constantly chasing external goals at the continuing sacrifice of enjoying the “now” in each day?

Enlightenment is a personal journey, and your awakened consciousness will rarely come from another supposed success through external achievements.

Our minds can be programmed and controlled by invisible chains. But a cool thing about invisible chains is that they can be easy to break! We can be tricked from a very young age to fear change, not question authority, and to do and act as others would like us to. Which can lead to a type of conditioning that lasts a lifetime.

The fact that you are reading this book shows that you are a seeker of knowledge and are on a path of the exploration of consciousness. Exciting worlds lie ahead for you as do for all of those who seek knowledge.

The Akashic records

The Akashic records are a nonphysical library containing all information. They are essentially a universal cosmic library filled with all the information you desire.

Our pineal gland is essentially crystals sitting in a bowl of DMT.

DMT is the hallucinogen that creates reality and sends us to other planes of existence when we pass over.

Human hair has super-conductive powers and is a powerful antenna to other dimensions and realms.

Our hearts know the way to the akashic records, and our pineal gland is the receiving station with all the information that you so desire.

Practices to awaken the third eye

Over the coming pages you will learn some of the secret and revered practices to both feed and activate your third eye. In many cases our attention has been drawn away from them with false information and many of these practices have been forgotten by most.

Some of these practices have been cited to have very profound effects. If you feel uncomfortable at all with any practice do not attempt them until you feel ready. If any practices described here do not resonate you can discard them as there are many other ways to feed, decalcify, awaken, and activate the third eye.

Light and dark

Light will feed your third eye and darkness will activate it. Being outside in the sun or gazing at a fire or flame are two ways to feed the third eye. Whereas dark rooms, blindfolds, or simply closing your two physical eyes will help to open and activate the third eye more readily.

Powerful and highly intuitive psychics and oracles throughout time have used the light and dark to enhance their gifts. Some would sit and even

stand without food or water in darkness for many days or even weeks to activate the third eye and to achieve superhuman psychic abilities.

Once the third eye is open, or beginning to open then practices like sun or flame gazing could be introduced to feed the third eye.

Living in higher vibration

When you live in love you are actually resonating in higher frequencies and that is how you raise your vibration and activate more codes in your DNA structure.

Fear, hate, and negativity are the reasons why we only have around twenty of the sixty-four possible codes of our DNA activated.

So how can we raise our vibration?

It's really quite simple, live in the now. When you do what you love and assist others to be the best they can be, you will be living in a higher vibration.

Surround yourself only with others of high vibration, and if you cannot find anyone who is of a high vibration, then it could be best to spend more time alone. We are usually better off spending more time within our own energy than being in the company of people that are not resonating at a high vibration.

Begin daily practices that will help lead you towards and maintain a higher vibration.

Sun-gazing

There are humans on this planet that are said to never need to eat, as they intake energy from the sun, but how is this possible?

Those who have been able to stop eating altogether reported that the desire to eat gradually begins to go away after they have been sun-gazing for around 9 months.

If a part of your body is deficient in some area it is the different colour spectrum rays of light can act in a similar way as vitamins and minerals do when we eat.

For example, the kidneys use red. Therefore, red rays make their way from the sun, and down the hypothalamus tract which is the pathway to the rear of the retina that leads to the brain.

The red rays are then directed to feed, nourish and energise the kidneys. Colour therapists also attribute their healing of certain diseases to flooding the body and brain with the particular colour that is lacking – depending on the ailment.

For example, in liver disease the colour green is deficient, and in heart disease yellow is deficient.

All of the organs and all of the systems are said to respond to different colours of the rainbow, which is why it is also recommended to eat a diet rich in a variety of colours. Have you ever walked through the fruit and vegetable aisle and your body has felt an attraction to certain colours?

Many ancient cultures also knew of this original form of holistic colour therapy, one example is from the Vedas as depicted in the colours of our chakras.

The pineal gland is associated with the sixth chakra (also called Ajna, or the third eye chakra). The word chakra comes from Sanskrit and means “The wheel”. When all chakras are opened and flowing the wheels of ascension will begin to turn.

As the sun rays contain all of the colours of the rainbow they can feed and turn all chakras, and replenish and vitalise one's whole system, including the brain, skin, eyes and organs.

3 Steps to make sure sun-gazing is done correctly and safely

Warning - These steps on sun-gazing procedure are for information purposes only, if you attempt sun gazing it as at your own risk.

1. Make sure your bare feet are in contact with the earth.
2. Sun-gaze only within an hour of sunrise or sunset when the sun rays are at their lowest UV strength.
3. Start with just 15 seconds before looking away and gradually increase your exposure time to avoid damaging your eyes by about 10 seconds per day.

How long does it take to complete sun-gazing?

Within just a few months of sun gazing on a daily basis negative emotions like fear, and feelings of jealousy or anger can be replaced with positivity and feelings of confidence and spiritual wholeness.

Studies have shown that at three to six months of sun-gazing physical diseases can start to disappear. By the time one is gazing at around 30 minutes per day all the colour spectrums of the sun will have reached the brain.

It is recommended during the three-to-four-month period that you use autosuggestion to visualise your body already healed of any perceived weakness or disease. This action can facilitate the process of disease recovery.

As you continue the process, it is reported that after six months the energy stored from the sun-gazing process is no longer being used for repairing the body or the mind and now can move into supporting your other powers.

After around nine months those who practice sun-gazing regularly have worked up to the maximum last sun-gaze session of 44 minutes.

Once you have reached a maximum of 44 minutes it is advised that you redirect your attention now to the Earth by walking barefoot, this process is called Earthing. To maintain the benefits received by sun-gazing simply walk on the earth barefoot for at least 15 minutes per day.

What special powers can be achieved through sun-gazing?

Unlocking psychic abilities is a major benefit one may receive by practicing sun-gazing, as this practice is very beneficial to the pineal gland.

People have also reported improvements in eyesight. If the sun-gazer requires prescription eyewear they may require re-testing and adjusting their prescription glasses or contact lenses in the months that they undertake sun-gazing.

During the process of sun-gazing one may notice they achieve the ability to astrally connect with others. One may feel like they are having a conversation with someone who is quite a distance away. The sun-gazer may visualise a connection and exchange between that person and themselves almost as though they were physically together.

Others have reported obtaining the gift of telekinesis which is the ability to move objects without physical contact. Could it be possible that this evolutionary process can give the person practicing sun-gazing the ability to levitate, or even fly?

As even gravity is a disproven theory used to explain lies taught to us about this realm we reside from a very young age. This one word taught in schools has held back countless billions from realising they can fly.

There is no such thing as gravity there is only propulsion, inertia and magnetism and all are sound frequencies.

Channelling

For centuries channels or mediums as they are also known have been able to bring through many various entities.

Channeling is the art of stilling one's mind to a state where one can allow nonphysical entities or souls that have passed over to speak through the living person as a receiver.

Just as a television has tv programs and channels, the psychic medium or person who can clear the mind and enter a heart-space effectively becomes a receiving station for programming from the ether.

They will then be able to receive messages that they can relay from both physical and nonphysical entities from other dimensions and places.

It is important before one channels to set the intention to allow only those to come through who have your highest and best interest at heart.

Some channel through what is described as “source energy.”

Source energy is an interpersonal, non-physical force or essence, and can also be a collection of nonphysical entities.

Messages from source energy are usually encouraging, full of support, and filled with love.

Automatic writing

Automatic writing involves the act of writing down what is channelled through by simply allowing the words to write themselves. It is most effectively performed by beginning with the hand holding a pen or

pencil, and just allowing the hands to write freely without letting the mind interfere.

Giving over control to source energy or other entities to use the hand to write is quite scary for some and this can be the biggest barrier to remembering this gift.

With channeling automatic writing, it requires stillness and allowing. Reaching a place of stillness and calm will allow the words to flow and ones' hands to dictate.

The more one practices automatic writing the easier the channelled words will flow through. This is how many wonderful books, poems and songs have been written.

Light language

Light languages are often also referred to as star languages. They are dialects we have spoken in other places and dimensions.

Light language is a spoken language which is carrying power as sound waves intended to upgrade, awaken, and repair the one who speaks, and/or the listener.

The rhythm, vibrational tones, and auditory delights produced by light language achieves a number of things in both the communicator and the ready and willing audience.

Firstly, light or star language will lift up ones' vibration. Its language seems to be tuned to our spirit and will often have instant noticeable effects on raising one's vibration. Noticeable signs may be a high-pitched feeling in the chest, or can sometimes be increased ringing in the ears, and a feeling of high energy or electricity throughout the body.

