Optimal Health Codes

An Inner Mastery Activations Module for Accelerated Clearing, Healing, and Evolution Toward Health and Wellbeing as Your Birthright

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Optimal Health Codes Activation Package

Introduction

The Optimal Health Codes is an activation-packed program designed to support you toward achieving and maintaining optimal health and embodying your Divine Right to vibrant health and support on all levels of your being. The activations in this package apply to those with illness or physical conditions or imbalances, as well as those who are healthy and seeking greater health, vitality, and evolution of the body to support even greater levels of enlightenment, excitement, and capacity for life. The activations will work on whatever needs to be addressed first, in order to move toward optimal overall health and beyond, on all levels of being.

Mankind has been stuck in mass consciousness beliefs in powers that threaten the body, which has engendered fear of the environment, aging, viruses, illnesses, and so forth. Out of fear, we have entrusted our health and wellbeing in the hands of others, and have become disempowered in the process, not realizing the level of accountability and control that we can have over our reality. We have believed in a lifecycle wherein the body deteriorates at some point and continues the downward trend until it can no longer support our life. Relatively few people have tapped into the healing and regeneration power within and transceded the limiting beliefs of mass consciousness, though there is ample evidence of people healing by turning to self-care and clearing the dysfunction and lack of love in their lives.

And yet, a world of illness and deterioration is clearly not the reality of God. Our body is a microcosm of the universe, containing the immense power and potential in all of creation, and it is intended to evolve and fully support the indwelling, evolving, divine consciousness to a state of immortality. The Consciousness that created the universe created the human body, whose origins extend to all levels of existence. The body is the effect of this consciousness, which in essence is Love.

Similarly to the story of the blind men examining different parts of the elephant in order to understand the animal, and the one falling against its sturdy side concluding the elephant is like a strong wall, the other feeling its tusk and concluding that the elephant is like a spear, the one at the trunk, that the elephant is like a snake, another at the legs concluding it is like a tree trunk, and so forth, we have examined the different parts of the body and its systems out of context, that we too have come to grossly incorrect conclusions about the human body and being. In truth, the body is a crystallized universe, which is subject to the divine universal laws operating in nature. When we uphold those laws, the natural order of health is maintained. It is only when we violate the laws of nature and move toward denatured states of being that we introduce illness and imbalance.

Health is the natural state of the body—it is the state of being that occurs when we are in our wholeness. We have a divine right to vibrant health on all levels of being, and...
the key to activating this divine right is by surrendering to our wholeness, which is a process of allowing divine Presence to permeate our being. As we surrender to our wholeness, all illusion dissipates and the natural state of health, abundance, and joy are restored. This holds true no matter how severe or long-standing our physical imbalances may be.

Furthermore, the state of wholeness is not static; we can reach for ever greater wholeness (holiness) as consciousness is infinite, and so the process of accelerating high-level wellness and robustness in the body can always be deepened further. And as we consciously strive for greater wholeness or divine Presence in our being, all life circumstances begin to improve and move toward higher and higher levels of wellbeing.

The activations in the Optimal Health Codes (OHC) module, which provide a strong foundation of health, will support with the following:

- Ensure a minimal state of harmony and proper functioning at the cellular level
- Activation of the organs and all major body systems toward optimal functioning
- Reprogramming of all erroneous belief in illness as a necessary reality and limitations on the power of body to heal and transform itself
- Clearing of all unhealthy imprints from past body abuse and all tendency to chaotic formations
- Detoxification and beautification of the body
- Restoration and strengthening of the connection to your Higher Self
- Evolving the body in a manner that it becomes able to transmute all ingested substances to benign or life-enhancing food
- Activation and balance of all Higher Dimensional Bodies
- Restore healthy instincts for food and eliminate the tendency to overeat or eat a toxic diet
- Heal your relationship with your body
- Increase your body’s ability to hold ever higher frequencies of joy
- and more.

In particular, the audio activations will systematically clear unhealthy patterns in the body and restore, to an ever increasing degree, your right to be sovereign over your body and your physical environment. You will learn to relate to your body in a new way, and you will get new understandings and insights about the body’s needs and its role in life to support the experience of consciousness. This audio program is foundational to future modules that will address various conditions such as overweight and obesity, diabetes, addictions, depression, chronic fatigue, and cancer.

Contained in this package are five powerful vibrational tools, as follows:

- A 60-minute audio with nineteen powerful health and health consciousness activations and a discussion of each, and a shorter 15 minute version that only has the activations and can easily be done on a daily basis or several times per week
• A set of 19 vibrationally encoded images to expand on the activations and bring in additional support from many spiritual Councils supporting humanity to fulfill greater potential through the vehicle of the body
• Sets of specially coded trigger affirmations that will activate the Affirmation Enhancer Tool for you, providing another convenient means to accelerate transformation and deepen the shifts
• This manual, which is itself an interactive energy clearing tool, allowing you to release limitations in all nineteen areas of activation while you read the discussions that broaden their scope and relate things to your situation and conditions
• An attunement to the All-Coding OHC Light Beam that transmits all the vibrational tools in this module to you at any time.

