

# Your Year of Miracles Healthy Bones and Muscles

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*I am free to live a life of spiritual freedom and full self expression liberated in love, gratitude and mastery in this body here and now.*

*My spirit is limitless.*

*I am responsible for any limits I experience in this body and have complete access to the divine through prayer and contemplation to release myself from any human bonds I have worn as spiritual clothing that no longer resonate with my essence.*



## Love wisdom affirmation

Illumination

# Opening Blessing Removal of Obstacles



Vakratunda maha kaya  
Kyoti surya samapraba  
Ner vig nam kuramay devo  
Sarvakyaesha sarvaha

Guru Brahma Guru Vishnu  
Guru Devo Mahe swaraha  
Guru Sakshat parad brahma  
Tasma shree Guruve namaha

Om Gum Ganapatiya namaha  
Dum Durgaiya namaha  
Om eim Saraswatiya swaha

Om shanti shanti shantihi



## HEALTHY BONES & MUSCLES – September

Bones, Muscular Skeletal System and  
Arthritis Clearing.

Growing bone back or mending bones is a unique process and unlike the master cell process we do in other regenerations, we approach the area of the bone challenge + with a quantum activation in the connecting areas much like tree roots growing and melding together.

clearing related to joint illness and arthritic  
programing

restoring health to the muscles



# Hand movements to access the quantum field

- Standard Quantum pump
- Discrete pump for walking or under table
- Double pump
- Foot pump
- DNA Side Slide



# + Muscle testing





# + Blueprint activation

- Do not follow me into the blue print...hold the space by pumping or if you are a visionary you can sit in the center of your head and observe from a safe distance!



Removal of 3 issues related to being able to maintain a healthy muscular skeletal system

# + Regeneration

## Cellular Neo Genesis



Revitalization of existing stem cells and the genesis of new stem cells. This technique uses the master cell this is the original stem cell for the area being regenerated and hold a great deal of information about how to grow new cells. Using the quantum field and a hand movement called the 'quantum pump' the stem cell is brought to 100%. Cell regeneration is brought about by activating the perfected master cell in the human blueprint than moving this cell into physical reality. For example one might imagine it as the perfected cell is replacing the old unhealthy cell or the master cell from the blueprint is taking form where no cell currently exists. Medically document regrowth of a failed adrenal and new growth of a surgically removed colon.



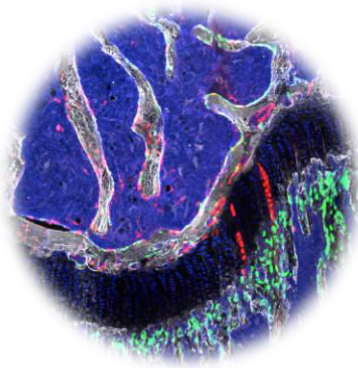
Imagine tree roots growing together



# Bones Muscles Ligaments Cellular Neo Genesis

- Intend to connect with the muscular skeletal system master and stem cells 9 master cells +200,000 stem cells
- Quantum pump to stimulate the blueprint
- For bones, see a resurgence of new bone growth, using the tree root image
- +
- Get Master and stem cells to 100% in all aspects...organelles DNA and broken DNA, membrane and nucleus
- Activate light of cell for mirroring
- Mitochondria for cascade of new cell growth
- Identify days of new cell growth and if an additional regeneration would be beneficial