Light language is about the heart speaking and is a more direct communication that carries with it deeper more authentic connection. From this "heart speak" lies another source of inner healing, and a potent source of regeneration and tuning for the body also.

Light or star languages also can have the ability to upgrade the DNA in both the transmitting person, and also those who are hearing the light language spoken.

One can open up more cognitive functions and abilities that generate from using your brain, pineal gland, and heart more effectively by hearing or speaking light language.

Entering into the heart space and letting the hands move freely as they choose and allowing one's body to channel through is the best way. Simply begin by entering a comfortable space and allowing sounds and words that are not of your everyday language come out of your mouth. After doing this a few times you may find new words that feel so natural start to form into sentences as you enter into your light language remembering process.

These are languages that you have spoken in other realms, so it is simply an act of letting new sounds and words flow from your mouth when you are relaxed, until you are speaking light language more fluently. It is the

art of allowing and being in a comfortable relaxed state to allow the flow of light language.

Some more effective states for channeling and light language to come through are after laughing or feeling joyous, during tantric sex practice, and during or after meditation, or when relaxed and sitting in one's heart-space.

Light codes

Just like light language, light codes have the ability to upgrade DNA and give one more access to our currently dormant powers that lie within us waiting to become awakened.

Light codes are often seen as long beams of light that will come down most often in nature and near beautiful, sacred places like waterfalls. These beams of light can be coloured with gold, silver or many other rainbow colours throughout the beams.

The beams will often appear well in photography, and initially they are off centre to a person. To line up the beams directly overhead you can sit in meditation and whilst relaxing and breathing, use your will and intention for the light codes to line up and enter over the top of the head.

When light codes are aligned directly over the head they will then be beaming down directly from the sky, and often will form a halo at the top of the head at the crown chakra. Let the light code downloads begin to tune your DNA, awaken and ignite your dormant brain functions as you upgrade towards your light body.

Music and sound frequencies

From the 1930's around the time of the Great Depression, music authorities across the world began to move to make 440hz the standard tuning for musicians.

Some now call this move weaponised music as much of my research has concluded that 440hz is out of harmony with our bodies and nature around us.

The "Hz" stands for Hertz which is a method of measuring an accurate tuning. Hertz reflects cycles per second of a note vibration to reach a certain pitch. So, if it is an A string of a guitar tuned to 432 Hz the correct tuning could be measured and replicated by the notes vibration at 432 cycles per second.

So, whereas Hz or hertz is cycles per second, kHz or Kilohertz is measured as thousands of cycles per second. For example, 9 kHz is 9,000 cycles per second. Most humans can consciously experience sound at ranges between 20 Hz and 20 kHz. However lower and higher frequencies can also have powerful effects on us and our environment, we just cannot consciously recognise or hear them as sound.

Back in the 1990s I was playing guitar at everything from wedding ceremonies when the bride walks down the aisle to heavy rock and industrial metal bands and always tuned in 440 Hz.

But it wasn't until 2016 that I discovered 432 Hz and this changed everything, my music began to flow, and it seemed effortless to channel

beautiful melodies when tuned to the harmony of our hearts and the universe around us.

440 Hz is only around half of a semitone higher than nature's tuning of 432 Hz. However, this slight difference is more irritating and confusing to our brains and senses than if standard tuning was a long way out.

When I began to tune my guitar to 432 Hz it sounded way more beautiful to myself and listeners. People often come up to me when performing in the street and they say, "It's like you're tuned to my heart" and I reply "Because I am".

Third eye massage and acupressure techniques

There are a number of points on the human body that are direct connection points to the pineal gland or third eye.

Acupressure is simply applying pressure and intention to an area on the body.

By applying pressure for a few minutes at a time to the correct acupressure points one can begin to activate and awaken the third eye.

Using the tip of the nail of your ring finger (the finger next to your pinky), or just the end of your ring finger if you do not have long nails, press into the slightly depressed area that you can feel below the surface of skin. This depressed area on your skull is the correct acupressure point for the third eye and it is located just above mid centre of your two eyebrows.

Be sure to press firmly, but if you are feeling discomfort then too much pressure is being applied. You will feel different sensations when you move the point of the nail around different spots just off from the centre point of this spot.

You may like to finish off after a few minutes by rotating your ring finger in a circular motion lightly around the area.

There are 6 main acupressure points for awakening the third eye that are directly related to the pineal gland, these include:

- The indent in the forehead between the eyebrows
- The lower earlobes
- The base of the nose just between the nostrils
- The underside tip of the nose
- Underside tip of your thumbs, off-centre to the right when looking at your right thumbprint and off-centre to the left when looking at your left thumbprint
- Underside tip of your big toes, off-centre to the right when looking at your right big toes underside and off-centre to the left when looking at your left big toes' underside

Use your nail or finger to apply a small amount of pressure to each third eye acupressure point for a minimum of 30 seconds.

Third eye massage technique

Close your eyes and relax, breath in through your nose with each breath. Exhale through your nose or mouth. Using your ring finger begin to gently massage the third eye acupressure point located at the indent in your forehead between your eyebrows in a counterclockwise circular motion.

Whilst doing this, set the intention of awakening your third eye and visualise an eye opening in that location.

Plants to awaken the third eye

A common theme among many fruits and vegetables that are known as powerful for unlocking and activating the third eye is that many of them are blue or purple in colour.

This is because the Ajna chakra or third eye chakra is blue, and the Sahasrara Chakra or crown chakra is purple.

One should avoid consuming meat and dairy products as they will contribute to the calcification and drying up of the pineal gland. Seafood is also full of dangerous heavy metals like mercury that can also do damage to your pineal gland.

A plant based or vegan diet is optimal for anyone wanting to awaken their third eye. There are both nutritional and spiritual reasons that one would begin to live a plant-based diet.

Firstly, from a nutritional standpoint meat and dairy can harm one's body in many ways including aiding in the calcification and hardening of the pineal gland, as well as contributing to many other life threatening diseases and ailments.

Whereas plants can be superior in readily available vitamins and minerals and contribute to a younger and healthier body in both looks and physiology.

Nikola Tesla lived a plant-based diet and it has been said that he had an awakened third eye and direct connection with other realms. Could this be the reason that he went on to create hundreds of patents in robotics, electricity, and wireless technology.

From the spiritual standpoint how should one view consuming the suffering of another for the short-term gain of taste? Should the loving animals we are here to protect be on our dinner plates?

There are so many amazing tasting plant options available that anything you crave which uses meat or dairy has already been remade fully into a plant-based version.

Below is a list of plant foods that are associated with third eye decalcification and activation. Please avoid any foods discussed herein that you have an allergy or intolerance to.

Your third eye awakening shopping list

- turmeric
- haritaki powder
- saffron

- rosemary
- cacao
- cayenne pepper
- lavender
- poppy seeds
- iodine
- turmeric
- ginger
- ginseng
- blueberries
- blue lotus flower
- wild indigo bark
- violet
- pine nuts
- pineapple
- hemp seeds or hemp powder
- mustard seeds and mustard seed oil
- purple cabbage
- purple sweet potato
- nectarines
- grapes and sultanas(especially purple grapes)
- eggplant
- prunes
- purple carrots

Dry herb or capsule?

There are many benefits from experiencing potent herbs, flowers, or dried fruits like turmeric, saffron and haritaki in their fresh, dried or powdered form rather than in a capsule. The benefit is in the seeing,

smelling, and tasting of the plants. It is less likely to have a sensory experience when taken in capsule form. When one ingests a capsule, it is released unannounced into the stomach, voiding many benefits that are received through sight, scent and taste.

The liver can often break down active compounds before the body can benefit from them when ingesting powerful herbs. With aromatherapy the scent of the plants are taken into the nostrils as small molecules. Then they can enter directly into the bloodstream and brain without first being broken down by the liver.

The tongue has equally important receptors for distribution of nutrition. Also, the eyes take in the colour of the herb to prepare the organs and chakras that it will nourish.

Saffron

Known as the most expensive spice in the world, Saffron (also known as Kesar) can cost up to \$10,000 per pound.

However, the good news is you only need small quantities, and you can buy small amounts of real saffron petals for under \$20 at many food shops.

To experience the power of saffron for yourself take around 6 strands and hold in your fingers, take in the colours with your eyes and smell the strands. Then, place them on your tongue and let them dissolve there while you sit or lie in a quiet place, listening to nature or healing nature tuned 432hz music.

To awaken the third eye, soak some strands of saffron in water. Then, with your ring finger, anoint your third eye spot on your forehead between your eyebrows each morning and evening.

