



section four

VIBRANT PHYSICALITY

*We are to be masters in all aspects of our lives.
Mastery of patterns is connected to mastery of the physical
body. Our patterns create the state of our body.*

Key Teachings

- » We are creating our physical body
- » The physical body is our greatest gift
- » The cells are to be deprogrammed and reprogrammed from “death” to life
- » The human body is transitioning to a crystalline body of Light

What is the Physical Body?

We have an ongoing invitation to use not just the mind as a means of gathering information. In fact the smallest portion of information is for the mind, the rest of it is for the whole of who we are. We are learning to *know* on a deeper level. The physical body is an *interface*. As a soul, as a being, we’ve made a choice to evolve in a very unique way—there is nothing like being a human on this planet. In the whole cosmos, this is one of the most unique opportunities for a soul. The physical body itself is conscious. The matter is



consciousness. And that consciousness, the conscious light that is the body, is an interface so that we can interact and engage in this world together. That's only one level. Go within. Feel what that feels like. Feel the knowingness that is there. Ask yourself: *what is the physical body?* See what answers arise for you.

The Mind

- » Mastery of the body > the body becomes what the mind believes
- » The vast majority of our thoughts are subconscious
- » The brain is wired for safety
- » Our patterns impact our physiology and our energy field
- » Low energy levels and contraction in our field reduce our receptivity to the Light

Thoughts & Emotions

- » Every thought generates a chemical reaction
- » Hypothalamus > neuropeptides > emotions
- » Thoughts are BIG actions

The Water of the Body

- » Liquid crystal
- » Accounts for 99% of our molecules
- » Its structure is directly related to our health
- » Storehouse of memory and information in the body



Cellular Addiction & Habits

- » Each cell is conscious and has a voice
- » Cravings we feel are a result of the molecular reactions at the cellular level
- » With time, repetitive limiting patterns may lead to functional dysfunction and physical disease

Crystalline Body of Light

- » Humanity is transitioning from a material body to a body of Light; from an unconscious body to a fully conscious/awake body
- » The body is the bridge to the supramental, to Truth, no death, to the new civilization, the Golden Age
- » The cells are programmed by genetic heritage; societal and mass consciousness; our own thoughts, feelings, and actions
- » It is all about deprogramming and reprogramming
- » Radical transfiguration of the cell consciousness

Being Receptive to the Light

- » Open yourself, just allow, breathe it in
- » Call the Light from above your head
- » Quietude in the mind, the cells, the DNA
- » Nurture your cells as the Divine Mother—*you are that*
- » Activate joy in your field
- » Have faith in the divine grace



Speaking Directly to Our DNA

- » The first thing we must do before DNA can fully embody the I AM is to deprogram all the false codes of the limited information that exists in the DNA.
- » Enter into relationship with your DNA and speak directly to it: “I do not believe in disease and death anymore.”
- » Deconstruct and deprogram the belief in death, provide new information and remove these barriers: “I do not believe in death.”
- » Fill the void created by choosing life: “I am life, I am eternal, I am everlasting.”
- » Creating an androgynous, bioluminescent body, a body of Light: “I AM Light.”

Engaging with the Body as Light

- » Nutrition
- » “Wet” water
- » Sunlight and circadian rhythm
- » Movement and exercise
- » Rest the body