Bone stem cells



**Network of  
microtubules**

**Microfilaments**

**Chromosomes (DNA)**

**Cilia oars**

**Microvilli**

**Nucleus**

**Nucleoli**

**Residual  
body**

**Digestive  
vacuole**

**Pinocytosis  
vesicles**

**Transfer  
pores**

**Ribosomes**

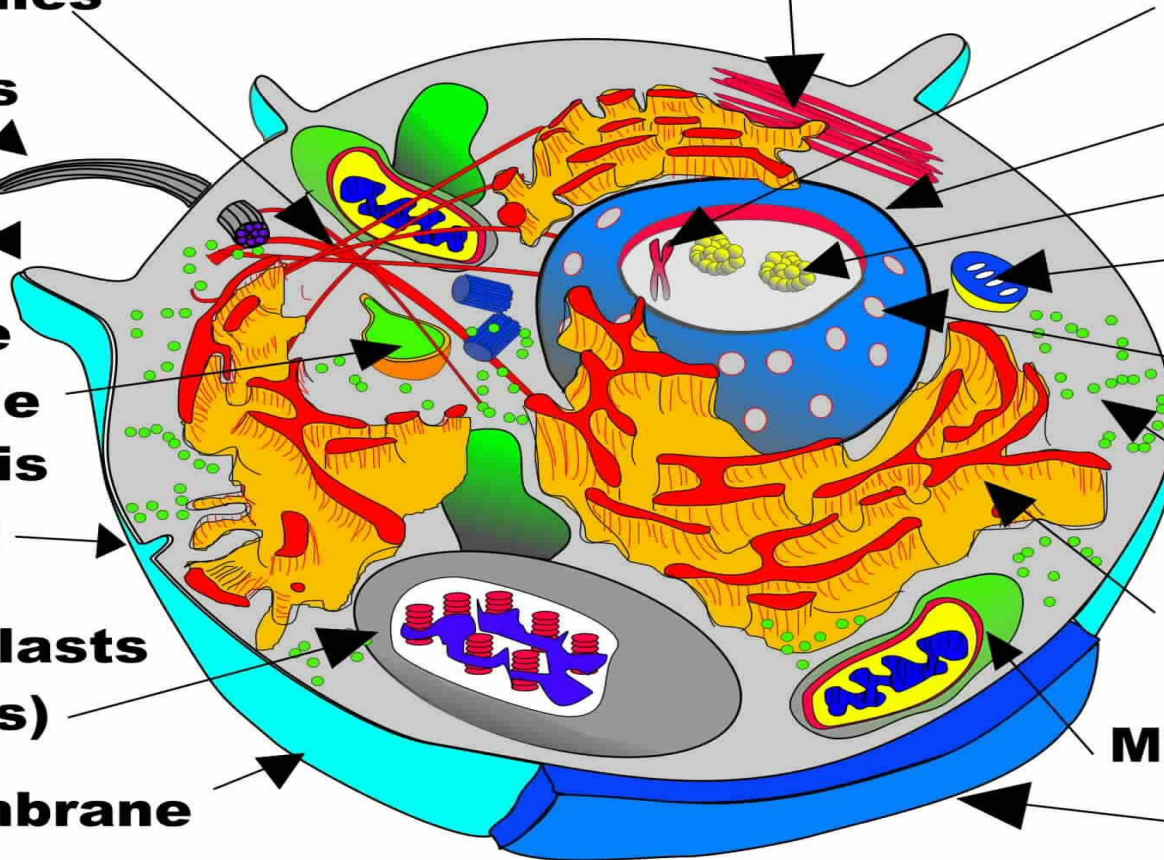
**Chloroplasts  
(plants)**

**Endoplasmic  
reticulum**

**Mitochondria**

**Cell membrane**

**Cell wall**



The cells, called osteochondroreticular (OCR) stem cells, were discovered by tracking a protein expressed by the cells. Using this marker, the researchers found that OCR cells self-renew and generate key bone and cartilage cells, including osteoblasts and chondrocytes. Researchers also showed that OCR stem cells, when transplanted to a fracture site, contribute to bone repair.