Saffron is known for influencing mood, heart and respiratory health. Ayurveda also suggests Saffron for sleep disorders, depression, Alzheimer's disease, hardening of the arteries, intestinal gas, heartburn, pain, traumas, dry skin and to induce sweating.

Saffron is known as an aphrodisiac, which can also be used by women for menstrual pains and by men to prevent premature ejaculation and infertility. Saffron has also been used in skin care as a deep healer and moisturiser.

Just a tiny amount of saffron is atomic in power and yields exponential energy.

Saffron can unlock the mysteries of the Universe, allowing one to grasp hold of the meanings and connections behind science and spirituality. It awakens, clears and assists in the turning of all your chakras.

For thousands of years the power of saffron has been spoken among the yogis and holy people of India. The yogis say that saffron's energy field is constantly replenishing and merging its polarities. Saffron is often used as an ingredient in tea in Northern India and Nepal because of its ability to insulate the body against cold.

Saffron gives whatever it is cooked with a golden glow as seen often with golden yellow saffron rice. The spice is so much a part of the

psyche of India that when it came time to choose a set of national colours, Saffron or 'Kesar' was the first choice. Saffron stands for Truth.

Saffron is a vital herb for the plant healer to know.

Turmeric

Turmeric is another one of the most effective and easily available herbs to awaken your third eye as you can purchase it in powdered form at most supermarkets.

Ingesting turmeric will help heal the body from many ailments including diseases like cancer. However, for the best results on decalcifying the third eye from fluoride it should be rubbed into the forehead.

Adding fluoride to water for the purpose of preventing tooth decay (a non-waterborne disease) is said to be a form of medical treatment by town councils and water suppliers. However, fluoride can be considered a dangerous chemical neurotoxin.

Dr. Philippe Grandjean, MD of the Harvard School of Public Health and Philip J. Landrigan MD authors of The Lancet Neurology (one of the most highly regarded medical research publications in the world) exposed fluoride in back in 2014.

The two men wrote in the March 2014 edition of The Lancet Neurology that they officially classified fluoride as a dangerous neurotoxin.

Chemical fluoride in our water is a poisonous industrial waste and is very harmful to the human brain.

Fluoride becomes more concentrated when it is heated in water and is very hard to remove, even with expensive filters. It also enters the body easily when it comes in contact with the skin during hand washing and showering.

Originally, they tried to airborne spray fluoride over the population. However, it seems the skin irritation it caused was too noticeable, so it is now mixed into the water supply in many towns.

You can minimise and potentially reverse damage caused by fluoride by doing the following:

1. Using herbs like turmeric.
2. Replacing your treated water with water that is fluoride free spring or aquifer water.
3. Stop using products that contain fluoride.
4. Set the intention that you have 'offset' the effects of any fluoride that touches you.
5. Washing where the river meets the sea. Or any fresh running body of water. This can be an amazing ritual each day and is much more refreshing than taking a regular house bath or shower.

Fluoride will enter into your system most effectively through skin. Therefore, fluoride can enter into your body without drinking fluoridated water. It can enter through the forehead which can calcify and shrivel the pineal gland.

Even, if you take a bath in fluoridated water, fluoride can enter into your system just as powerfully.

Turmeric also has the same ability to enter into your system through the skin.

Around 40 percent of the turmeric enters into your skin when you rub it. Therefore, if you rub 100-gram turmeric on your skin, approximately 40 grams can penetrate through the skin and deep into your system.

Turmeric is the antidote for fluoride. Mixing turmeric with pepper also will assist the turmeric to more powerfully enter the skin and nervous system.

Turmeric can also be added to savory dishes and drinks in conjunction with cayenne pepper to increase its benefits.

Cayenne pepper

This amazing member of the chilli pepper family acts like it has an actual brain, as it acts as a blood regulator.

If a cut occurs where there is profuse bleeding even of an artery, cayenne pepper can stop the bleeding when applied to the wound. But on the reverse when applied to the tongue of someone suffering from a stroke or heart attack it can also regulate the blood to flow more smoothly and thinner.

As the pineal gland has profuse blood flow almost to the equivalent of that of the liver, cayenne pepper can be useful.

Cayenne pepper is extremely accurate in calibrating the correct regulation of blood flow through ones' pineal gland.

Cayenne pepper is also effective in the cleansing, decalcification, and smooth operation and maintenance of the pineal gland.

Cayenne pepper can be added to savoury dishes like burritos, tacos, scrambles, and wraps for a chilli spice, or cold juices, and warm tea or lattes.

Kumkum bindii

The kumkum bindii is one traditional Vedic way of activating and decalcifying the pineal gland. This is why many Hindu women and spiritual leaders wear a bindii on their forehead. Bindii means small spot or dot. The red kumkum bindii is usually made from processed turmeric and calcium hydroxide also known as slaked lime, or by mixing turmeric, baking soda and lemon juice the reaction that takes place makes the red kumkum. However, the most valuable traditional type is saffron kumkuman, made by mixing saffron and a small amount of turmeric together. Another way to make kumkum is by mixing red sandalwood with some sweet orange oil.

Traditionally women apply the bindi using the ring finger (the finger next to your pinky) as frequencies of the absolute water element are emitted through the ring finger.

The bindii is placed between the two eyebrows at the third eye acupuncture point indentation in the skull. This is also the point that dangerous fluoride can enter the pineal gland.

Third eye decalcification paste

For another powerful decalcification of your third eye and removal of other toxins and heavy metals from the brain, mix together turmeric and clean water with a small amount of either cayenne pepper, paprika or fine black pepper.

Rub the mix into your whole forehead. The pepper acts as a deep carrier into the brain or any area of the body it is applied. The rubbing motion also works in the mixture deeply.

This mixture is equally effective on arthritis and nerve damage in other areas of the body too.

Blue lotus flower

The Egyptian water lily known as the sacred blue lotus, can have mild psychoactive, euphoric, and calming dream-like effects.

The fresh flowers have a beautiful pollen scent which are most powerfully scented when open in the sunlight.

Because of this amazing scent the flowers have also been used for perfumes.

There are many ways to hold ceremonies with blue lotus and many ways to enjoy the effects of blue lotus, such as in a tea or smoking the dried flower.

Smoking the flower can produce instant euphoria and a feeling of elevation in spirit.

Smoking dried blue lotus is also known to help reduce the comedowns from other drugs and plant medicines, even though it has mild psychoactive qualities.

Drinking blue lotus tea can produce calming effects and a feeling of well-being.

After drinking blue lotus tea, you may notice a relaxed feeling come over both your mind and body. With this relaxation, can come a heightened sense of awareness. Blue lotus is consumed as a tea using the dried flower buds.

To make the tea, brew dried blue lotus flowers in hot water for around ten minutes.

Place an intention into your heart while stirring the brew.

Some of the other uses of blue lotus can be for raising one's vibration, heightening psychic or healing abilities, calming and preparing the mind before meditation and practicing lucid dreaming.

The effects of drinking blue lotus come on mildly and quickly. Therefore, meditation or lucid dreaming sessions can begin soon after consuming a cup of blue lotus tea.

The ancient Egyptians and Mayans knew about the effects of Alkaloid Apomorphine which is contained in the blue lotus flower.

The colours purple, blue and gold used throughout ancient Egypt represented the blue lotus flower. The Ancient Egyptians used the blue lotus as a symbol of rebirth after death. The blue lotus was considered to be so sacred that they associated the God Nefertem to protect it.

Haritaki

This little-known dried fruit from South America is quite extraordinary. Hari means "supreme absolute being in Hinduism". Taki means "like, as, or like it". So therefore, Haritaki means "To become like a God".

Did you see the movie "Limitless" where he gets a pill that helps him to process information faster than anyone else so he could achieve amazing results like predicting the stock market?

Well, Haritaki could be considered the plant version of the "limitless pill".

Just half a teaspoon of Haritaki is known to increase blood oxygen levels exponentially. Haritaki powder can clean Mercury from your blood and can draw many other metals and toxins from your body. It can also be used to treat many ailments, for example when rubbed into the gums it will help with gum disease.

Each day you will only need to take as little as half a teaspoon of Haritaki powder.

However, it has a very strong, complex and overpowering flavour. Your taste buds can become more accustomed to it over time.

To get maximum benefit from Haritaki follow these steps:

- Wait 5-10 minutes at least after consuming food before taking Haritaki.
- Have a small drink of water first to wet your pallet.
- Then take the half teaspoon of Haritaki powder into the mouth and let it begin to absorb into tongue and gums (this will aid absorption directly to the brain, and help cure gum and mouth problems)
- After allowing the Haritaki to absorb into your mouth for as long as you can, then you can wash the rest down by drinking pure water.