The nineteen activations will assist you in the following areas:

1. **Activation 1**: Heal and evolve the physical body—the body’s healing and evolutionary capacity is accelerated through the vibration of joy.
2. **Activation 2**: Energetic support and stimulation of every major organ center in the body.
3. **Activation 3**: Detoxification: clearing from the body of toxins, heavy metals, miasms, parasites, drug residue, unhealthy bacteria, and all less-than-love energies.
4. **Activation 4**: Human Growth Hormone activation—restoration of proper growth and willingness to incarnate where the body arrested its growth due to toxicity or emotional trauma.
5. **Activation 5**: Growth hormones in foods rendered benign or useful by the body so that they no longer instigate a cycle of excessive, abnormal growth in cells.
6. **Activation 6**: Clearing all repression from the emotional body and instilling impulses for healthy processing, expression and transformation of emotions.
7. **Activation 7**: Clearing all patterns of unhealthy chaos and disorder from the causal body and cultivating order and beauty within it.
8. **Activation 8**: DNA restoration and restoring harmony and inter/intra communication at the cellular level.
9. **Activation 9**: Clearing all genetic patterns and past life imprints of body neglect, health crises, and limiting beliefs about health; replacing these with Truth of being so the body can only remember health.
10. **Activation 10**: Teaching the body to transmute ALL ingested substances to either benign or health-giving food that can be received by the body. Optimizing the body’s ability to absorb nutrients from ingested foods.
11. **Activation 11**: All harmful drugs are transmuted to a divine substance to optimize health and support fulfillment of the true need that the substance was taken for.
12. **Activation 12**: All ingested substances including air breathed are subjected to a transformation by the Love Transformer Tool before entering the body.
13. **Activation 13**: Ideal hydration and oxygenation.
14. **Activation 14:** Restoration of good instinct for healthy, high-vibrational foods. Attunement to food needs of the body and to signals for hunger and thirst (deters over-eating).

15. **Activation 15:** Food allergy clearing.

16. **Activation 16:** Healing your relationship and strengthening your connection to your body.

17. **Activation 17:** Clearing all limiting beliefs about the body and what it is capable of and embracing the infinite potential for evolution of your being.

18. **Activation 18:** Grounding and enhancing your connection to Nature and the Goddess through the body.

19. **Activation 19:** Activation to upgrade the well being, functioning and vitality of the physical, etheric, emotional, mental and higher dimensional bodies.

We will first clarify what audio activations, vibrationally encoded images, and trigger affirmations are before discussing the actual activations in greater detail.
Vibrational Tools

Audio Activations and Body Coding

With the audio included in this package, you are given body codings to effectuate very specific shifts to your vibration that will make you magnetic to opportunities for deeper fulfilment and true prosperity. The activations effectuate clearing and reprogramming at deep levels of all limitation with regard to your relationship to money, distorted beliefs that may be keep you in lack, and emotional patterns that entangle you in financial worry, and so forth.

By accepting the activations in the audio, your spiritual power will begin to flow to create the new magnetisms in your mental body to enable the activation to filter down into the emotional and physical bodies, so that it activates in your life as a physical reality. These are referred to as body codings, which are done via magnetism. Thought is magnetic, and by changing the magnetic flows in the body, you can quickly change thoughts, emotional patterns and their translation into chemical codes in the physical body. Changing the body at the magnetic level impact on all levels of your multi-dimensionality. Fundamentally your magnetic patterns determine what you consistently draw into and repel from your life. Magnetism is instantaneous and its power can potentially be infinite. It has as lower limit the speed of light, and has no upper limit. And thus there is no limit to the power within the body. These activations reprogram your magnetic power in specific ways, to help you achieve more desirable states of being and subsequent conditions in your life.

Your Life in Your Body

Your entire life takes place within your body, and outer life is a reflection of processes taking place within your body. When you shift the body within, you can make anything happen on the outside.

The body is like a movie projector, and external life is the screen upon which you view the movie. The source of movie you are watching is your body. So change the film, and you change the movie you are watching. Similarly, change your body, and you change your life. Not many people understand the science of the body, and very few can make very deliberate changes at the level of the body to effect direct changes in life. These activations take care of this for you. And since the body is the movie projector, and changing the film changes the life you are witnessing, when you conscientiously change certain parts of the film, you can change your life easily enough.

Infinite Flexibility and Intelligence

These activations work with your current situation, so that if there are things that need to occur to prepare you to allow and receive the activations, your spiritual power will ensure that magnetic codes are produced that will initiate that process, until you are fully ready to receive them in a manner that is harmonious to your system.
The codings are infinite, and so the activations may be repeated often, and they will deepen the shifts in you each time. There is no limit to the spiritual power you can tap into in your life and there is no limit to your evolution. Furthermore, unlike physical computer codes, etheric codes are maintained and executed by *live consciousness* that is continually perfecting them. Thus, **you can interact with it by adding specific requests, or refining or altering the activation within its general scope.** You can do this simply by intention (silently or stated out loud). This is discussed in greater detail in the subsection *Working More Deeply with the Activations*, in *How to Work with the Vibrational Tools to Ensure Maximum Effect*, below. These activations are portal into infinite coding that will work with you as deeply as you are receptive to be shifted.

