2016-03-10

Stargate Roundtable Call

INFORMATION REGARDING CALLS PRESENTED AND/OR SUPPORTED BY 2013 RAINBOW ROUND TABLE

I TO ACCESS THE THREE WEEKLY CALLS via the Internet

A BBS RADIO Go To www.bbsradio.com; click on Talk Radio Station #2; click on "64K Listen"

Thursday: 9 pm - 12:00 pm EST **Stargate Round Table Host: Marietta Robert**

Friday: 9 pm - 2 am EST Friday Night Hard News Hosts: T & R

Saturday: 4:30 pm - 2 am EST History of our Galactic World & NESARA Hosts: T & R

Friday, Saturday: From 10 – 11 pm EST, for one hour, the call moves to the Conference Call Line [PIN below] and then returns to BBS Radio.

• BBS Toll Free # in Canada, US 1 - 888-429-5471 - picks up whichever line is available.

B <u>Conference Call</u> 1-209-647-1600 Thursday PIN # 87 87 87 # Friday PIN # 23 23 23 #

Saturday PIN # 13 72 9#

C Skype BBSradio2

D Archives for the 3 Programs listed above

- To access the **FREE BBS archives** for any of these programs:
 - Go to BBSRadio.com; scroll down the column on the left hand side and click on "Live Radio Shows"
 - The next page which comes up lists the programs alphabetically under the picture of the presenter. Find MariettaRobert's picture: Stargate Roundtable with Marietta Pickett and RIGHT click on "Library Archives".
 - When that screen comes up, LEFT click on the date you want. It opens in a new tab you'll see the "free to listen box"; inside it is the tab that allows you to play the podcast.
- The 2013 Round Table website also has an archive section:

http://2013rainbowroundtable.ning.com/ See the "Archives" tab for written notes.

• Listen-in live 24/7 via conference phone dial 716-748-0144

II TO ACCESS OTHER CALLS SUPPORTED BY 2013 Rainbow Roundtable

A Sunday, Mondays: 9 – 10:30 EST <u>Cheryl Croci's Activation Calls</u>

By telephone only: 1 - 605-475-5950 PIN 9467441#

B Tuesdays, 2Nd & 4th of each month: <u>Ashtar on the Road</u>

9:30 – 11:00 pm ESTHost is Fran; Susan Leland channels Ashtar, Sekhmet & others www.Ashtarontheroad.com

Phone Number: 1 - 695-562-3140; PIN 163731#

• Call is free [except for long distance charges]

Can also listen to the call via Skype

C Wednesdays: 7:00 - 9:00 EST <u>The Friends of The Aboriginal Moabite Nation Call</u>

By telephone only: 1-712-432-0900 PIN 666238# Replay # [good for 1 week] 1-712-432-0990 PIN 666238#

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Host: Marietta Robert

Meditation: Angelsu To contact Angelsu for an angel card reading, use angelsu@bellsouth.net

Using the Angel Cards, Angelsu looks at the coming week: a reading for individuals & the group

- 1st card focuses in on what is needed on the planet for the next 7 days
- 2nd card will represent the remainder of the week
- last card is the special blessing, the gift.
- 1st card: Archangel Covenant Reunion: a circle of stars linked by a golden thread
 On the back: "I am aware that at the appointed time all the earthbound while gather
 the energy of reunion with the divine" we can anchor it in from Sunday to Mond
- **2nd card:** Mon –Thurs: **Egyptian ANKH sign:** Illumina, Illumination On the back: "Light I see, light I feel, Light I am" we'll be anchoring in so much more light Monday to Thursday
- 3rd card: Gift: a golden key the Birthright Key:

On the back: "The sacred communion I seek is all being given to me: I need only to turn the key."

As we intend to walk the path of illumination, all we need to do is accept the key and open the door.

Mayan Calendar: Rainbird

- **Go to** Space2plaza.com to locate specific days & lots more information: on the home page, you can find out what your Mayan birthday is
- The link to www.lawoftime.org more info on the calendar & how the 28 day/moon cycles work.
- **10th Thurs 3 IMIX -** Red electric dragon: starting a new unial [20 days], the 5th, with the 3 tone of activation started on the new moon: cycle of new beginnings; have the intention to manifest and to integrate with what is being manifest.
- **11th Friday 4 IK –** wind, connections to our ancestors
- 12th Saturday 5 AKBAL 5 is centered movement; Akbal is the night, abundance
- **13**th **Sun 6 KAN –** kan is the seed energy; 6 is rhythmic movement spring energy coming, thinking of gardens and growing.
- **14th Mon 7 CHICCHAN -** serpent energy; 7 is resonant tone; remaining open to change and distinguishing between body and soul. This unial is about change and possibilities a portal day.
- **15**th **Tues 8 CIMI –** 8 is about relationships, harmony, fine-tuning. Cimi link between the worlds, past and present, between ages, between light and dark.
- 16th Wed 9 MANIK, the hand or the deer. 9 is about expanded energy
- 17th Thurs 10 LAMAT Lamat is the stargate and our day to gather again. Also Portal energy and we also have the golden key to manifest
- **RB:** in for change and no limitation let's do it!
- MR: NEW NUMBER FOR PEOPLE TO CALL IN AND LISTEN TO THE CALL ON BBS: 1-605-475-1600

 The advanced technology of the APP allows people with smart phones: JUST PUNCH #2 TO REACH station 2. can call in and talk to a host. Can also listen to either station and get access to the archives, as well.