You can take Haritaki powder orally by rubbing some into your teeth and gums and let it dissolve there.

Some researchers state that Haritaki can increase the oxygen to the blood and brain by up to 300 times. This can increase our brain function levels exponentially.

The pineal gland has the most profuse blood flow, second only to the liver of any gland in your body, so pure oxygenated blood is vital for its optimal function.

Haritaki is the supreme illumination fruit. By taking as little as one-half teaspoon of the powdered Haritaki fruit it is said to achieve a similar effect as to practicing 2 hours of Pranayama Yogic breathing.

Pranayama is the ancient practice of drawing oxygen into the body through the nose and increasing its supply to the blood using controlled breath-work.

Haritaki can do the following:

- Remove toxins and metals from your pineal gland, brain, and body
- Increase oxygen in the body, both in blood and to the brain
- Treat ulcers and bleeding gums
- Heal the scars of old ulcers including those left in the stomach
- Promote skin and hair health
- Think faster
- Move faster
- Heal and repair faster

Rudraksha

The seeds of the blue fruit of the Elaeocarpus Ganitrus tree is called Rudraksha.

Elaeocarpus is a member of a family of tropical and subtropical evergreen trees and shrubs which has species that can be found in Australian, India, Nepal and Indonesia.

Other names for these magical and mystical third eye awakening beads are Ganitri or Jenitri in Indonesia, and they are commonly referred to as the blue quandong seed in Australia. It is related closely to the green quandong tree which has green similar sized and shaped green fruit to the blue Rudraksha fruit. The english name is the Utrasum Bead Tree. The blue fruit turns black when dried.

Rudraksha is pronounced 'rude-rach' when said quickly by the people of India.

Rudraksha have been known for thousands of years to have magical properties and to aid in reaching self-empowerment and enlightenment. Rudraksha beads also hold both magnetic and electrical properties too.

Hindus believe that rudraksha beads have healing properties and special powers such as wealth creation and manifestation abilities, and they are known to protect and heal the human body when worn.

Another sign of the hidden power that lies within rudraksha beads is they also commonly have a natural occurring Vedic Om Symbol written into them.

Rudraksha beads are di-electrical as they store electrical energy and also possess electromagnetic properties changing with the variation in the number of faces that are on the surface of the beads, otherwise known as mukhis faces. These mukhis faces are each separated by a line running

down the side of each bead. The number of mukhis also helps determine the uses and characteristics of the beads.

Rudraksha beads are worn on many types of jewelry including around the neck and arms. However, the most common is the Rudraksha mala. A mala consists of 108 prayer beads.

The seeds have been traditionally considered sacred in Hinduism as they are believed to be the tears of Shiva. In Sanskrit, 'rudra' means Shiva and 'aksha' means the third eye. Rudraksha in Sanskrit is "Shiva's third eye".

The wearer of rudraksha beads can achieve a tremendous amount of tranquility. The Rudraksha wearer is said to have higher levels of concentration, and that Rudraksha can aid in meditation for long periods of time with increased control over the mind.

Rudraksha beads can be left in a glass of pure water and this water can be consumed after every 12-24 hours of soaking. Then, the water can be topped up and this process repeated. The seeds can also be crushed and ground into medicine to help treat many ailments and diseases.

The five mukhi Rudraksha can be good for treating heart disease and other heart problems by either being consumed or worn close to the heart.

The five-faced rudraksha are most commonly found. The one-faced variety of Rudraksha is rare and very expensive. Rudraksha having two, three, four, six, seven, or eight faces can also be found easily. However, their price is usually more than the five-faced Rudraksha.

Black seed

Nigella Sativa or “black seed” has been included for its ability to build the body strong. By building the immunity of the earth body to superhuman levels, one can achieve a state much closer to spirit and source. With a strong body and high immunity, one can follow the path of awakening, live a nomadic life if one chooses and can even feel like a teenager in old age once again.

Black seed has fantastic antioxidant and detoxifying properties. Include crushed or whole black seed every day in salads, smoothies and cooked into or sprinkled over savoury dishes. You can also add black seed oil to your juice or a smoothie, or take a teaspoon of the oil straight, or a small amount of the seeds orally several times a day.

Black seed’s Arabic name translates to “seed of blessing.”

Black seed has been used for its amazing healing powers throughout history. It was reportedly found in King Tutankhamun's tomb, dating back to approximately 3,300 years ago. It is reported that the Islamic prophet Mohammed called black seed a ‘remedy for all diseases except death’ and so do some health practitioners. This spice has been extensively studied and has been used to treat many diseases, yet few people in the western world have ever heard of it.

Black seed benefits have been studied in over 650 studies as far back as 1964. You can find many reports online documenting the benefits of black seed and black seed oil.

Pineapple

Fresh pineapple or pineapple juice stimulates the Third Eye.

Regular eyesight can also benefit from pineapple due to its notable properties in preventing macular degeneration.

Pineapples also contain bromelain, an important enzyme which helps to break down protein and ease digestion and inflammation in the body.

Pineapple is also a kidney cleanser and in Eastern medicine the kidneys are considered to be one of the main storehouses of energy in the body.

Banana and onions

Banana and onion juice have been used to assist to prepare, open and begin to turn the chakras.

Bananas are very high in potassium which can be beneficial for the pineal gland and brain function. They can assist well with recovery from depression and trauma as bananas are an extremely tasty 'feel good pill' especially when made into banana nice-cream by freezing bananas then blending them.

Onions are like a lung and will absorb impurities from the body.

When combined, banana and onion juice will cleanse and activate areas around the chakras just like lubricating a bicycle's wheels, which helps free rust and make the wheels rotate well.

Palo Santo

Palo Santo is a mystical tree that grows on the coast of South America and is related to Frankincense, Myrrh and Copal.

You probably know of using sage to clear a room. Whereas Palo Santo is often burned instead to conjure or evoke spirit or to have clearer access to Source.

In Spanish, the name Palo Santo means “Holy Wood”. This is where “Hollywood” studios derive their name. It is part of the citrus family and has a divine scent which can resemble pine, mint and lemon.

Palo Santo is enjoyed by many for its energetic cleansing and healing properties similar to that of Rosemary, Sage and Cedar. It is a strong medicine that has been popularised for its heavenly presence in keeping energies grounded and clear.

It creates a pleasant, fresh smoke that works well in keeping away mosquitoes and other flying insects, which is one of the prime uses for the people who live in Ecuador and Peru.

Palo Santo provides an uplifting scent that raises your vibration in preparation for meditation and allows for a deeper connection to the source of all creation. It is also said that Palo Santo enhances creativity and brings good fortune to those who are open to its magic.

Palo Santo is traditionally used for relieving common colds, flu symptoms, stress, asthma, headaches, anxiety, depression, inflammation, emotional pain, immune systems, nervous systems and more. When made into an essential oil, it can be great for Aromatherapy and can also

be used during massage work to assist in healing physical pain and inflammation. It also contains high levels of D-Limonene and Monoterpenes that can be useful in treating cancer symptoms.

Palo Santo has magical and mystical properties both for healing and ceremony.

Rosemary

The ancient Greeks used Rosemary for wisdom and clarity. Thousands of years ago when the ancient Greek scholars undertook exams they would wear sprigs of Rosemary in their hair, as the smell of Rosemary can increase brain function and memory.

Drinking Rosemary water has been found in studies to increase memory and cognitive functions by up to 15%. Rosemary has also been found to have antiviral effects against Influenza, Herpes, HIV, and hepatitis.

Rosemary smudge sticks are a great tool for those wanting to awaken the third eye as burning the dried herb has many similar benefits to Palo Santo. Rosemary can also assist with stress, fatigue, headaches, insomnia, and anxiety.

One reason Rosemary has such a positive effect on memory and other ailments associated with the brain is how the scent of rosemary will also stimulate blood flow. The pineal gland also controls our sleep cycles and Rosemary will assist in opening and decalcifying it. Rosemary can also be very effective against liver disease. Both the liver and the pineal gland have the most profuse blood flow in the body. Therefore, Rosemary can be great at stimulating blood flow around the body.

Filled with antioxidants and anti-inflammation, compounds of Rosemary can assist in faster healing and recovery times, improve blood circulation and can boost the immune system.

The scent of Rosemary can be enjoyed as an essential oil, or smelling fresh, or dried sprigs, or by burning dried Rosemary, or as Rosemary smudge sticks.

Frankincense

Frankincense is the hardened sap of the Boswellia Sacra tree also known as the Olibanum tree.

It has been used to treat arthritis, asthma, digestion and oral health, and even cancers as it is known to suppress malignant features of tumor cells.