When you do the activation audio, it is therefore recommended that you relax deeply and enter into a meditative state. You may set the intention to your Higher Self that you are ready for deep insights into areas of limitation, that you may more consciously release all that is hindering accelerated awakening and evolution to the Light.

**Vibrationally Encoded Images**

Vibrationally encoded images have many layered energies, frequencies and ‘coding’ embedded into them, which will clear, reprogram, and realign you to specific divine principles that are the focus of each image. These images support various aspects related to clearing, healing, and awakening so that evolution toward greater wholeness and deeper alignment to your Higher Self is accelerated.

**How they Work**

Basically each of the images is encoded or programmed with certain clearing, healing and enlightenment energies that are captured in the title of the image. They provide healing in several ways. One way is that a lot of energy is being transmitted through colors— one of the Councils of Love that Bill Austin works with utilizes higher dimensional colors than we normally have available on this planet, and they are working with him to infuse the images with the higher dimensional attributes of the colors that they use for healing, clearing and enlightenment.

The second level of healing of the images comes from their impact on the programming in your brains, minds, neurons, neuro-nets and brain chemistry. As you look at the images—the shapes and the color vibrations—you are stimulating and rewiring your brains and minds to clear out a lot of old, outdated subconscious programming, and wiring to bring in higher-level concepts that will support accelerated evolution.

The third level of healing is through what is referred to as **magnetic resonance.** Magnetism is instantaneous and non-local. Its speed has as lower limit the speed of light, and has no upper limit—it is unbounded in potential. The speed of magnetism relates to its vibratory rate, which is its power to uplift other lower frequencies. The images re-magnetize your brain to draw into life all the goodness that is on your path in alignment with your true self.
**How to Work with The Images**

The best way to work with images is as follows. Take some deep breaths as you look at the images and connect with your heart. What do you FEEL as you look at the images? Typically, the ones you like the most are either those for which you are strong energetically or ones that are most relevant to whatever is going on energetically in your present-day reality. You may find you like different ones on different days, and you may understand why when you look at what is going on in your life. Interestingly, however, the ones that you most dislike are usually the ones for which you are energetically weak in those areas. What happens is that you do not resonate energetically with their vibration so they bring up areas of unclear stuff within you that is ready to be healed, cleared and transmuted. In other words, those images make you aware, on the level of feeling, of the dissonant energies that are within you. This is an uncomfortable feeling and hence the unpleasant reaction. The more you look at these images that highlight internal dissonance with the truth of your being, the more old programming you will be able to release. Every time you look at the image you are raising the level of your consciousness so that you begin to magnetically resonate with the high vibrations encoded into the image.

The images respond to the individual and will begin to work in you from your current point of consciousness. As soon as you look at an image, the clearing, restructuring, or awakening commences. The more frequently and the longer that you look at an image, the more deeply it works in you. You do not have to think about the subject matter of the image to benefit from them. Most people don't know what their underlying issues are since many of the issues are blind spots. But you can also work more consciously with them and request specific clearings within their scope. Once the healing frequencies have been integrated, then looking briefly or even a glance at the images can reinforce and deepen them. There is really no saturation point with these images, as they are also portals to infinite coding.

You can frame the images, print them in black and white (even if they work through color vibrations), laminate them, reduce them, cut them up or do whatever and they will still energetically hold the same vibration as the original image. The reason is that we live within a holographic universe and each part of the image is a hologram that contains the vibration of the whole.

It is suggested that you look at the images several times a day for the first three to four weeks – this is how long it usually takes people to absorb the full coding. In the first few days (at least three days), it is advisable to look at the images for 3-5 minutes at a time, minimum, followed by 15-30 second glances several times through the day thereafter. You can work with one image for a few days (no less than three days), and then move on to another, rotating through them several times. As a portal to infinite coding, the images evolve and grow in power over time; they are continually refined and reach higher levels of spiritual frequencies. But there are safeguards in place that the vibration of the images will never decrease.
Understand that there is no wrong way to use the images. It is good practice to hang up the images you are working with in your home or office, or in an area where you will glance at them several times a day (e.g. on the fridge or a mirror, or as your screensaver). The vibrations are taken in instantaneously at a glance.

**Trigger Affirmations**

Each image and activation comes with a specific set of trigger affirmations to further support and elaborate on the frequencies being transmitted via the image and audio activation.

The affirmations provided with each image are *not* ordinary affirmations. They are triggers for the Affirmation Enhancer Tool (AET), which clears all that is in the way of you embodying the truth of the affirmation and shifts your energy into alignment with it, making you a vibrational match to quickly manifest that reality in form. We encourage you to visit www'affirmationenhancer.com in order to better understand the power of this unique Inner Mastery Tool.

In addition, for each image, an *enhanced trigger affirmation* has been formulated—this enhanced trigger contains all the frequencies encoded in the image. This provides another convenient way to integrate the encoded frequencies, in addition to viewing the image itself.