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Introductory Items

1. To listen to the entire program: Please use the following audio link

http://bbsradio.com/podcast/stargate-round-table-march-10-2016

HARD NEWS

T: KOS: house speaker Paul Ryan is NOT the president of the US and won't ever be! **R: Justin Trudeau [PM of Canada]**, wife met Pres Obama in the garden today

NATASHA sent an article from Michael Scalia called "Unveiling Earth's Ancient history: the Emerald Doorway" – a book about 3 mystic crystals – **[SEE BELOW]** has to do with the great Crystal of Atlantis and destruction going on at the time.

- She explained that the book is based on a true story of a man who was an ET archeologist & has been going to various places around planet, eg, into the pyramids in Bosnia with huge rooms and technology not used from the time of Atlantis: have to be 10' tall to use the equipment on the tables. The beings who were on earth at the time are all back now.
- The frequenices are moving up in octaves
- He went over to the park today and the trees, grass, rocks were just vibrating! It was like someone had turned on a low pulse of frequency
- Natasha said it's the vibratory rates of everything that are being raised to the 12th dimension –
 this makes it very hard for the 13 families to continue their dark deeds, though they are
 playing it out to the end.
 - Dr Greer spoke of it in last interview: they want a fake alien invasion and a fake rapture where they pull out their fake triangular craft or some ships that look like Billy Meyer's craft
 - they will be met by Ashtar and friends full disclosure will happen, one way or the other!
 - Would be nice for it to be peaceful! Yet they are going to go down fighting and kicking and screaming to the end.
 - And they are the same
- KOS said the dinar, dong thing is a BLACK OPS, COMING FROM THE DOMINIONIST CHURCH WHICH TAKES ITS ORDERS FROM THE ELDERS OF ZION. The Dominionist Church used to be headed up by Pat Robertson; when Bush Jr was inaugurated, the leadership was transferred to him, so he was head of that church as well as the president: head of both church and state: a DICTATOR.
- **KOS:** the Lightworkers need to comprehend on a deep spiritual level that what is happening here is that . . . the best way Rama can describe it: the energies are moving up so fast and so intensely, that we have to be about our Father's business if we get caught in our ego and other stuff, and are not serving humanity as a whole but serving Self, it creates an energetic which is a lower vibration that is not of the Office of the Christ. Those playing with that currency & so-called quintillions of dollars are playing with stuff soaked in blood!
 - Has to do with issues that have not been healed: cannot have a global curency and a revaluation of currency: yes, all the countries are shifting their consciousness about how we do business in a way that is not serving the whole
 - as KOS said, if we are serving the whole of this story, all of humanity, it is in our best interest to work within the Office of the Christ and not go down the left hand path that took us down the road to Atlantis which leads us to right now!
- The things going on across the planet are paralleling the destruction of Atlantis and Lemuria, and of Germany just before Hitler came to power: we are watching a man at the moment who is being influenced by ET lifeforms that have a vested interest in our extinction, not our continuance!

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- This is why we have so many whistleblowers coming forth and risking their lives like ET Corey and others to tell us what is going on in the face of the 13 families.
- A story came out in the **Daily Mail** in the UK a former Miss Arkansas has published her memoirs: she had a little soiree with Mr Clinton between moving from AK to the White House and they were drunk as skunks; he put on her nightie and pranced around. She had been a friend of the Clintons for a long time, then something happened. As a photo journalist, she's been travelling from country to country always with spies following her, trying to kill her: she wrote her memoirs so people would know what's going on.
- David Brock used to work with Susan McDougall and he took the kool aid and now he's working for Hillary; like John Podesta; also did the same thing to John Lewis and Morgan Freedman they were told to support Hillary or else.
- Please put Mechanic ET's wife in Circle of Support: ascension energies really rough! They have 2 kids not her time to go!
- this is all happening and the DNA is evolving it is the next stage of our internet, called our "innernet", the way they used to connect for eons of time; everything works with the Solex Mal language light, colour, sound, frequency it's the symbolic language of pictures.
 - This is also why we are getting a new money system: the dinars and the dongs are part of the **old money system** which is why it will never happen: **NESARA** is here already.
 - The founders of the country cut a deal with British king, allowing him to keep control of jurisdictions having to do with the sea kept US free sovereign people of the US and the British subject inhabitants who were there to do the work
 - the so-called sovereign gov't was never sovereign it was always a foreign gov't working under the rule of the sea **[SEE BELOW]**

T reads from the article – the 13th amendment is actually a corporate by-law and goes on to make slavery part of the constitution.

PLEASE LISTEN TO TARA'S READING for all the COMMENTS.

R: need help with the radio, as well as with food and gas.

T: DNA is the next internet: have you logged into your galaxy today? Lisa Renee

GUEST: OMENA 1- 888-429-5471 is call in number

Tonight's subject: Healing

- does not happen until the ego pain is greater than the ego gain
- tragedies and illness are spiritual wake-ups! Major illness, loss of loved one, accident have to find out where you fit in the crisis -
- Healing happens on the physical, mental, emotional, spiritual gets our attention when the pain settles in our body
- People can have trauma in childhood and bury it and not be aware of it lots of people walking around with trauma and the ego influences us to say it's not a big deal.