Studies have shown Frankincense to have anti-inflammatory and “tissue remodeling” properties.

Its calming and spirit raising effects are perfect for treatment of pain and also uses in meditation and building life force and balancing the third eye chakra.

Frankincense can be chewed just like chewing gum and is most likely the original form of chewing gum from many thousands of years past.

Frankincense can also be heated or burnt as incense.

Life-Force Energy

The Arcane Art of Building and Directing Life-Force Energy

*There is a power within you
it can be amplified and directed at will
Its name is Vril*

What is life-force energy?

There is a hidden force in nature that spurs every molecule and every atom into play. It permeates all nature and the ether. This great force goes by many names, but all names describe that force which one can learn to master by tapping into its powers.

In the Vedic tradition of ancient India this force goes by the name of Shakti. It has many other names including Prana and Chi. Vril is its name for the purposes of this book. The word Vril has Germanic origins. However, whatever name is used we are essentially describing ‘life force energy’.

There is so much hidden potential power in one’s body that a human could run a power plant to light up a city if they knew the secrets to mastering this force energy called Vril.

Contained in this section of life force energy is a compilation of some of the best practices in both the absorption and use of Vril energy found in many ancient cultures and also, teachings from Vril or Vital Magnetism text, the arcane teaching, secret doctrine of ancient of Ancient Atlantis, Egypt, Chaldea, and Greece, last known publish date 1911. The text has been updated so it is easier to understand in modern language terms.

Do not underestimate the power of utilising these practices. Some descriptions may seem quite simple and often the most powerful practices are the most basic ones, as the magic is often contained in just ‘the knowing that it exists’.

Vril cannot be created or destroyed, as once used it is re-purposed elsewhere. Whilst one can store a certain amount of Vril, most people’s supplies are easily depleted through negative emotions, different forms

of energy expenditure and by not innerstanding and practicing the vital laws of nature to top up their Vril power supply.

Storage of Vril

Vril is stored in the abdominal area called the solar plexus chakra.

Listening to 432hz music, especially songs tuned in the keys of E or E minor can help one feel more powerful and can restore and vitalise one's being, as this is the tuning of the Solar plexus chakra.

The nerves of the human body make up one giant jellyfish of string-like tentacles. Imagine that all the nerves which connect as highways through your body are continuously flowing with small amounts of Vril traffic. An energetic highway and you are an electrical power station. If directed and amplified correctly, the power in a single human body could light up and power an entire major city!

The main storage centre for your solar plexus chakra is located in your lower chest area. Picture in your mind, that the electrical storehouse is there as you place your hand over your abdominal area where your solar plexus chakra is located.

Now visualise being able to send healing electricity throughout your body through the nerves towards an area of pain or discomfort, or towards an area you would like to heal.

Once you can visualise Vril as energy coming from your solar plexus storehouse, and as electricity passing along the highway of your nerve strands, you are then well on your way to direct and amplify this unseen potential power to heal, vitalise and restore.

Practice this type of internal energetic healing to begin moving and amplifying packets of Vril energy around your body to heal the body and to reduce discomfort.

Absorption of life-force energy through breath and mental alchemy

Mental alchemy, under whatever name it may masquerade, may be found to consist of simply the power to create strong, clear, mental images and to project them into the outer world by means of the concentrated 'will'.

The first step in Vril absorption using mental alchemy is the realisation that in the atmosphere a universal supply of Vril (or life-force energy) exists and it is easily assimilated by the nervous system of humans and other living creatures.

The second step is the formation of a clear mental picture of this universal supply of Vril. Of course, Vril having no definite shape or form, colour or outward appearance, the mind may not be able to picture it as a thing of form, colour or other tangible attribute. However, the mind can imagine it, as it would imagine a space filled with electrical power or magnetism.

The mind must enter into a consciousness of the presence of Vril, all around one's space and in every atom of air that is breathed. The consciousness of that presence must be gained before further progress is possible. It must be dwelt upon mentally until the mind grasps its reality and becomes conscious of its presence, just as one is conscious of the presence of space itself. By innerstanding that Vril consciousness is present it can increase your powers of manifestation.

The next step is the realisation and mental imaging of the faculty of the nervous system to absorb the quantities of Vril energy that is required. The mind must visualise the nerves absorbing the Vril from the air, just as it can visualise the lungs absorbing oxygen from the same source.

The one must be seen to be as real as the other. Of course, the nerves will absorb Vril in the ordinary way whether or not one is conscious of the process. In fact, this is the way that the average person absorbs Vril. However, in order to increase the absorptive power of the system, the mind must function in the manner described above.

This process increases the efficiency of absorption, just as thought-force is known to increase the efficiency of the stomach, liver or other organs of the body.

The final step is the use of the will in the direction of commanding the system to absorb a greater amount of Vril. After the mind recognises the possibility of this process, and the imagination pictures it as being performed, then the will may be directed to the task of demanding its performance. To some it may seem a strange statement. However, the majority of our physical actions function in this way.

Vril absorption exercise

The following exercise will serve as a general guide to those who wish to increase their power of Vril absorption.

Practice the 'full breath'. Breathing in through the nose with shoulders lowered and filling your lower abdominal area, then middle section and finally upper sections of lungs in a one, two and three flow.

While inhaling, picture in your mind the absorption of Vril first by the nerves of the nasal cavity and the back of the head. Then by the cells of the lungs and at the same time ‘willing’ that the Vril be absorbed.

Or, if it is preferred, use the intention of the bodily systems to absorb an increased amount of Vril and simultaneously picture the process of absorption mentally.

Or perhaps a third form will be easier for some. Use the intention of the Vril absorption and simultaneously ‘feel’ that it is underway.

After a little practice you may find that the system will become as responsive to the intention of this function, as the lungs are responsive to the intention when one decides to take a breath fuller and deeper than usual. Furthermore, the person can become more conscious of the influx of Vril as they are of the influx of air in breathing.

Absorb additional Vril whenever you feel you need it.

Vril in food and water

Why do so few spiritual leaders and practitioners now not adhering to the laws of the universe and cannot even have control enough over their own earthly bodies to say no to consuming animal suffering?

It is a quite simple discipline to achieve to eat in a way of least violence but so few so-called spiritual teachers have even mastered this practice.

They use narcissistic excuses like the animal gave its life for me and you should respect my right of choice.”

What about the baby animals right of choice?

Chi, prana, shakti, Vril are all words from different cultures that represent life force energy.

2 ways to build life force energy are to start a vegan diet and begin regularly intermittent fasting.

Spiritual by-passers and fence sitters have overrun the world and so many look up to these fools.

Now a new breed of light workers have arrived that do not try and fit in.

They will not be denouncing a broken system whilst receiving hush money to remain a cog in it.

They will not agree or keep silent because the other sheeple all do.

They do not live by the code of letting everyone be and do how they want as they know that this attitude allows those who would hurt our children free reign on this realm.

We are here to say stop paying for the torture and murder of innocent beings and allowing others to!

We are here to protect and help to heal...
and this takes courage.

You know who you are.

You were born here knowing.

The one who enjoys food in moderation can receive life-force energy through the tongue. This can be achieved by thoroughly enjoying every bite and dissolving the power of food in the mouth. They can know the enjoyment of food in new dimensions of pleasure that the gluttonous overeater may never know or understand.

Many ancient teachers taught that all food should be thoroughly masticated until it was reduced to a pulp and was then almost

unconsciously swallowed. They were often so thorough that they even followed the plan of mastication when drinking fluids like water or other liquids.

They did not have the knowledge of the chemistry of foods possessed by modern science. However, their experience taught them that food masticated this way gave the greatest nourishment and that this allowed the nerve-ends of the tongue and mouth absorb a supply of concentrated Vril from the food. They often taught that the nerves of the tongue and mouth alone were capable of performing this, and that after the food passed down the throat there was no possibility of the absorption of Vril from it.

Some ancient occultists held that as long as there remains 'taste' in the mouthful of food, there is Vril to be found in it. Furthermore, when the 'taste' disappears the Vril has then been absorbed. Therefore, they ate slowly and masticated each mouthful carefully so as to extract the greatest amount of 'taste' and this method of eating not only served to extract the largest amount from the food, it also gave to the person eating it the fullest epicurean pleasure. They claimed that they obtained a pleasure from eating that the gluttonous eater could never experience or even conceive.

In the early 2000's when I was working at the Royal Children's Hospital in Brisbane as a wards person the rep from the supplier of our cleaning detergents came in to see me one day and said "We have done some tests and found water alone kills over 99% of germs. However, detergents and industrial cleaning agents used in hospitals like this are creating superbugs and multi-resistant infections that are growing and breeding in more sterile environments.

