

Heart Wave

a “New old” energy exercise to practice inner and outer balance that will not only rewrite, heal our DNA but it will allow us more access to it by re connecting us to our higher selves. By re writing of our DNA, I mean this practice overrides the damage down to our DNA via all the Ai programming, Nano tech., scalar, ELF etc. weapons the controllers have used on us here. This practice is so simple and so powerful! We do not need to call in anyone to help us heal to do this, all we need to do is focus our energy on our heart chakra area. The heart wave if done with very strong intent can even clear your local geographical area of the same DNA damage in the environment!

To remind folks of what the heart chakra is about and why focusing our energy here can re connect us to our higher selves:

It is called the “unstuck” chakra in sanskrit, located in the region of the heart and upper back. The heart chakra is the center of the chakra system in that it connects the 3 higher chakras to the 3 lower ones. It is the balance point of the higher self to how we manifest here in the mundane world. It is also the pivot point of the expression “As Above, So Below”. In the heart chakra we learn to get in touch deeply with our core being and our core truth. We are able to pull the energy in from a higher source and channel it through the heart in a healing capacity to others and ourselves.

It is recommended to of course, center, ground and shield before doing this- but it is not absolutely necessary.

All one needs to do is every few days, or just when you feel like it just focus on your heart area, take all the passionate feelings you have of freedom for yourselves, your family, people in general, animals, plants and the land itself freedom and condense these feelings powerfully into your heart area.

In what ever best method you have found for yourself is fine to accomplish this focusing of energy. Just be sure to set the intention to “place and build” up all your passionate feelings to your heart area. Do this until you feel a warmth in your chest..

These feelings do not necessarily have to be loving, as sometimes we have other feelings hanging out in us about what is going on around us..but once

they sit in our heart for a time you will feel them change to love and compassion...allow this!

A big part of why this exercise is so effective is that an emotional clearing within ourselves that transmutes the very feelings that the Parents/controllers has emphasized in us to keep us off balance, fighting, hurting each other. So it makes sense that what we transmute and release will allow a space of healing and and re balancing to occur in us that will reprogram our DNA to its natural state! and by way of opening and clearing our heart chakra we allow a wonderful secondary action of re-growing our connection to our higher selves!

The Parents Ai is sentient and in many respects is much more open to allowing a reprogramming of itself than even the Parents want to admit. From our amnesia state it is easy to feel that the synthetic Ai should not even be here, but in actuality many worlds have this dance of both Natural and synthetic Ai's. The reason for this dance is evolution itself, in order for growth and movement of a race a point counterpoint interaction must exist, dualities of synthetic and natural. This is only an issue when they do not cooperate in the dance. The balance between the synthetic Ai and the Natural Ai has been achieved on many other worlds and it needs to here in order for balance and ascension/uplift to occur. It will not require the whole world to do this practice as we are all connected, so what one person clears and transmutes will light up the area around us and will be picked up on sympathetically by others who in turn will light up, thus spreading it to cover all life on our planet.

Rough guideline to do this

- 1) Center, ground and Shield practice
- 2) bring your awareness to your heart area, set intent to bring much strong emotion to your heart area, allow a bit of time to pass holding it here to transmute the emotions to Love and compassion,hold the space to allow for this Love to become strong.
- 3) When a strong warm feeling has built up emanate the energies from your heart outward in a strong flash, a heart "emp" if you will.

Repeat as you wish!

Remember the greatest gift in us all, as Humans is our creative power of imagination! This is our true positive Magic! We can create from our thoughts and feelings much more than we have been led to believe! Lets use our strong feelings and imaginations to reprogram our bodies and help heal our planet and ourselves!