“We are now trying to figure out whether we can persuade these cells to specifically regenerate after injury. If you make a fracture in the mouse, these cells will come alive again, generate both bone and cartilage in the mouse—and repair the fracture. The question is, could this happen in humans,”

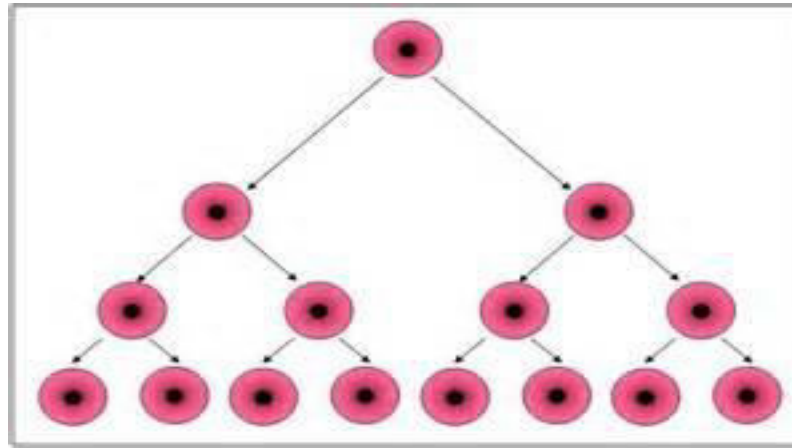