For many years now I have not used soaps or and products on my body.

Without a shampoos and conditioners your hair will begin to balance itself after some time.

When bathing in nature is also best not to have any chemicals from soaps leach into the environment.

Copper and cast-iron

Some almost forgotten ways to gain extra life force energy is through the use of various metals for water decanting and cooking.

Copper coins were once thrown into rivers and streams to keep them fresh and maintain healthy ecosystems. This is what began the tradition of making a wish when you throw a copper coin into water.

You can increase the supply of vril in your water by storing it in a copper vessel or flask. Please note copper vessels for storing drinking water should only be used for short periods of no more than 3 months at a time as too much copper could cause vomiting, diarrhea, stomach cramps, nausea, headaches, and even liver damage or kidney disease.

It is recommended to use a copper water bottle for around 3 months then take a break from it for at least a month using other vessels to contain your water like stainless steel, glass, or BPA free food grade plastic.

If you are consuming cooked foods then cooking with cast iron is an optimal way to gain easy digestible iron into your bloodstream and to aid in health, vitality and virility. When food is cooked on a skillet or pan or pots of cast iron, they can also give off super energy storage in the form of metal rust which you can taste. After having a meal cooked on a cast iron surface one can easily notice the extra power absorbed also through the tongue.

Vril in music

432hz music is in direct line with the golden ratio and controls the mathematical laws of the universe as is the secret to nature which is the number 9. Nicola Tesla had discovered nature's secrets as testament to his around 300 worldwide patents in the areas of wireless, electrical and robotic technology almost 100 years ago.

Nicola Tesla knew the importance of numbers having physical and spiritual properties over what many of us were taught in school.

Most of us get as far as learning numbers for counting, weight and measurements only. However, there are many more secrets of nature's laws in numbers.

Numbers have their own physical and etheric properties. They can also contain the secret to all life. Everything in the universe is made up of sound waves vibrating at different speeds or hertz (hz). And Nikola Tesla himself was once reported to have said "light can be nothing other than a soundwave in the ether".

Nicola Tesla used what is called Vortex math. In vortex math all numbers higher than 9 are added together until they are reduced to a single digit number between 1 and 9. For example if the number was say 3865, we would add $3+8+6+5=22$ then we could get $2+2=4$. The vortex math of 3865 is 4.

Another example, since I discovered 432hz tuning in 2016, I have only used 432hz musical tuning in my recordings and playing live. 432 is $4+3+2=9$ (the secret number of spirit and ether in nature).

That means the note A (5th fret high E string for guitar) cycles at 432 times per second. And all other strings are tuned corresponding to this base frequency.

Numbers 1, 2, 4, 5, 7 and 8 are all considered to be of this 3D world, which we can touch and see.

Numbers 3, 6 and 9 are considered to be of the spiritual realm or otherwise known as the ether. 3 and 6 seem to resemble masculine and feminine sides of spirit and 9 being the most important, is commonly known as everything and nothing.

A test you can try for yourself is to listen to your favourite song in its normal tuning, which is usually 440hz in most of all modern recorded music. Then listen to the same song re-tuned to 432hz. Everyone I have shown examples of this to, both musicians and non-musicians, are so shocked.

432hz seems to add a whole new dimension to the music that cannot be described, it simply must be heard. 432hz music is most directly in line with the body and nature's laws. Therefore, it is a great way to store additional supplies of Vril. 432hz music can keep the body in a more peaceful state, aid in sleep and recovery from illness, including mental illness and brain function deterioration. 432hz music is also especially powerful in aiding Vril absorption when used in conjunction with Vril producing tantric sex practices.

Tantric sex and sexual transmutation

Sexual transmutation is the art of harnessing sex energy and directing this power towards passions or desired achievements like creative, business or sporting endeavours.

One can harness sexual energy which is potent with Vril to create beautiful art, music and dance, just as one can harness sexual energy by the use of sexual transmutations to amass wealth in business or success in a chosen career path.

By transmuting your sexual desires into your other desires, or artistic and creative endeavours one can truly create magic.

With tantric sex practice the focus is on stillness, the aim should not be to reach orgasm. However, to build sexual energy to fill the solar plexus chakra with Vril. The goal of tantra is also to reach trance and altered states of consciousness. The true art of tantra is also to align and turn the chakras, and to reach 'light body'. Tantric sex is far removed from sex with animal instinct used solely for satisfaction of arousal and the strive to reach orgasm.

Here is how an arcane teacher describes the powerful tantric practice to store up Vril energy in sex between a man and woman: "Instead of striving to reach the orgasm. Sweet caresses, amorous phrases and delicate touching should be lavished reflectively. Keeping the mind constantly separated from animal sexuality. Sustaining the purest spirituality as if the act were a true sacred ceremony. The penis can enter the vagina to bring about a divine sensation upon both, full of joy, that can last for hours, withdrawing it at the moment the orgasm is near to avoid ejaculation of semen. The transmission of magnetic fluids is ordinarily done through the hands or through the eyes. However, it is necessary to say that there is no greater and more powerful conductor, a thousand times more powerful, a thousand times superior to others, than the virile member and the vulva as receptive organs."

Generate the word is gender + create = generate

To "generate" is sexual energy harnessed, or the use of sexual transmutation used to create.

Vril in nature

Nature Immersion is such an enjoyable way to receive an energising boost of Vril energy, by visiting an ocean, waterfall, lake, river, or stream and fully immersing yourself. Or to visit the top of a mountain range and to breathe the fresh air and take in the majestic view.

The least amount of clothing worn the better and definitely barefoot always to absorb extra Vril through the earth. Enjoy yourself as much as possible, be in the now... put away your phone and any other mind distractions.

When leaving your nature spot, remain barefoot in connection with the earth, as the intertwined tree-roots can send Vril upwards. The trees contact each other through a series of interconnected roots underground and they can send you love and Vril energy.

Mother Earth will also send you increased packets of Vril energy through the grass, mud, water, rock and soil when you thank her too. Hug a few trees and thank them and the body of water or nature around you with feeling of joy and gratitude in your heart, and even speaking how you feel out loud. Thank it for the life force energy or say “thank you for the Shakti.”

Which is the Vedic name for the same vital life-force energy.

Vril in the sun

Our retina of our eyes contains filaments and nerves that accept the Sun's rays and send Vril, and all colours of the rainbow spectrum to the pineal gland (third eye), and to all organs and tissue that require sustenance and repair.

Sungazing is a powerful and forgotten ancient technique for building a powerful store of Vril in one's body. Like a super-charged battery box of Vril in your solar plexus. Sungazing has many benefits to the body as discussed in the Practices to awaken your third eye section outlined earlier.

Our hair and skin also draw in the sun's rays and can convert them into Vril or life-force energy. To gain maximum benefit of Vril absorption in the sun remove sunglasses and eyewear.

Each time one is standing, sitting or lying down in the sun it can be highly beneficial to be conscious that one is building Vril energy this way.

Vril in creativity and performance

When you put your heart and soul into your creative passions, such as during a musical or creative performance Vril is created in passion and excitement. The emotions and excitement produced by the performer and the audience can charge the air with supplies of Vril energy.

In musical performance the correct tunings with Vril and nature such as 432hz, can amplify feeling and open new dimensions to the senses. The eyes and ears can hear and comprehend more colour and sound at lower volumes.

Vril is what sets apart the musicians who can play and or sing well from those who have what some may call 'star quality'. Vril energy is that which made Elvis 'the King' and also the artist formerly known as Prince. Vril was also notably channelled through the performer Freddie Mercury during his music and stage presence.

It is the magnetism of oneself that enables the art to be truly heard. It makes the listener pay attention, makes the art collector gravitate towards a piece and makes the theatre give a standing ovation at the play. Recognising that there is this power that can amplify one's efforts one thousand-fold. Then all the musician or artist needs to do is intentionally put Vril energy into each performance or piece of art they create.

Rudraksha for Shakti

As mentioned in 'Vril in nature' section the word Shakti is the term used in places like India for life-force energy.

In this section we will therefore replace the word 'Vril' with the word 'Shakti' as it is the Vedic word for the same ever-permeating power.

Rudraksha beads are very sacred Vedic plant medicine and can be considered the most holy jewellery in India. The beads hold an electrical current or small voltage that can be measured.

The beads also have many other interesting and unique properties. They seem to be of a powerful magical yantra design incorporating torus or toroidal like qualities. They also have a Vedic 'om' symbol that can be found naturally occurring on them.