MR: How do we get out of the cycle of not addressing it?

- **O:** Have to be aware of what is going on in the physical body as human beings, we have strong reactions when people tell us what to do: making a suggestion works much better
- **O:** always asks people before she touches them in any way: if one is going to do healing work on a person, could trigger a reaction coming from some buried trauma
 - Tells the story of a 60 year old woman who had buried the sexual abuse she buried as a child when she had a sleep apnea problem as an adult!

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Grief – can be buried from childhood and create problems for us as adults it has its own time – go into despair, then grief, then sorrow, then sadness, then hope & acceptance

- name it, claim it, own it, feel it, heal it, let it go the steps for healing grief and if you can't do on your own, get some help.
- How does a person know when they need healing? Agitated, eat too much, too much anger
 which points to lots of hurt: a pattern of any of these things means something needs
 attending to
- Spiritual journey begins when we recognize and are willing to receive

Debbie: any health-related concerns she's unaware of and that need attending to? **O:** areas at back of neck, shoulders – she doesn't always ask for what she needs!

O: how would you know if you had something to heal?

Tune in to physical body – be aware of what's going on there!

People having problem with digestive system - what is it they cannot stomach any more - healing is work because you need to look at physical, emotional, mental, spiritual

Glenda: going through severe grief due to losing her twin sister – July 4, 2014 died in her sleep **O:** reviews stages of grief: what stage are you in?

- Calls in the sister who says it was time for her to go; she did not realize it would cause so much pain. Be happy for her and she is around G a lot, trying to let her know she is happy and trying to comfort her: she leaves little signs, moves things, teasing G and says when G's time comes, she'll be there for her & G will love it she just sailed off into the wind.
- **G:** Her husband comes to see G a lot.
- **O:** Sister has no problem with that: she's happy G is there to comfort him when you leave the body and the consciousness that goes with the body, there is only love.
- **G:** has had severe pain in her shoulders
- **O:** what are you doing that you don't want to be doing? Become aware of what has become a burden to you also ask for help to have it removed. Find your voice, ask for what you want and be open to receive.

Julie: has been in physical pain - the source? How to heal? It's all over

- **O:** central nervous system is overactive too much heat in body; almost like fibromyalgia
 - carrying a lot of fear about the future: her core issue; fear of the unknown is irrational!
 - When you get past the fear, you'll find the unknown is better than what is now.
 - Paralyzing self with fear. Might want to try some of the Bach remedies call Marietta about it.
- **J:** Asks for names of quardians
- O: a grandmother who works with you when sleeping Mary the paternal grandmother
 - she also says J is way too fussy!
- **O:** Guardian angel of female essence and one of male essence THOR he says he's an angel

CL: has type 2 diabetes

O: she's angry about the condition – thinks it's unfair; can think about "sweetness" but not feel it – she's referred to Louise Hay's book. Acknowledge the condition

CL: she doesn't feel angry and that she's come to accept it -

O: probably have it in the right place – but every time she takes a pill it reminds her of the condition – put the pill in her hand, put some energy into it: bless the pill to the point that she can come off it.

Gets the pancreas is off

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CL: is at a bit of a loss: has never been sick. Has been working hard at changing the diet, etc

O: telling her that she'll be coming into balance – maybe it's because she's become dependent on the medication and needs more of it. Do some meditation on it.

• Affirmation for healing is a great way to bring things into balance: CL is using those from Louise Hay [Heal your mind, Heal your body]; being grateful helps too.

O: gets the affirmation into the brain so they pop in and out

• Ask for what is wrong with you; ask them to be gentle and make it funny – then it is not such a strain or traumatic

O: no, she's not married now – the more he opposed her, the stronger she became: he was a great spiritual teacher! They are both from Ireland which is full of natural healers; as a young man, he went to one who helped remove the warts on his hands, yet when she started doing her thing, he didn't want to know!

• she was married young and raised the children and grew up; one day, he said she was not the young girl he married! True: I'm a grown woman now!

T: from the Pablo Ayrola book: diabetes is a prosperity disease – means you do not feel whole somehow – might be something blocking the assimilation of nutrients. Most people with diabetes are overweight, not eating the right foods so not getting a balanced diet. Can feel emotionally in lack

O: could be feeling lack of abundance – could be that kind of abundance.

T: asks about eating meat

CL: hardly at all

T: eating meat could react and turn into sugar, especially if body does not want it.

• Need to be on a strict lacto-vegetarian diet and no meat.

O: if eating something sweet, have some fat with it so it slows down insulin release in the body

T: recommending goat yogurt, goat cheese; organic. GMO can cause diabetes by itself.

CL: Lloyd Mear always said that putting fruit in those plastic bags to bring them home it brings on diabetes –

T: they have bisphenol A is them: use paper. These conversations bring information to all kinds of people. Get lots of exercise, too!

O: don't have to be overweight to have diabetes. If there is no genetic code in the family genes, you won't get it

CL: there might be something back in the family -

T: prevalence of diabetes is prevalent in soft water areas

O: one of her aunts has diabetes; an aunt got diabetes after 60 and is a tall slender person

CL: any thoughts about this high energy point we are in – an equinox on the 21st, and March 8 was the solar eclipse?

T: the energy is 3 days before and 3 days after the eclipse. It is also a super moon meaning it is very close to the earth, and so is sensitizing and strong.

