

# Grow Younger ~ Bone Regeneration

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Area	Clearings	Spiritual interferences	Regeneration steps	Emotional
Knees  If you have 'bad' knees 40-70 hours of pumping may be required to make good headway on restoring knees  Average knees 4 hours can restore freshness	Bloodline Lucifer stops Demonic curses Satanic curses Evil spirit curses Meme and miasm Black magic Curses Trauma Atheist thought forms DNA	Cycles Timeline Holographic inserts Implants Mechanisms Portals Permeations Wormholes Alien type 3, 5,8 Evil spirits Demons Transmortals Entities Guides	Quantum Pump to clear dark energies  Pump to restore the blueprint bones to your physical bones  Test to see when 100%	Ability to honor yourself  Right knee in your outer world and left your inner, intimate and creative self
Hips  If you have 'bad' hips you may pump 80 hours to make headway on restoring hips  Average hips 2 hours can restore freshness	Bloodline Lucifer stops Demonic curses Satanic curses Evil spirit curses Meme and miasm Black magic Curses Trauma Atheist thought forms DNA	Cycles Timeline Holographic inserts Implants Mechanisms Portals Permeations Wormholes Alien type 3, 5,8 Evil spirits Demons Transmortals	Quantum Pump to clear dark energies  Pump to restore the blueprint bones to your physical bones  Test to see when 100%	The base of my life Power ~ foothold on life

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		Entities Guides	needed and how long before you do the next ie 10 days	
Spine  40 hours of pumping per 'bad' vertebra  7 hours pumping for healthy spine to restore freshness and vibrancy	Bloodline Lucifer stops Demonic curses Satanic curses Evil spirit curses Meme and miasm Black magic Curses Trauma Atheist thoughtforms DNA	Cycles Timeline Holographic inserts Implants Mechanisms Portals Permeations Wormholes Alien type 3, 5,8 Evil spirits Demons Transmortals Entities Guides	Quantum Pump to clear dark energies  Pump to restore the blueprint bones to your physical bones  Test to see when 100%  Test if a second and additional regenerations is needed and how long before you do the next ie 10 days	Lower spine deals with survival and life at it's base being safe  mid spine with personal power and ability to play out will in the world being seen  Upper spine Communication being heard