**YES**

# + Mirroring to surrounding cells

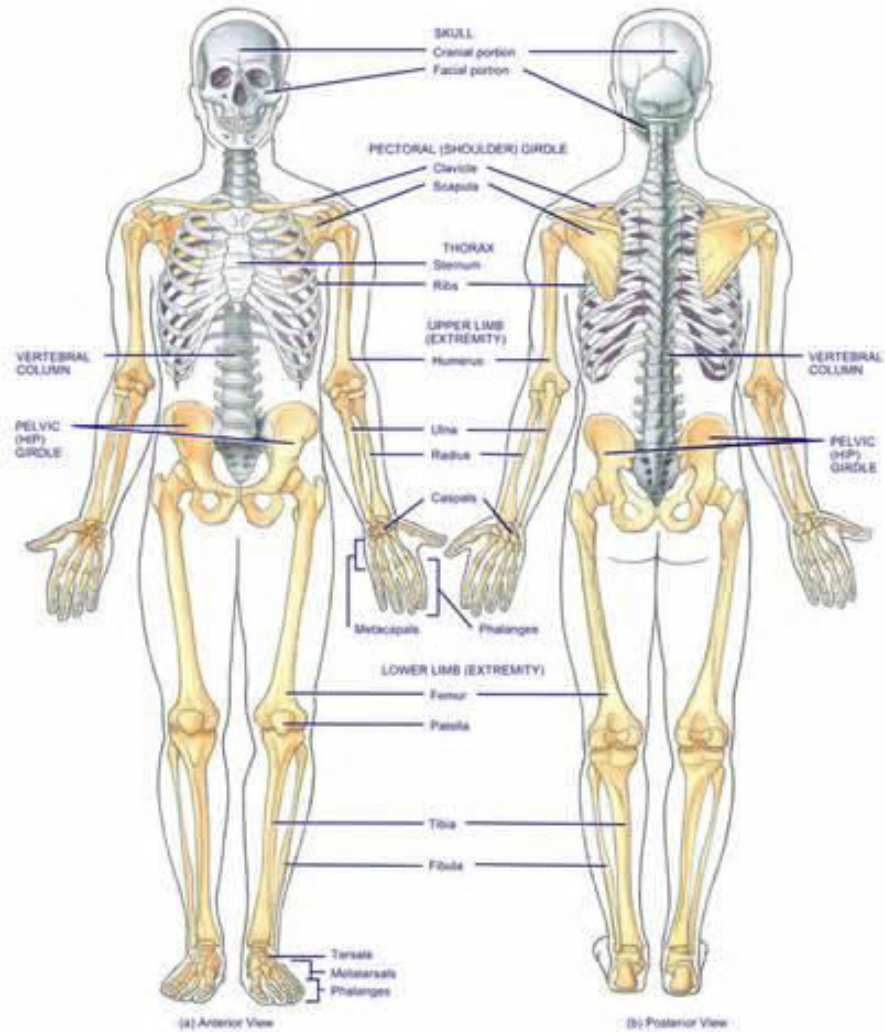


# + Cascade of new cell growth





# + Muscular skeletal system



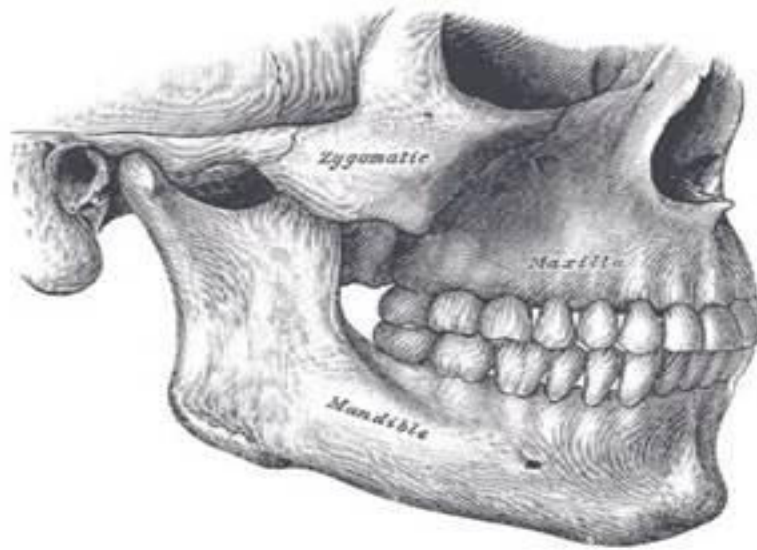
# + Blueprint activation

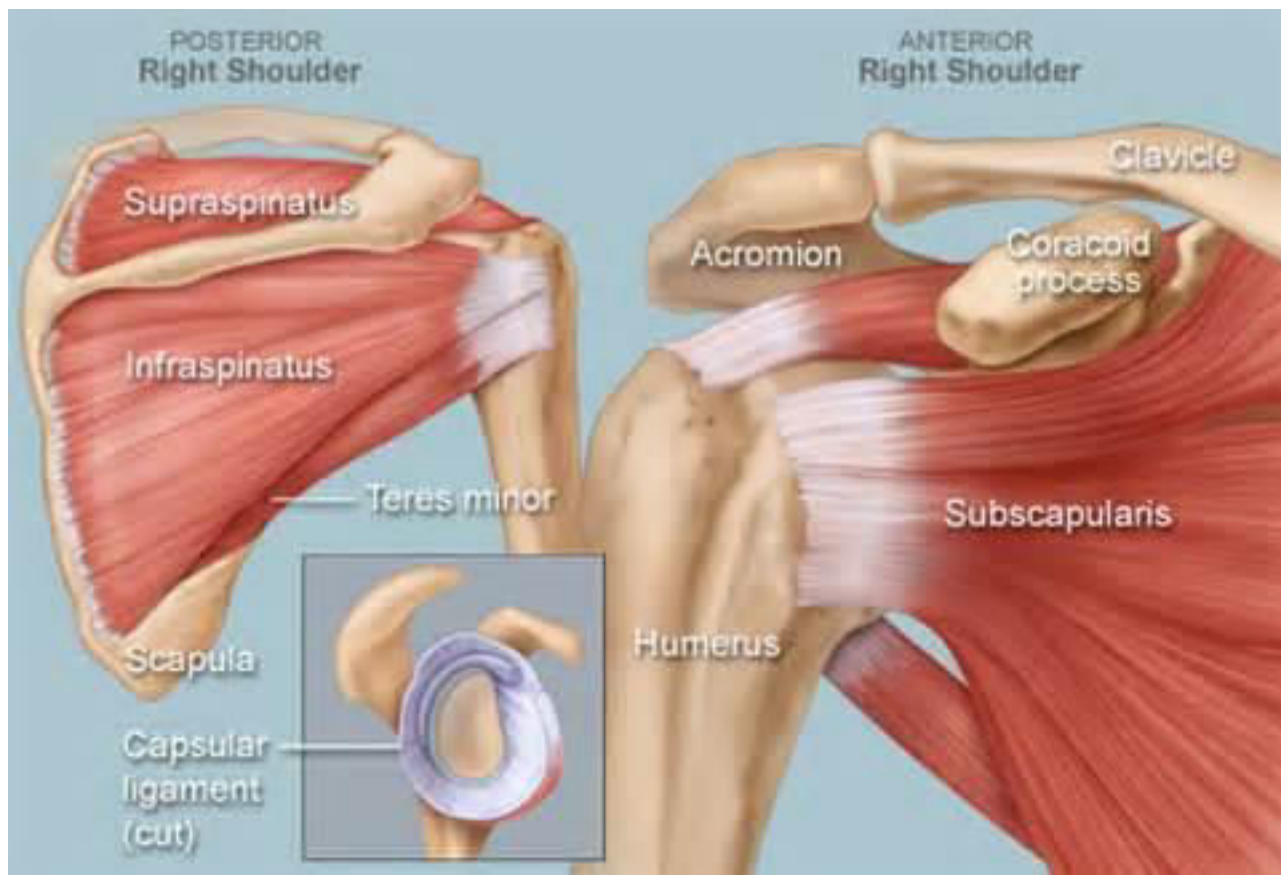
- Do not follow me into the blue print..hold the space b pumping or if you are a visionary you can sit in the center of your head and observe from a safe distance!