• Reads another paragraph from the book: CL says she already eats that way.

O: she's in Connecticut – 15 miles east of Hartford.

Lyn: asking if any sign of true love

O: not ready right now – have to become what you're looking for: have to love self first – take inventory on what you're looking for and being very specific – gender, etc etc and see how you match up to your list. Not easy having to tell her this – we are all looking for true love, and we have to love ourselves first.

T: this new moon: a good time to envision peace -

O: envision a peaceful love for yourself.

MR: thanks to Omena – Contact info: **website:** omena777.com Phone: 1-860-871-6076 e-mail: <u>omenacentre777@gmail.com</u>

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INFORMATION RELATED TO THE NOTES

2016-03-16

March 2016

Electromagnetic Signals



Lisa Renee

Dear Ascending Family,

This month's newsletter is to better understand the important role of **Electromagnetic Signals** within the consciousness of the human body, and to raise awareness of the multiple sources of exposures we may have to these signals, that are transmitting from the environment and beyond. **Electromagnetic Signals** are directly responsible for the electromagnetic wave representation that we access. This can be through of any kind of data transmission and its energetic frequency signature. Data transmission is communication of energetic information, by the transmission or propagation of ranges of frequencies that form unique **Electromagnetic Signals**. When we receive spiritual initiations we are receiving data transmissions into our Lightbody. These frequency downloads, which allow us to embody higher frequencies are made through **Electromagnetic Signals**.

During the Ascension Cycle, humanity is being accelerated into greater ranges of amplified electromagnetic frequency exposure. These are either natural signals that support biological Ascension, or artificial signals that block the physical body with pain, thereby, suppressing or fragmenting the Lightbody. Thus, we can help to support our body and consciousness to regain

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balance, when we have a clearer comprehension of how these **Electromagnetic Signals** work in the human body.

The human body is made up of atoms, ions and molecules. Ions are atoms with extra electrons or missing electrons. When an atom is missing an electron or two, it has a positive charge. When an atom has an extra electron or two, it has a negative charge. The key players in creating the electrical energy within our body are structures called ions. Ions may exist in solid, liquid, or gaseous environments, although those in liquid are more common. Most ionic compounds fall in the category of chemicals called salts. Ions existing in a liquid state are electrolytes. An electrolyte is any compound that, in solution, conducts electricity and is decomposed or electrolyzed by the electricity.

Ions can be created by either chemical or physical means through the process of ionization. The human body when subjected to strong **Electromagnetic Signals**, or activated kundalini, is capable of biological ionization that can generate plasma. In the ascending human body, ionization produces higher frequency plasma light for continuing to build our liquid plasma spiritual body.

Thus, our cells are similar to miniature batteries and electrical generators. They conduct electricity, create **Electromagnetic Signals**, and are powered by a low level of electrical voltage. The nervous system uses electrical energy, termed nerve impulses, to transmit messages from one cell in the body to another cell in the body. Imbalances of any of these ions, or inhibition of ion transport across the cell membranes, can lead to dysfunction in the conduction of electrical messages. This dysfunction quickly leads to a general body disturbance and loss of energetic stability in the bio-spiritual field. Additionally, this dysfunction skews internal messaging between the cells, blocks conduction of electrical messages in the nervous system and can alter or change **Electromagnetic Signals** in the body.

The human nervous system produces a resonant alternating magnetic field, which is capable of extracting ions from the atmosphere when there is a vibrational match to the same ionic frequency. As an ascending human, this is how we catch the high frequency downloads. These are on the high-energy end of the electromagnetic spectrum, moving at high speeds through electromagnetic waves. In general, the higher the frequency of a signal, the more information carrying capacity it has. Our nervous system acts as the frequency conduit, which allows the intelligent energy to be transmitted to our body through ion channels, which produce an **Electromagnetic Signal**. The electromagnetic signal received is then transmitted from our neurological system to communicate directly with our personal DNA signal.

DNA Signals

DNA sequences emit low frequency electromagnetic (EM) waves which make up DNA signals that organize the nucleotides, or arrange the pattern of raw material of the DNA. DNA signals potentially can communicate with each other and *genetically mutate*, by receiving data transmissions that evolve into new patterns of DNA. Human red blood cells contain DNA emitting signals. This is why it's so important to not inject other DNA substances directly into our blood stream. When another species DNA is injected into the bloodstream, this interferes with the human DNA's ability to recognize other human DNA signals, and blocks DNA communication with all members of the same species.

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All living organisms interact and interconnect with electromagnetic waves, and all of the earth's inhabitants, have original earth based DNA, which is resonant to the low frequency waves emitted by the Schumann resonances into the earth's atmosphere. The Schumann resonances are a set of spectrum peaks in the extremely low frequency (ELF) portion of the Earth's electromagnetic field. For this reason, most people will be extremely open to **Electromagnetic Signaling** that is stimulated by extremely low frequencies, such as 7.83 Hz, the fundamental range of these waves on earth. This range of low frequency is commonly produced by the human brain, when relaxed in alpha or theta states. *Extremely low frequencies or radio waves that are artificially or naturally generated can phase with these same frequencies in the human body, having an array of impacts on human Electromagnetic Signals.*

For an earthling to leave the planetary DNA signal for prolonged periods of time, such as Astronauts or Secret Space operatives, their career lifespan is cut short because the physical body cannot endure long exposures in space or on other planets, without damaging cellular integrity. Interrupting or interfering with the DNA signal for long periods, accelerates diseases, miasma and distortions in the earth human biology and its auric energy field. This is why there is the necessity of forced DNA activation via technology, cloning or xeroxing biological copies repeatedly for Secret Space operatives, as well as the continual need to repair the physical and cellular damage they incur. This is the major flaw in the agenda for earth humans to live on Mars. Earth human DNA in its current undeveloped and dormant state cannot sustain balanced health, coherent mental functioning and *biological spiritual evolution* on other planetary bodies. The NAA are aware of this flaw, and exploit the current agenda to live on Mars as another enslavement tool for the human reincarnation trap. The Mars Colony has already been in place for many years, with the human recruits living there, as essentially slave workers.