With the above-mentioned features, you can see why the wearer of Rudraksha beads or a Rudraksha mala would believe it raises their life-force energy.

Rudraksha beads also grant protection against malefic (spiritual attacks), protection of heart and are to be considered a force field of protection around the wearer that can rely on. Just like an angel halo of power that you could wear, the Rudraksha will protect and raise the wearer's vibration.

As well as being worn to produce extra Shakti, protection and abundance, Rudraksha beads are also a super powerful ancient Vedic plant medicine. The small seeds inside the beads can be eaten and the beads themselves can be ground to a powder and then made to paste.

Rudraksha can be a very powerful aid in treatment for heart related illness and weak heart conditions. Rudraksha is also prescribed in Vedic medicine for the treatment of a broken heart.

One can put a few Rudraksha beads in a glass of water or their water bottle and leave them there for around 12 hours then drink the water.

Vril in hair

Human hair is considered a superconductor capable of carrying powerful amounts of energy and electricity. Just as it has antenna qualities, one's hair also has both Vril absorption and amplification qualities also.

Hair is considered a direct connection with the ether and can serve one well in all types of situations. Recognising the power of hair as an antenna can assist with connection to all of nature and other dimensions.

Hair as an antenna is especially powerful and useful in survival situations, such as the powers of instinct and being able to read and even foresee situations before they happen.

Hair power has been important for many indigenous tribes as well as many ancient powerful civilisations. Native American trackers reportedly lost their ability to track effectively when enlisted in the

Vietnam war. This was found after investigation to be due to the army regulatory hair crew-cut.

Hair is cut short as a control mechanism by religious orders who cut and sell the hair of devotees.

Your hair is powerful!

Some of the best trackers and most connected channels of source energy and gatherers of aetheric energies innerstand the power of hair magic.

As magic is science not yet discovered. However, there is much evidence to support hair power.

Women and men, I encourage you to grow your armpit hair grow your leg hair also.

Witches, wizards, alchemists and practices of arcane teachings were most notably aware of such hair powers.

Makara is an almost forgotten word which refers to the ancient art of hair binding. Hair binding was used for both spells, power and hidden messaging. The looping and twisting energy patterns that are created with different types of makara or hair binding styles were once known to be extremely powerful magic for the user.

The beautiful Maria Orsic and the women of the Vril Damen, a witch's coven in Germany channelled amazing technologies for Hitler and Nazi Germany. The women used their hair as telepathic antennae to tune into messages received on plans to build interdimensional flying saucers.

If you do not like long hair or are unable to grow your hair long, Vril antennae connections can also be effective by allowing body and facial hair to grow.

Directing Vril energy to heal and energise

Either sit in a comfortable position or else recline in an easy position, relaxing every muscle and quieting every nerve. Then concentrate the attention upon the solar plexus (or the region of the stomach just where the ribs spread apart) and awaken your consciousness of the storage of a reserve supply of Vril at this point. Then some of this Vril supply shall flow along the nerves to wherever in the body you wish to energise.

If the part to be energised is situated above the solar plexus, you must mentally and by an effort of your intention, draw upward the Vril current. If the part to be energised is situated below the solar plexus, you must mentally push the current downward. In either case you must accompany the effort of intention with the mental picture and consciousness of the actual passage of the current.

It may take you a little time to acquire the particular ‘knack’ of directing the current in this way. However, after a little practice you will find it very easy, in fact it can become almost ‘second nature’ for you to send the current wherever you recognise the need of it.

General self-treatment using Vril

You can use a form of general self-treatment with Vril currents by the direction of general vitalisation and energisation of the entire system and here is how to achieve this:

Lie in a comfortable position and concentrate the attention upon the solar plexus, awakening a consciousness of the presence there of the reserve-supply of Vril. Then direct the current downward to the feet first, to the left foot and then to the right until you can feel the energy manifesting in them. In some cases, a slight tingling may be felt, while in others a general ‘feeling’ or subconscious ‘awareness’ is manifested. Then treat the lower part of the legs in the same order. Then the thighs.

Then the reproductive region. Then the abdomen and the lower internal organs. Then stimulate the solar plexus itself. Then the lungs and throat.

After having treated the various organs and parts of the body in this manner, reverse the current and cause it to flow down the spinal column, sweeping it repeatedly from top to bottom, allowing some of the current to flow out through the connected nerves.

Next concentrate the attention upon the sacral chakra, at the lower part of the spine, giving to this region an intended stimulation.

Finally, direct the Vril to the nerves and muscles of the neck. Then to the brain, giving the latter a good 'flushing' and then withdrawing the current by a reverse impulse and direction of the intention.

Rest quietly a few moments and you will arise refreshed and energised.

Vril bracing-up exercise

Stand erect and take several natural easy 'full breaths' combining the mental exercise of Vril absorption. Then whilst holding your arms out front of you, clench your fists and draw them slowly toward your breast, gradually increasing the muscular tension.

Then push your fists out and draw them in while the muscles are still tensed, several times. Then drop your fists to your sides and gradually draw them straight up as far as they will go, tensing the muscles as the fists ascend. Repeat several times.

Then moving your arms about with clenched fists, alternately tensing and relaxing the muscles. A few moments of this exercise will fill the upper part of the body with fresh Vril and will impart a wonderful feeling of energy and power.

The psychic phase of Vril

Persons may be 'treated' by sending them thoughts of strength and vitality or of courage and success, charged with strong currents of Vril impelled by the intention of the sender.

In the same way, one may send to another direct currents of Vril and thus increase his or her vitality, energy, force, and power. However, one must remember that everyone has their own 'free will' and some may not wish to receive Vril, even if it is for healing purposes. Therefore, consent of the person receiving the 'free will' can be important.

Telepathic messages may be increased in power by charging them with an increased supply of Vril. Thought-forms sent forth may be energised and vitalised by charging them with the dynamic force of Vril.

Vril protection

By forming a strong mental image of the presence of the protective thought-aura surrounding the body, which one may surround themselves with as an armour of protection that will defy attacks from others.

Controlling a pendulum with Vril

Pendulum scrying is the art of allowing a pendulum or weighted necklace to rotate and answer questions by using yes or no as anticlockwise or clockwise depending on the person holding it.

Controlling Vril goes a step beyond pendulum scrying as the one controlling the pendulum or necklace will tell it where to swing.

The controller should develop the use of this divination through concentration and intention and the ability to hold the pendulum still whilst commanding it to swing forwards, backwards, rotating clockwise or anticlockwise, or stopping still on command.

Developing one's control this way is a first step towards introducing oneself to many more possible external power applications of Vril once one learns to control, centre and amplify it more from within.

Telekinesis

Telekinesis is the control and direction of Vril energy in sufficient bursts to move and even bend or re-shape matter which is not touching one's body from a distance. Just as many energy healers rarely touch the patient and send Vril over to heal the person lying on their table or even remotely across oceans to a patient in a far away land.

It is possible to store up, and sufficiently direct and amplify Vril energy to cause things to move or be manipulated at a distance. Practicing controlling a necklace or pendulum's direction with one's mind and Vril is a great step toward beginning to develop the powers of telekinesis.

How to see the future

Being able to still the mind is the way to access all information in the ether. Now at first this might seem counter intuitive. However, it may help to understand that the best channels, mediums and psychics are often people who are able to calm, clear and still their minds.

Recognise that one can download anything, any information, any manifestation that they require, as it can be directly downloaded via the crystalline grid.

Most of us are constantly living in a 'future meets past' repetitive cycle where we are constantly analysing what we are experiencing against past memories. Many do this at a very high rate and therefore are never really living and experiencing the now.

To be able to drop into a mind of almost nothing is to truly live in the now and to begin to have access to precognitive abilities, like the ability to see a few seconds, minutes or even further into the future.

Think of a time in your life that you thought of someone from your past, then a couple of minutes later you receive a call from them. Or as in my experience on numerous occasions, I have walked into a building and a person was there just after thinking of them. Some people would agree that they have experienced this. Has this ever been your experience?

Could it have been that in that moment you have done something internally or has something external triggered a state where you drop your thoughts to a rate so low that you are no longer relaying information so rapidly from now, back to previous memories.

Living from a Place of Heart-Space Creation

Heart-Space Creation and Meditation

*'The heart knows the way,
to the sacred place
where one can create from love'*

Heart-space creation

For many to begin to live from the heart is to realise there is only ever now. Why trade your 'now' for many things that ultimately lead to a life that does not serve oneself or one's dreams?

Do the manifestation, concentrate and work on your dreams and they will come true. For example, if one dreams of living an off grid lifestyle, should one work a city job that one dislikes in order to save to afford this off grid lifestyle. Or leave the 'matrix' and begin to build, create, forage and farm off-grid in nature?

