

	Experience	Voice -Hear	Awareness	Knowing	Seeing or vision inner or outer awareness
Red blood cell in muscle understanding					
Blood Muscle Knowing	The strength of Muscle directed by the awareness of the red blood Proves an irrefutable truth when holding strong Declares a lie when muscle weakens Knowing implies the information is being delivered to the brain Experienced in my molecular structure	no	no	Yes going through to the brain The information gleaned from the blood and muscle is interpreted through the heart brain	No 17 hours r hm
High Frequency Heart Awareness (through the heart)					
Holy Heart Awake	For me to be awake is to wake up to the experience as God would I have a holy pure heart from the time of no time Before creation and my individuation When I was most aligned with the magnificence and purity of God Serves to interpret was is pure true holy and just Provides an experience of ease				20 hrs r hm Outer awareness provided by what resonates with God

Blood Muscle Knowing

Knowing implies this information is being delivered to my mental interpretation function.
The information gleaned from my blood and muscle is deciphered through my heart brain.
I experience this knowing in my molecular structure.
I am able to understand truth and lie by my muscles strength or weakness.

Holy Heart Awake

When I was most aligned with the magnificence and purity of God,
My Holy Heart Awake existed.
Before creation and my individuation.
In its perfected state it provides me with an experience of great ease.

For me to be awake is to wake up to my experiences, as God would.
Holy Heart Awake is understood as an outer awareness provided by what resonates with God.
I, as God's child chosen experience this God created confirmation.
This serves to help me interpret what is pure, true, holy and just