An entity who is not born on the planetary body, does not have the same planetary DNA template, nor a compatible human body DNA pattern, as a part of its own DNA signal. That extraterrestrial will have different electromagnetic signaling that will not be in natural phase or harmony with the planet's electromagnetic signals. As such, we can understand why the planet has been plagued by extraterrestrial species writing their DNA code into the planetary body in order to produce a specific range of artificial electromagnetic signals in the human race. From their perspective, blocking natural electromagnetic signals that activate human DNA, would be beneficial for their hybridization and takeover agenda. Injecting humans with other DNA material, seen in certain medications and other chemicals, could effectively block same species vaccinations, communications and biological ascension that function inherently in our human DNA signal. By blocking natural DNA signaling between same species, namely earthlings, it would be harder for humans to share exchanges of frequency and intelligent energy communication. This is also effective for maintaining collective consciousness memory wiping, and breaking down the human species light language by scrambling our DNA signals. Without our personal DNA signal being in perfect alignment to the harmonic phasing of the earth body, it prevents most earthlings from accessing accurate historical accounts (species memory) that is recorded in the instruction sets of the earth. It also means that person is unable to recognize another member of their same species, as it confuses the DNA signals and communications made between humans. This is a major issue with humans that have been involved with alien hybridization breeding programs and Metatronic reversals that now require specific bio-regenesis and spiritual rehabilitation of their DNA Signal. This is one reason the human race does not recognize the return of the Christ Consciousness DNA

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Signal, and does not acknowledge or know of the Krystal DNA pattern existing in the earth body.

DNA Signaling needs Water

The medium of DNA transmission and its communication is made through exposing DNA structures to water. Electromagnetic transmission of DNA's genetic information is carried through water, which imprints the base template. Water has memory. Water memory is the ability of water to retain memory of substances previously dissolved in it, as well as hold the memory of DNA imprints, and higher consciousness effects. Thus, the high water and electrolytic content within the human body fluids, acts as a highly conductive memory body for all electrical currents, and especially extremely low frequencies (ELF). This makes the human body perfectly capable of DNA transmission through electromagnetic signaling, which allows the consciousness and body to communicate with many different frequency signals.

Information in a DNA strand is transmitted, via water as its carrier, by electromagnetic emissions that form oscillating DNA signals. DNA sequences can then be captured through their signal, as a specific electromagnetic signal records portions or fragments of the entire DNA pattern, just like taking a snapshot to memorialize it in time. The electromagnetic signal of the DNA pattern acts as the key, which opens encryption to the larger DNA pattern, including unlocking dormant DNA, which also allows for replication of that DNA. Each piece of DNA recombines within the same cell to other pieces for reconstructing the whole DNA sequence.

The DNA replication process technology is known and has been used to experiment with cloning, soul transfer, splicing human DNA with animals, and even in creating Supersoldiers. Replicating DNA through artificial intelligence technology on future earth and on other planets, has met with extremely destructive impacts. What current science does not know, is that without the unique soul DNA Signal that is key coded into communicating with the planetary DNA, the artificial bodies created through replicated human DNA, will continually fail. This is observed with biological drones or Extraterrestrial Biological Entities created to be slave workers. The failure reveals itself through rapid cellular death, diseases, dysfunctions and how easily those bodies, are inhabited by lower spirits or extradimensional entities. Life is only created in the presence of Life, life does not arise from nonliving material, and life force cannot be simulated by artificial intelligence to animate any thing. Cell cloning results in inferior biology that cannot evolve, ascend or gain consciousness energy, it is an entropic structure doomed to parasitism.

Phase Differences

All living things emit light through the oscillating electromagnetic waves sourcing from their DNA signal, in a variety of ranges of frequencies. The DNA signal is effectively the communication agent for the body and can communicate to other bodies through its DNA signal. The personal DNA signal controls the biological and metabolic rhythms, as well as providing the instruction set for how the biological energy field or aura is organized for every living organism. When our DNA signal is in phase to synchronize with another DNA signal, or a similarly resonant frequency transmission, whether the transmission is natural or artificial, it can communicate in some way with that signal.

The result of electromagnetic communication that is made between multiple DNA's signaling, is expressed as *phase differences*. Phase differences can be measured by and are called 'in-phase

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waves' or 'out-of-phase waves'. Phase differences are the differences measured in degrees of time between two waves having the same frequency that are referenced to the same point in time. An example would be to imagine two human beings, each with personal DNA signals, standing right next to each other, receiving the exact same frequency data communication at the same time. Then measuring the combined electromagnetic signals to determine the phasing of the waves communicating between their consciousness bodies. The phase differences between two local human bodies can be measured, and will also be reflected in the emotional or feeling experience of the two people. This phenomena of being 'out of phase' with certain people's biological energy field, can give each person immediate sensations, such as feelings of not being resonant and not being comfortable with that person.