Removal of 9 issues

# + Jaw bone regeneration





# + In the stillness



In the stillness  
In the quiet  
In the open heart  
There I am

I am essence  
I am breath  
I am light of God  
I am I am

# + A call to lighten

Soft the night and sweet the spirit,  
Gentle voices call our song,  
We are magic we are wonder  
When we live beyond the veil.

Human kind please raise your thoughts  
Bring a plane of peace and love  
We the guardians of the pilgrims  
We the authors of the play.



# + Angels Call

Angels call while we are sleeping  
Riding through the waves of dreams  
Keeping safe our mortal bodies  
While we play in astral scenes

Beams of light flow from their bodies  
Showing us a glimmering mirror  
Waking to the world of wonder  
Leaves behind all doubt and fear



# The Stones

The stones they are a calling me  
Echoing through an eternity  
Calling out to set us free  
The power of the stones

At dawn I walked in a circle of stones  
A solar temple to me yet unknown  
Till by the strength of first mornings light  
Shown the power of the Stonehenge stones

They grounded the energy of this place  
And held us together in loving embrace  
While beings of light danced above the space  
Bestowing on us their wisdom and grace

The Avebury stones were laughing at me  
Taunting me tempting me dancing with glee  
Playful stones make love to me  
In the circle of the stones

The heavenly chambers from days of old  
New Grange stones were a circle to behold  
I knelt in prayerful reverence  
For the power of the basin stone

I touched my forehead to the rock  
It filled me with bright light and talk  
Of the ancient people and their ways  
And the spirals of the stones

Stones are everywhere we look  
Medicine wheels and monolithic books  
The wisdom of the circle flows  
In the temple of the stones  
2002



## Speak Softly Gentle Knight



Speak softly gentle knight  
Your kindness to reveal  
Hold me in your strong arms  
And warm my frozen heart

Tell me of legends old  
Of Arthur and his bride  
Bring stories back to life  
Your gentleness exposed

Speak softly gentle knight  
Of honor code and rule  
The ways of chivalry  
Bring to this century

And when I smile at you  
Your eyes alight with mine  
Your costume and your ways  
Speak true of Gelfad days



**Are you a Part of  
Our Inner Circle Community?**

More to consider!

+

**Quantum Activations  
Apprentice Online**

**Your Year of Miracles**