Using the **enhanced trigger affirmation** provided with each image will activate the AET to directly transmit the frequencies in the image as body codes and to ongoingly support you toward realization of that new reality in the many ways that the AET supports manifestation. In particular, the AET will execute a series of **seven key steps** that will ensure, increasingly with each step, that you are becoming a VIBRATIONAL MATCH TO the intentions of the images at ever deeper levels, so that manifestation of that new reality is assured as your power to wield the law of Attraction is increased. You can read about those seven key steps on the AET website (www.affirmationenhancer.com). Note that you do not have to have the AET for these affirmations to activate the Tool, as they have been rendered into triggers for you. Please also note that the activation will only occur for the person who purchased the product, and will not initiate for anyone reading the trigger statements who did not purchase the product for themselves.

Use of enhanced trigger affirmations is a new feature that we have been able to add recently, and will be of tremendous benefit to accelerate integration of the energies. **Enhanced triggers appear in boldface type, as the first affirmation in each list.**

You can use these affirmations as often as you wish, and each time more clearing and reprogramming will be executed in support of your moving toward the reality of that statement. The best way to use these affirmations is as a contemplative exercise. State one, pause, and feel in your body. Feeling helps you to receive and connect to the energetic shifts more deeply. You don’t always have to do them contemplatively, but...
once in awhile is certainly recommended. You can add your own affirmations, but please note that the AET **will not** activate on the ones that you formulate yourself.

Similarly to the activations and the images, a trigger affirmation is also a portal into infinity—so there is tremendous power within the tools provided in this program. You can never be ‘done’ with this material, as you are also an infinite being with infinite power waiting to be realized. All these tools (images, audio transmissions and activations, trigger affirmations, and the manual itself) will continually support you on your journey no matter what your level of enlightenment!

**Interactive Clearing & Healing Manual**

Over the last few years of developing the Inner Mastery Tools and products we have been able to greatly streamline the process of delivering energetic support through a manual. This manual is a coded vibrational tool of transformation. As you read the discussions on the areas of activations, contemplate on what is being conveyed and you will receive activation codes to deeply integrate the principles presented. For each area discussed, ponder on your current beliefs and circumstances or past events and limitations adopted from these, and for anything that you are ready to release, mentally request support to do so. For new beliefs that you desire to integrate, again, mentally request support toward that goal. As you do this, the Inner Mastery Tools will also activate for you to clear and reprogram all that is blocking you from shifting into greater levels of freedom, truth, and self-awareness.
Optimal Health Codes Activations

The Optimal Health Codes Audio

In the Optimal Health Codes audio you are given body codings to accelerate clearing and reprogramming at deep levels around your relationship to health, mastery over your body and environment, better instincts to harmonize with the laws of nature, and to upgrade organs, body systems, and higher level bodies in support of increasing health and vitality. These activations will instil a stronger foundation of health consciousness, and help you to realize your innate power to heal and achieve new levels of vitality. They will support you to realizing that the only power that need operate in your body and in your life is divine power, and as you align to this reality, good will come to you in many forms, one of which will be improved health.

By accepting the activations in the audio, your spiritual power will begin to flow to create the new magnetisms in your mental body to enable the activation to filter down into the emotional and physical bodies, so it activates in your life as a physical reality. These activations work with your current situation, so that if there are things that need to occur to prepare you to allow and receive the activations, your spiritual power will ensure that magnetic codes are produced that initiate that process, until you are fully ready to receive them in a manner that is harmonious to your system.

These activations are portals to infinite coding, and so the audio may be repeated often and for as long as you wish, and the activation codes will deepen the shifts in you. They may be repeated as often as you like, and each time further clearing, reprogramming, and awakening will be achieved. There is no limit to how deeply you can align with your spiritual power to continually bring forth deeper self-expression that evolves your consciousness within the vehicle of the body. Your alignment with your Higher Self can continually deepen, your level of health and level of light can always increase, and your body can always evolve to new levels of perfection. There are no limits to our spiritual power and therefore there are no limits to the body’s potential evolution. This audio is a foundational one in health consciousness programming.

Two Audios: A Long and a Short Version

The short audio is provided for ease of use. After you have listened to the longer version and understand the activations, then you can switch to the short version and you will still get the full benefit of the activations. With the short version, it is easier to do the audio activations several times per week.

The music in the background of the short activation support audio was composed and played by Rama Iyer. The music is played with a harmonium, which is a sort of woodwind organ. The music follows a special system whereby the sound frequencies generated by the harmonium resonate with the body frequencies, and are thus innately
healing to the body. For more free music of this sort, you can visit Rama's website: http://evernewjoy.net and click on the "Songs for you!" tab.

Several trigger affirmations have been included with each activation. The set of trigger affirmations complement the audio activations and vibrationally encoded images. A trigger affirmation is a statement that has been coded to activate the Affirmation Enhancer Tool every time the statement is made. If you have not heard about the AET, we encourage you to find out about how it works to clear everything that stands in the way of a person accepting the affirmation as truth and manifesting its proof in outer reality, by visiting www.affirmationenhancer.com.