We can apply this same principle of wave phase differences, seen between groups of human beings, when they are being exposed to a range of environmental frequencies. When two or more people or oscillators have the same frequency and there is no phase difference, they are in-phase. When two or more people or oscillators have similar frequency and have different phases of waves, they are out-of-phase with each other. If the phase difference is substantial to a point of 180 degrees, then the people or oscillators are called antiphase. If two interacting waves meet at a point where they are in antiphase, then destructive wave interference will occur. Antiphase waves can be directed through any kind of oscillator medium, such as people who have a frequency match to that electromagnetic signal. Many energetically sensitive people experience forms of psychic aggression, such as people used as dark portals to direct negative energy into the local environment, by those that are in antiphase to their state of frequency or consciousness. It is also possible that antiphase technology is directed towards targeted people, so this occurs both at consciousness levels and through other types of artificial technologies. These directed weapons technologies are called Phase Disruptors.

When any of these phases occur, the phase difference is what determines whether they will strengthen and reinforce each other, cancel out each other, or through interference, they can weaken and destroy each other. Properties of electromagnetic wave phasing can be applied to better understand the function of light emissions and the communication that sources directly from the DNA signal. When a DNA signal is being introduced artificially to a range of extremely low frequency (ELF), it can easily create an out-of-phase wave effect, which is effectively jamming the DNA signal or cancelling its signal out. This technology is jamming communications made between many DNA signals, or the scrambling of the DNA cellular alphabet. This is achieved via introduction to a set of ELF signals that are designed to stop DNA communication from occurring in the first place.

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ELECTROMAGNETIC WAVES							
Extreme Low Frequencies	Radio Waves	Microwaves	Infrared	Visible Spectrum	Ultraviolet	X-Rays	Gamma Rays
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			\overline{M}	M	MM	AM	MMI
FREQUENCY							
~100Hz 100 Cycles per Second	~1 MHz 1 Milion Cycles per Second	~1 GHz 1 Billion Cycles per Second	~10 THz 10 Trillion Cycles per Second	~300 THz 300 Trillion Cycles per Second	~10 PHz 10 Quadrillion Cycles per Second	~1 EHz 1 Quintillion Cycles per Second	~100 EHz 100 Quintilion Cycles per Second
WAVELENGTH							
> 1 Mm -1000 Miles	~500 m ~ Half a Mile	~10 cm ~4 inches	~100 µm 1 Tenth of a milmeter	~1 µm 1 Thousandth of a millimeter	~50 nm 20-Thousandths of a millimeter	~1 nm 1 Millionth of a millimeter	~1 pm 1 Trilionth of a millimeter

Extremely Low Frequency (ELF)

The physical human body emits electromagnetic waves, and the signals used to control most brain and bodily functions exist in the extremely low frequency scale. Extremely low frequency (ELF) is the designation for electromagnetic radiation (radio waves) in the scale of frequencies from 3 to 300 Hz, and corresponding wavelengths. ELF waves can also penetrate significant distances into earth or rock, going into the deep subterranean structures. The frequency of alternating current flowing in electric power grids, 50 or 60 Hz, also falls within the ELF band, making power grids another source of ELF radiation.

ELF's can be easily sent out through a variety of technologies and are used as a method of electronic harassment towards many human beings. Electronic harassment is the use of electromagnetic waves to harass, terrorize or mind control a victim. One form of electronic harassment is Consciousness Sweeps. These are on and off planet NAA psychotronic warfare technology transmitted through Extremely low frequency (ELF), GWEN, and Radio Waves. These electromagnetic signals are directed into the planetary body and earth surface in order to influence the Unconscious Mind and control the neurological system and brain, of the collective race mind of humanity.

Mind Slide programming is when a human being completely ignores unapproved words, terms or issues that involve their own enslavement or uncovering truth in the reality, even if they come face to face with it. Mind Slides are a form of mind control and consciousness sweeping designed to erase memories that can be implemented through low frequency radio waves. These directed transmissions form frequency bands that transmit into the person's unconscious mind through their bio-energetic field, generally making them suggestible to certain destructive thoughtforms (suicide, pedophilia, sex and drug addiction, killing people, etc.).

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ELF combined with mind control is without a doubt, the most dangerous and deadly weapon of psychological warfare designed to control and enslave people across the globe. Extremely low frequency signals are used as a high technology weapon, which mimics natural brain waves. ELF is not only used to brainwash and take over people's minds, it is used to physically attack them as well. Implants and mind control technology are real, the technology exists and the hardware has been in place for many years. All hidden technological warfare used against humanity, sources back to the NAA and their Archontic Deception Strategy, no matter who is carrying out the covert agenda or top secret orders.