The thing stopping most people from living from the heart can also be the thing that stops the best kinds of manifestation happening. One must understand the 'knowing that it will work out'. It takes heart and courage to take an 'extreme' leap of faith and to give it your all to make one's dreams happen whilst living in the now.

Sounds overwhelming? Well, it need not be, because by taking the step to live in the now and in a heart space changes everything. By beginning to live in the heart space one can become free from the major stresses that can come from living in a society that often 'fears tomorrow'.

When the fear of tomorrow no longer exists and one truly understands there is only now. One can create, manifest and most importantly 'play in the now'. Now and always.

So how can one begin truly living in the now and in a heart space? One of the best places to start is to begin to live like a child at play. To start asking your heart and intuition for the answers. To begin to take time to prioritise things that make you happy. If you have been stuck for so long in your life and you are not sure of your path, or what you love to do, then do this.

Go out into nature and sit, lie or stand with bare feet and with as minimal clothing as possible so you are in direct contact with the earth, sand, rocks, or grass. Feel the interconnectedness of yourself with all that surrounds you, above and below. Set the intention that you will discover your new passion and path in life from a heart-space.

Feel grateful and loved that you are about to be shown your heart's path by mother earth. Send love to all creation around you. The feelings are the most important part of this manifestation. The feeling of knowing you have received your heart's purpose. Then release and let go, knowing that your answer is on its way.

Repeat this up to three times daily. You will quickly be drawn to messages in your life guiding you to your life's path. Once you are aware of your life path/purpose you can then direct all your being towards it. Keep yourself accountable for not slipping into habits of procrastination and your dreams will become manifest.

What would one rather, a life dedicated to one's path coming from a heart centre? Or, a life of television programming, and service to a job, or a vice that drains and does not fulfil?

Remember it only takes small steps because when you are living in the now you are focused on what you can currently do to live truly by one's heart.

This is why the sadhu's of India and many indigenous tribes around the world have such powers of magic and manifestation. One can hold many powers by living in the now, power that those who are stuck may never know or truly understand.

The power of one-ness with nature's laws is amplified when one moves towards a place of heart by living in the now. The golden key to enlightenment is to begin to live in the now. By this I mean living a life

of your design and going where you like as freely as a bird. And therefore, clearly accessing visions into the future. Or even being able to create YOUR own future as it unfolds.

Please understand that everything you are experiencing up until now, is what you wished for, consciously or unconsciously. When one moves forward knowing this to be true, then one can decide what they would like to create from the heart space.

The first step to becoming a powerful creator is to recognise that the power resides within you.

Religions through the ages have warped the meaning of prayer and what it actually is to pray. The 2 highest forms of prayer are:

- 1/ To create from a heart space and
- 2/ To love and assist others unconditionally.

Heart-space manifestation meditation

The mind can be a polarity instrument so when manifesting with the mind one is creating both sides of a coin. As an example, one can create wealth with the use of the law of attraction principles such as the below:

1. Seeing the abundance
2. Feeling the abundance
3. The feeling of gratitude in knowing it is there
4. Letting go with a knowing it will be there

However, if this is manifested with a polarity instrument such as the mind, it can often create the exact opposite, maybe in 'later timeline'. So, in this case, one may manifest wealth, then possibly a sudden loss, followed by poverty. Or in the case of manifesting health, the health

may come, then another sickness again as a delayed manifestation using the mind's polarity instrument.

The polarity instrument of the mind and manifestation could be attributed to the fabled curses of 'legends' on stage and our screens. And therefore, can create the opposite polarity to that they desired later in life.

However, the heart creates from dreams and love so can manifest more purely and instantaneously if one allows it. To manifest from the heart is often believed as to create in pure form. To create the positive, without the negative. That is why this way of manifestation is less likely to be miss-used.

So how do we begin manifesting and living from the heart? Many people are using DMT or psychedelics in various forms to reach the heart space or become more one with the Universe. However, there is a much safer and more natural way.

Sit or stand with your back straight and shoulders back. Inhale full breaths through the nose and fill first the lower abdomen, then middle, then upper chest. Exhale out and repeat until you are feeling calm and fresh. If you are not sitting in a beautiful place, I want you to imagine a magical place in nature that you love to go to, or would love to go to. Picture the earth, the trees, the wildlife, the sky and the wind in your hair.

Once you feel the full bliss of your surroundings with eyes closed and send your love deep down into the earth. Then wait for your gift of love to be received by mother earth. Then wait for mother earth to return the love you have sent her. Once you feel the love of mother earth coming up through the ground into you, allow it to flow.

Allow the love to move through you, enjoy it and allow it to increase in intensity and bliss. Then whilst still accepting and holding this love connection with the earth, move your attention also to the sky, see the stars, planets and Sun. Do the same with father sky. Send your love high up to the cosmos and wait for your package of love to be received by father sky. Then wait for father sky to also return the love you sent him.

Once you feel the love of father sky coming down into, and through you allow it to flow and increase along with the love of mother earth. Feel the unity of earth, sky and you. Enjoy it for a while. Then whilst staying in this blissful meditative state, take your attention to your mind and your third eye chakra point. Imagine that your soul is a small ball of light about the size of a marble that resides here. However, also picture that you have the full ability to move your ball of light anywhere you want throughout your body.

Practice moving this ball of light down towards your throat chakra and stopping there. Experience the different sensations in your throat chakra area. Then move all the way towards your heart chakra and the area surrounding your heart. Once you have reached the heart and experienced it for a short while, then move to other locations of your body and return back to stop at your throat chakra for a while and then back to your third eye, making sure you are facing forward through your eyes when you return.

When you have experienced moving your soul throughout your body this way, then try it again. This time going from the third eye to the throat and then stopping at the heart. Once your soul arrives at the heart chakra area you can then simply ask your soul to find the sacred and special place within the heart. It will likely go there as your soul is in the heart now, and it knows the way to go. Allow your soul to lead you there. It may take you to a place of deep darkness and then ask for there

to be light. You can meditate, manifest from the heart space and access the akashic records from this heart-space.

As all people's experiences are different, do not expect yours to be the same as others who enter this space. However, many people seem to have similar experiences. Here is one such experience. As I asked my soul to find its way to the sacred place it became very dark and then I was shown different areas of the inside of an amazing building that was made from mud brick.

All the staircase, walls and floor seemed to be made from mud bricks and smooth brown adobe finishes on the walls and floor. First there was a large table or altar that was also brown and made from what seemed like some sort of cement and mud mixture as well. I was shown the mud brick staircase that had adobe finished and each step was wide and rounded leading up to this room with a huge table/altar.

I wanted to see the outside of the building and instantly was there viewing the outside of a building that was very gothic looking with many windows around this circular cylinder-shaped core. I asked what this building was and instantly I was told it was a place with all my books and all my learnings. As soon as I saw the outside of the building, I knew this was the place. The place that held many books and many learnings. Many secrets to be remembered once again. And as I moved away from this building, I realised it was the core of many other interconnected buildings and I was told this is the place of the akashic records.

There were other buildings attached by metal looking pipes that were other levels of learning potentially beyond what is possible to comprehend now. During this meditation I also realised that I was also

in very much a 'lucid dreaming' state. Lucid dreaming is when one reaches a place between dreams and awake. And can be the state where many great inventors, artists, poets, writers, and musicians went to draw from source.

Asking for visions of what I should do, a message instantly came about one of a few projects I had been focusing on in recent days. I received clear instructions on exactly how to achieve the outcome desired on the project and the steps that should be taken. I arose from meditation confident that I could easily make the project work with a collaboration effort by attracting the right people, knowing I could attract the right co-creators as I was now creating from the heart-space.

Afterword

Congratulations for reading this far.

As you can see there are many ways and specific procedures, practices and many magical natural ingredients that can be used on your path to healing of the emotional, bodily and biofield systems.

In this book I have only included practices plants and frequencies that I have had personal experience and utilised for my own health, activation, revitalisation and repair work. I hope that along the road you will uncover and remember many of your own methods to add to or expand the ones outlined here.

When one commits with dedication to activate their powers a whole new realm of possibilities and wonderful new worlds of opportunities become manifest. If you would like to continue and further your vibrational frequency and plants studies reach out to me.

We have entered a new age and a time of instant manifestation for those who follow their dreams with passion and purpose will know of such riches of the heart.

Embody the frequency of light with your vibration.
Learn to love unconditionally. Stand in your truth.

For more frequency, foraging and freedom resources visit vibrationalwizard.org