The bolded trigger affirmations have also been enhanced with the frequencies and codes from the corresponding vibrationally encoded image and the audio activations. Stating these enhanced trigger affirmations will accelerate the anchoring of the image and audio activation frequencies within your energy bodies via the clearing steps performed by the Affirmation Enhancer Tool. This is not to be done in lieu of the audios or looking at the images, but provides another means, via the AET, to incorporate the frequencies using another approach. It is also a quick way to deliver an energetic boost of what you are receiving with the audios and images.

It is recommended that you state the enhanced trigger affirmations at least once daily. You may state them while doing the audio activations, or on their own at any time. The Affirmation Enhancer Tool has special features that ensure that you are guided ongoingly to the reality of those frequencies made manifest, so they are a useful addition and will provide extra support toward accelerated healing.

All Codes Optimal Health Light Beam

The audios provide one way to activate the codings, but we have devised another way that is convenient for on-the-spot activation. You can access individual activations or receive the full coding via the All Codes Light Beam process, described below.

All the coding from all the healing mediums of this module has been compiled into one beam, which can be used at any time and as often as desired. This etheric Light Beam may be likened to a sunray. Sunlight is the composition of all coding for all beings and all forms of life on every planet, solar system, and beyond. The sunrays transmit the DNA-encoding magnetic power of the sun across vast distances of space to earth, and a flower or leaf, for example, receives that light which gives the organism information about how to optimize its evolution based on what the rest of creation is learning. The All Codes Light Beam acts much like a sunray, and contains all the information and codes concentrated into a single beam of light that enters through the Crown.
“Prime Creator (or God), please transmit the All Codes Optimal Health Light Beam to my Higher Self now. Thank you and so let it be.”

You can be more specific with the Light Beam as well, as with the following statement:

“God please transmit the All Codes Optimal Health Light Beam to my Higher Self now, with emphasis on supporting my body to transform all ingested substance and air breathed, and ensure optimal hydration and oxygenation all day long. Thank you, thank you, thank you. So let it be.”

“God please transmit the All Codes Optimal Health Light Beam to my Higher Self now, with emphasis on increasing my energy level and belief that I can impact on my state of being at will. Thank you, thank you, thank you. So let it be.”

In these two examples, you will receive some level of activation from the full set of tools, but the emphasis will be placed on those that can fulfill your request.

The All Codes Optimal Health Light Beam provides a convenient means to receive the full set of healing frequencies from the entire module very quickly. Please note that the audio and other vibrational tools (images, exercises, and trigger affirmations) are still useful in order to emphasize particular parts of the beam and to work with them more consciously. By working consciously with activations and exercises, you become attuned to the issues in your life and you it is a means by which you focus your spiritual energy.

When used in the course of life, the All Codes Light Beam is a convenient means to deliver the divine ideal activation codes needed at any given moment. In this manner, the divine ideal codes that will resolve the situation at hand or restore maximum harmony in the body will be magnified within you to ensure a shift from your present state of being. But you can also use the Beam on its own at any time. I transmit several Light Beams to myself every morning, and I put my mind on particular activations that I want to have emphasized throughout the day. I take the time to feel the Light Beams working in me, and can often sense areas of stuck energy that are beginning to dissolve. Using the Light Beam and entering into a meditative state for a few minutes is a good daily practice that will support deep clearing and healing.

I also transmit Light Beams to clients in our session work, with emphasis on particular activations or issues as appropriate, and I ask that the codes be magnified whenever the client is in a similar situation that brings up their particular issue that we are targeting for transformation. The ability to transmit activations to clients is a feature of the practitioner versions of the modules. I have found the Light Beams to be invaluable in my work with clients, and am continually developing new modules in order to increase the tools that I have access to in my practice. Look for new Practitioner Tools on the website www.innersmasterytools.com.
**Exercise with the All Codes Light Beam**

Focus on your Crown center, by feeling at the top of your head, just below the skull. Do this for a few minutes to activate the Crown.

Now image a beam of light coming from infinity above—this is the *All Codes Light Beam*. As you breathe in, image light from this beam filling your body completely. Feel the light in every part of your body, reordering chaotic patterns, disintegrating and neutralizing all that no longer serves you, and seeding new expansive, holistic patterns.

As you breathe out, image all the waste matter clearing out through your feet to be recycled for new creations.

Repeat the cycle of breathing in the light, and exhaling the transformed waste matter for several rounds. You can focus on various issues around success that you want shifted, and the *All Codes Light Beam* will magnify the coding that will best achieve the desired transformation.

* * * * *
**Fundamental Principles of the Physical Health Codes Activation Series**

Fundamental principles underlying all the activations in the Physical Healing series are listed below. As you work with the various Vibrational Tools in each package, you will increasingly embody these eternal truths in your being and radiate their frequencies, magnetizing yourself to vibrant health, high energy levels, increased capacity for living, and balance and harmony at all levels of being.

You are an infinite being of infinite power and potential, and your very nature is healthy and whole.

You will be restored to your natural state of health in measure that you surrender to your wholeness.