The human body is a crystal oscillator and frequency resonator, which unconsciously picks up and absorbs many different ELF's and radio waves, depending on what station of frequency and consciousness that person is tuned in to. Thus, we need to understand the spectrum of frequency, in the electromagnetic wave spectrum, and be aware of ELF's and radio frequency impacts, in order to help protect ourselves from electronic harassment by understanding what is being transmitted into the environment. When we learn how to clear negative ego and identify spiritually abusive behaviors, we can reprogram the negative ego to spiritually healthy thoughts, and this helps us to uncover the contents of our unconscious mind. Remember that the most common forms of mind control are aimed at the unconscious mind. Learn to communicate with your unconscious mind, clear negative ego, raise your frequency, and then you will learn how to become immune to mind control transmissions. The most important point about psychological warfare and mind control weapons is; it is only effective on those who are unaware it is being done to them. Once someone knows that they are being targeted with mind control technology, the effectiveness is forever lost.

Geoengineering Radio Frequencies

Geoengineering is the scientifically used term for artificial modification of Earth's climate systems. One chemical process of geoengineering is spraying Chemtrails and other toxic substances into the skies. Additionally, such heavy spraying is used in conjunction with Radio Frequency (RF) transmissions. Powerful radio frequency transmissions have a profound effect on clouds that are converting sprayed chemicals into smaller particulates, light enough to be carried on the air stream. Unmarked or military aircraft are spraying toxic chemicals and electrically conductive heavy metals directly over major cities, power vortices, and over our heads in the sky. During and after chemtrailing, strange cloud configurations commonly occur from the chemicals and radio frequencies that have been bombarding the atmosphere. The ongoing radio frequency saturation in our atmosphere is extremely harmful to living organisms, including all humans.

Some chemtrails also seem to have magnetic particle attractors that resonate to certain programmable targets, to adhere to those same frequencies implanted in the human public, when they are sprayed over certain demographics. The particle attractors that may be sprayed in Chemtrails have been observed to trigger bio-etheric implants, we call them Alien implants, even though some of these implants may have been sourced from human covert military operations. Geoengineering and its direct relationship to bioengineering will not be discussed and disseminated appropriately to the scientific community or public until the earth has a Full Disclosure Event. A Full Disclosure event means revealing the entire involvement of the shadow military complex, off world human civilizations, multinational corporations feeding Secret Space Programs and hiding advanced technologies, as well as, the history of Archontic Extraterrestrial

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control exerted upon earthly and human affairs.

When the radio frequencies and heavy metals are exposed to the human body, they disrupt the electromagnetic signals, disturbing energetic balance and the homeostatic rhythms of the body. This puts the body in a hyper-immunity state, or adrenal exhaustion, while fighting off the foreign invader. The body develops coping mechanisms to deal with the foreign invader, while extreme stress is placed on the central nervous system, brain and immune system. The heavy metals being bombarded in the atmosphere help to prepare the earth terrain for running the AI signal, which is highly conductive with heavy metals and metal toxicity.

AI Signal

Currently on the earth, without common knowledge of the NAA agenda that uses many forms of Artificial intelligence (AI) to mind control and implant the public, there is much controversy when discussing the positive and negative results of AI. Artificial intelligence technology abuse is a growing threat to the planet, as well as a threat to human freedom and sovereignty. By running an AI signal mimicking extremely low frequencies, artificial intelligence parasites can invade the central nervous system, to monitor a person's thought patterns so that they can mimic them. They monitor thought patterns and emotional behaviors and search for weaknesses within the human host's body, so they can aggressively use that weakness against the person to plummet them into very low frequency thoughts of the Predator Mind. When a person has weak spiritualenergetic development, weak moral character, along with a weak mind, this makes it much easier for the person to be vulnerable to the AI signal. The AI Signal prepares the body to host Metatronic reversals and the AI parasite technology, which is to control the human being and prepare the body for dark force control or Imposter Spirit possession. The AI parasite is also referred to as a Suppressor Parasite Entity (SPE). The AI signal is now beginning to be continually run in all Controller Pillars of Society, so a person who works in or has a profession in huge corporate, academic, medical, or government conglomerates, will be excessively exposed to AI signal transmission. Effectively, this is integrating AI technology and bioengineering to damage human DNA signals, as preparation for complete mind control and body snatching. The fundamental basis of the Transhumanism agenda is to take possession, by downloading AI into the human brain and neurology. The Negative Aliens and Satanic Forces, in their quest to survive and achieve immortality, are attempting to hijack human consciousness and ultimately take possession of the human host's body.

With the current amplification of polarities during the bifurcation cycle, people controlled by AI signals are made obvious to those who are not running AI signals. A spiritually embodied person on the Ascension path will experience out-of-phase or antiphase destructive energetic sensations when exposed to the person whose body is hosting AI signals. It is possible to clear the AI signal from your nervous system, brain and body when you become aware of it. However, you must change your consciousness, and elevate your frequency in order to keep the AI signal from returning. AI signals can be transmitted either to function as time locks or lower frequency locks. AI signals are designed to lock people's consciousness down into the 3D mental body and stimulate negative ego frequencies that are stuck in time. Discipline the mind to present moment awareness, by staying in 'no-time', while shifting focus to the heart and sensory feelings, and clearing Houses of Ego, which disarm the control function of the AI. Don't feed it, and it cannot exert control over you.

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The way to dismantle and deactivate artificial intelligence and nanotechnology Alien Implants is to develop your heart center and spiritual human qualities, such as increasing deep emotional feelings of Loving Kindness, Compassion and Empathy. Learning how to meditate and perform spiritual cleansing (housekeeping) for your Lightbody is of critical importance to clear AI. The Law of One comprises the necessary principles of behavior, practices and belief systems that humanity is required to learn in order to achieve spiritual freedom and sovereignty. This transpires through committing to spiritual re-education, in order to expand consciousness into higher frequency realities that allow progress into the future GSF Timelines, during the Ascension Cycle.