Surrendering to wholeness is realizing divine Presence...the state of your Higher Self to an ever increasing degree.

Life/Creation/God desires of you that you thrive and prosper and break through all limitation, bringing forth your unique truth and gifts to full expression in your life. Poor health is a limitation of the False Self and ignorance of your power.

You have a Divine Right to be restored to health, as you surrender ever more deeply to your wholeness (or your holiness).

Your source of health is God. In measure that you recognize God as the power of health within you, will you become healthy. This is true health that is eternal.

There is no power opposite and equal to the power of God—there is only one power in the universe, which in essence is God or Love. Thus belief in powers that can harm you is belief in illusion—it is hypnotism.

Your body was created in perfect health originally.

Your body can recreate its state of perfection when it is given the original divine blueprints and is supported to remembering only health and wholeness.

The body and the environment are awaiting their Master: Man and Woman.

You are 100% responsible for your health, and thus 100% empowered to impact on it.

You become master of your body through awakened consciousness, via feeling your body and your Self.

The way to dispel the illusion of illness/disease and external threats to the body is to
recognize God within as the sole power in life.

God is the life force energy that animates your body and confers it health.

The way to God within is by embodying the Truth of Being. All belief in limitation separates you from this Truth and thus from God. Separation from God is equivalent to separation from your Self.

Imbued with the divine Will, health is naturally restored and evolution is supported.

As a creative being granted divine consciousness, you have infinite power to impact and direct your evolution in harmony with divine universal law.

As love, the power of the universe supports you completely in defining and creating your unique reality. Thus, any desire that confers greater health and benevolent evolution to the body, which supports the good of all, will be supported to manifestation.

The body has no limits in its capacity to support you in your evolution toward immortality.

A set of powerful trigger affirmations to embody the fundamental health principles listed above appears in appendix A—these are also captured in the vibrationally encoded image included in the appendix. These trigger affirmations will activate the Affirmation Enhancer Tool for you, as described in the section on Vibrational Tools, above.

An exercise for Practicing the Presence appears in appendix B. It is recommended that you begin a daily practice along the lines suggested in the exercise, especially if you are using this module to overcome illness, as this will accelerate you to a state of wholeness and positively impact all areas of your life.
The Nineteen Activations of the OHC

1. Healing and evolving the physical body—the body’s healing and evolutionary capacity is accelerated through the vibration of joy.

This activation is a tremendous stimulation of the root chakra or the rectum organ center. The Rectum is the master of blood—blood is what the body is made of. As you activate the Rectum, you increase blood flow and the entire body can be reconstructed and made anew. The Rectum is the primary organ for physical healing, detoxification, rejuvenation, and beautification of the body. As you activate its power, you accelerate physical healing and strengthen the physical container (body) so that you can hold your etheric body more completely, thereby enabling you to hold higher currents of light within the physical body. And as you hold greater spiritual current, your healing power increases. Healing and strengthening of the physical body is thus a way to ground and integrate all the spiritual currents available to you, making them usable in your life.

Your natural state of being is a high joy vibration. In joy, the body’s healing and evolutionary capacity is naturally accelerated. As we have moved away from understanding the laws of nature and have lived in increasing ignorance of who we are over the course of human evolution, joy has become increasingly elusive and for some, has become largely unattainable. This Root/Rectum activation will support a return to the laws of nature and your natural state of joy.

Trigger Affirmations

The following trigger affirmations related to this activation will activate the Affirmation Enhancer Tool to support deep energetic shifts within you. Please refer to the section on affirmations in Vibrational Tools, above, to understand how the Tool works. The first affirmation, which appears in boldface type, is an enhanced trigger affirmation that has linked to it the frequencies of the vibrational image corresponding to this activation. This enables you to conveniently integrate the frequencies of the image via a statement, in addition to looking at the image.
My body is accelerated toward healing and evolution through an ever increasing vibration of joy.

- My body is made anew according to the divine laws of nature.
- I am strengthening my body and my ability to hold increasing currents of spiritual energy.
- The spiritual energy available to me is grounding deeply and completely into my physical body.
- I am grounding joyfully into this earthly experience.

2. Energetic support and stimulation of every major organ center in the body.

This activation is a rainbow healing coding that stimulates every major organ center of the body, which corresponds to the main chakras. The major organ centers cover all the systems in the body and all the aspects of our psyche. Not only does this activation stimulate all centers (which clears and evolves), but it also ensures that they are all brought into balance with each other. Each time you do this activation, it will execute in a unique manner according to the current state of each of your centers and their level of harmony with one another. This is a completely holistic coding that can be done often whenever you think about it. It will support you toward greater balance, harmony and overall well-being, and your life will begin to feel more balanced and wholesome.

I am vibrantly alive and enjoying the rainbow of well being, beauty and harmony on all levels of my being.

- I welcome greater health and vitality in all my chakras and organ centers.
- My body is evolving rapidly and holistically, as I welcome increasing levels and complexity of rainbow frequencies.
- I release all blocks within my organ centers and chakras and embrace accelerated evolution and harmony of being.
- As I strive for greater harmony and balance within me, my life becomes more holistic and beautiful.
3. Detoxification of toxins, heavy metals, miasms, parasites, drug residue, unhealthy bacteria, and all disharmonious energies

This activation along with activation #10 targets for transformation everything that is antagonistic to the body. While this activation focuses on toxins that are present in the body, #10 focuses on transforming all substances as they enter into the body. Both are based on similar principles and result in making the body more powerful and consciously claiming sovereignty over one’s environment, the coding for each activation is different.

The body has two levels of defence against toxins: the lymphatic system and the stomach fire. The lymphatic system provides defence against incoming toxins and the stomach fire is activated to clear out toxins already present. Together, activations #3 and #10 provide complete coding to strengthen the body to be able to fully process and clear all that it considers toxic to it.

Toxicity is relative—there is no such thing as toxicity on an absolute scale. One person may be violently allergic to a substance that is beneficial to another (e.g. peanuts). This holds for emotional/mental inputs as well. One person may react biochemically to an angry boss, for example, instigating a series of reactions that lead to high blood pressure. In another, a similar external stimulus may lead to asthma, while in a third person there may be no significant biochemical reaction. It is the body’s perception of something that determines whether something is harmful or not.

In this activation, anything within the body that is perceived as caustic or inharmonious and out of synchrony with Prime Creator is targeted for transformation. Everything is energy with an atomic structure. If you can rearrange atomically, then you can transform any substance. The Rectum organ center is the atom center, which is capable of decomposing and rearranging at the atomic level, and so this activation is a specific set of codes in the Rectum, in addition to coding in the Stomach organ center to cover specific toxicity in the body.

This activation causes anything that the body perceives as harmful, caustic, or taxing in any manner, and decomposes it atomically, and rearranges it into a harmless atomic structure at the very least. If possible, it will rearrange into health-giving energy. This ensures that harmony is achieved and maintained in the body. If there are issues that need conscious attention in the process, then these will be also supported to consciousness through the coding in this activation.
I am free of all toxins and chaotic less-than-love formations. Every particle and energy in my body now holds the vibration of love and supports my highest good.

- I release all chaotic and harmful imprints and energies from my body. My body is now filled with energies that are in harmony with Prime Creator.

- Blazing yellow flame suffuses my body, transforming all that is harmful into harmonious substance.

- I am sovereign over my body and my state of health. I choose to create and maintain harmony and health within me.

4. Human Growth Hormone activation—restoration of proper growth and willingness to incarnate where the body arrested its growth due to toxicity or emotional trauma.

When the body is sent many messages of toxicity or trauma and there is great stress in living and being present, your body will feel weighed down and have the impulse to want to stop growing or manifesting in the body. The body can then decide to arrest its growth.

Many heavily traumatized children, for example, learn to escape from the body and are not present physically. This does not heal with time, and many adults are poorly grounded and blocked in their abilities to manifest physically. The body that stops normal growth begins to wilt or shrink in some manner, and it never reaches its full potential and thus is unable to support a person to full expression. This activation works to undo those negative impulses and institutes perfect growth levels and an awareness of belonging here on earth. As the body comes up to speed in its growth, it will feel safer to be in the body and to be here on earth, and will be easier to ground into the physical experience and to manifest and show the world who you are.
I am willing to be fully present in my body and embrace life on all levels of being.

- I release all imprints of fear being here and welcome new impulses toward full expression of my being and experience of all that life has to offer.
- I belong here on earth at this time. I have an important place to fill right now and must be in physicality to fulfill my destiny.
- I allow my body to grow fully in order to support my highest potential and fullest expression of my being on earth.

5. Growth hormones in foods rendered benign so they no longer instigate a cycle of excessive, abnormal growth in cells

Artificial hormones that underpin the mass production of food affect our bodies in unhealthy ways. They can accelerate our growth hormone levels beyond that which is normal and healthy. Cancer, for example, is overgrowth of tissue. Uncontrolled growth and some forms of cancer have been linked directly and indirectly to the increased presence of growth hormones in foods. For example, hormone residues in beef have been implicated in the early onset of puberty in girls, which is thought to put them at greater risk of developing breast and other forms of cancer. You can observe lumpy growths that look like tumours in vegetables and fruits that have been ingested with growth hormones.

This activation provides immunization to added growth hormones in foods. It takes the external growth hormones and renders them benign or turns them into food in order to prevent the cycle of excessive growth that would be instigated otherwise.

My body now neutralizes all growth hormones present in the foods that I ingest.
6. Clearing all repression and chaotic energies from the emotional body and instilling healthy emotional patterns

The emotional or energy body is the encoder of the physical body. The energy body grows the physical body by ‘remote control’ (via magnetic waves). The energy body has all the codes for the state of health in the physical body. The physical body is the effect of the energy body. If the energy body is depressed or damaged, you can lose the codes for health and forget what health is. Physical illness usually originates from emotional imbalances in the energy body. Prolonged chaotic emotional patterns eventually result in physical illness and imbalance.