Water and Salt in the Human Body

The physical composition of the human body can be looked at from the perspective of mass composition or atomic composition. Thus, Water makes up 55% to 78% of the human body, with the brain being composed of over 80% water. The average adult human body is approximately 55% water in mass, but including the hydrogen in water, rises up in much higher percentage by the count of atoms. Almost 99% of the mass of the human body is made up six elements, oxygen, carbon, hydrogen, nitrogen, calcium and phosphorus. Because of the water content, the human body contains more oxygen by mass than any other element, but more hydrogen by atomic ratio. Water covers approximately 70% of the Earth's surface and appears in nature in all three common states of matter; solid, liquid, and gas, taking many different forms on Earth. Water is transparent in the visible electromagnetic spectrum. Water (H2O) is an example of a polar molecule since it has a slight positive charge on one side and a slight negative charge on the other. The dipoles do not cancel each other out, which results in a net dipole.

Water is often referred to as the universal solvent. Substances that dissolve in water, such as all of the components in cells (proteins, DNA and polysaccharides) are dissolved in water, deriving their structure and activity from their interactions with the water. Pure water has a low electrical conductivity, but this increases with the dissolution of a small amount of ionic material creating electrolytes, which are highly conductive. The human body is electrically conductive via the majority percentages of water and tissue salts, which play a critical role in the ability of the body to absorb and accrete higher frequencies during the Spiritual Ascension process. We could compare the human body to being an electrocatalyst that generates a process of biological ionization that is very similar to the electrolysis of water. Electrolysis of water is the decomposition of water into oxygen and hydrogen gas, due to an electrical current being passed through the water. This technique can be easily used to make breathable oxygen, as well as hydrogen gas. Electrolysis of water is how breathable oxygen is created in space stations.

Ionic compounds exist as crystals rather than molecules, and are dissolved in the fluids of the human body creating cell salts. The ionic bonds help to create cell salts, which give strength to the tissues of the human body, increasing cellular integrity. Each ion has its own properties and rules, which perform specific body movements, which are a result of the function of these ions or cell salts. Ionic compounds that break down when dissolved in water are called electrolytes. Electrolytes are strongly conductive and have important functions in the body:

- Water management functions in the body, hydration
- Produce nerve impulses, essential for muscle function
- Transport nutrients to the cell

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- Maintain blood pH levels
- Support mental functioning through strengthening neural net
- Convert calories into usable energy more efficiently
- Build foundation for the enzyme activity in the body
- Catalyze the process of biological ionization (Ascension)
- Help to control the flow of current, in and out of cells

It is clear that imbalances of any of these ions or cellular salts in the body, as well as dehydration, inhibit transport across the cell membranes and can lead to dysfunction in the conduction of electrical messages. This dysfunction quickly leads to a general body disturbance and loss of ability to maintain homeostasis. Therefore, staying well hydrated with as much pure water as possible, and potentially, supplementing with biochemic cell salts and electrolytes, may be very helpful for an ascending human.

Biochemic Cell Salts

This ancient knowledge was studied and understood by many of the Ancient Mystery Schools in Alexandria, Egypt and Greece, as well as the importance of mineral cell salts in the process of spiritual initiation into hierogamic union. The Hieros Gamos is the full resurrection of the body to the eternal light of Christos-Sophia, Cosmic Christ Consciousness. The process of spiritual ascension allows higher frequencies to be embodied through the nourishing of the cells, with the mineralized energy forms that are required for transmutation in the cell.

Tissue salts consist of the natural elements occurring in the body itself, they are identical substances. They form the basic constituents of the cells, tissues and organs, and the body uses their energies for metabolic functions and for supporting ionization. When tissue salts are required for these functions, there should be an adequate supply available in the body as well as fluids (water) to draw upon. If there is an insufficiency of water or ionic substances, to produce balanced electrolytes, the cells convert their material structure to provide the energy, and the cell goes into a depleted state. Should this cycle continue, namely of material substance converting to provide energy without nutritional replacement, the cells lose their ability to function correctly. Biochemic tissue salts, also called cell salts, are minerals in an energy form. The first signs of tissue salt deficiencies are visible in the face, much before physical symptoms occur. By reading the face signs and supplementing with the appropriate tissue salts, one can achieve a balanced correction at the cellular level, which enables the body to heal itself, and be better able to produce more conductivity.

People undergoing awakening have reported that the common base supplement of 12 Mineral Cell Salts, helps to assist with many variations of Ascension Symptoms, that many are undergoing at this time. As we begin to understand how our body is composed of mostly water and salt, it makes sense the ascending body will have an increased need to remain hydrated with pure water, and mineralized to help support the electrocatalytic functioning in the cells. During the Ascension Cycle, we must awaken our cells to transmute from lower density animal-elemental cells, to higher functioning divine human cells, through the process of light, frequency and plasma accretion.

Please only take what is useful for your spiritual growth and discard all the rest. Thank you for your courage and bravery to be a truth seeker.

I am God, Sovereign, Free!

Until next, stay in the luminosity of your Avatar Christos Sophia heart path. Please be kind to yourself and each other. GSF!

With a Loving heart, Lisa

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