This activation stimulates the energy body in such a way that it heals and balances emotions, and deletes all the negative or limiting programming, replacing it with programming from your Higher Self that is supportive of your highest good and creative of robust health. Doing a complete delete of the old non-serving programs ensures maximum efficiency. Over time, you will find you have a natural impulse for healthier emotional patterns, whereby you can process, express, and transform emotions more easily.

Repeating this activation often will keep your energy body clean and clear, so that restoration to health is accelerated. Side effects will be increased positivity and emotional stability and equanimity.

- My shining body pulses with liquid light, glowing ever brighter as I welcome increasing order and joy!
- I release all non-serving emotional patterns and embrace inner peace and emotional positivity.
- I allow myself to feel emotions and process, express and transform them with ease and grace.
- I bring movement into all pockets of stagnation in my life.
- My balanced emotions are creating vibrant physical health in my body.

7. Clearing all patterns of unhealthy chaos and disorder from the causal body and cultivating order and beauty within it

Chaos is disorder and lack of structure—lack of a unifying, organizing principle. Beauty, on the other hand, is symmetrical, well-defined, organized structure that imparts a sense
of harmony and balance. Our culture exerts a very disorganized and disorderly influence on us. When physical structures become disordered and lose the organizing principle, they degenerate and you become ill. All illness is imbalance and disorder or chaos in the body, with origins in the higher dimensions of the energy (emotional) or the causal (mental) bodies.

This activation is focused on clearing out chaos and disorder and restoring beauty and order to all levels of being. The causal body is focused on primarily, as it is causative of your life, but all lower three bodies are supported to express beauty and order. — physical, emotional, and mental. The activation replaces all chaos and brings about orderly, balanced structures according to your Higher Self.

The activation also works on the higher dimensional bodies beyond the causal, but these higher dimensions cannot contain error, and so the focus at these levels is on evolving beauty rather than clearing out chaos.

- My beliefs and thoughts harmonize with divine order and beauty.
  - Blazing yellow flame suffuses my body with the radiant warmth of the sun, unifying all patterns with divine Will.
  - I release all chaotic patterns from my being and welcome new patterns of beauty and order for better and better health.
  - I release all chaotic thoughts and emotions and allow my body to be restored to its natural state of beauty and order.
  - I have infinite capacity to create new patterns of health for my body and my life.

8. DNA restoration and restoring inter/intra communication and harmony at the cellular level

This activation works primarily at the cellular level of your being. The center of the cell or the cellular level is the womb/prostate organ center. The intelligence of the womb/prostate is community, organization into groups.

The goal of this coding is to have all cells working fully in harmony with each other and having the DNA within each cell lit up, glowing, shining, and radiating the proper codes of health to each.

Every cell is like a solar system—the DNA within the cell is the blazing sun and the planets orbiting around it are the cells’ organelles. We want the organelles all functioning
in relation to the DNA intelligence, like planets moving in their proper orbits around the sun. And we want the cells communicating well with one another, doing what they are supposed to, both internally and amongst one another, according to the DNA codes.

When the DNA lights up in each cell, the cells remember the perfect plan and the body wakes up and remembers health. In time, the body forgets illness and only remembers perfect health and thus recreates itself anew in health. This activation, which removes illness and the cellular level, combines stimulation of the pineal gland (master of the DNA) and of the womb/prostate (cellular restoration and activation).

- My body’s cells light up with the perfect DNA codes within, radiating information on how to evolve to ever greater beauty, vitality, and health.
  - I have perfect cellular harmony within my body.
  - My cells now have perfect memory of health, vitality, beauty, and harmonious being.
  - My body now remembers health exclusively; it is created anew in perfect health.

9. Replacing all genetic patterns and past life imprints of body neglect, health crises, and limiting beliefs about health, with Truth of being so the body only remembers health

All the imprints of body neglect, health crises, physical limitation, and beliefs in external powers of illness act as layers or veils of untruth that keep you from realizing your divine right to perfect health and tapping into immense healing and evolutionary power within. As you surrender to greater and greater truth and allow your perceptions to dwell exclusively on the reality of God, the layers of distortion and lies will lift and you will eventually be restored to your natural state of health.

The world of illness and deterioration of the body is not the reality of God. God is life, and life is the animating and evolutionary principle of the body. Our body is a microcosm of the universe, containing the immense power and potential in all of creation, and it is intended to evolve and fully support the indwelling, evolving, divine consciousness, which is immortal. Ideally, death of the body is no longer an involuntary or unconscious process, but rather a conscious choice made in complete freedom. Ideally then, we would not die from body deterioration, but would choose to transition because we have completed the experience of this particular lifetime. While this may be a more distant reality for many, allowing the body to remember and be restored to greater levels of health is a very achievable step, simply requiring a shift in consciousness. Contemplating
on the foundational principles of health as outlined above, and using the trigger affirmations of Appendix B will assist you to making this internal shift.

The coding in this activation will support the clearing away of all imprints of ill health and body abuse and any beliefs that stand in the way of the natural order of health, beauty, and joyful existence in the body. The clearing affects the cells, bones, blood, DNA/RNA system, etc. Every particle of the body is cleared of limiting imprints and memory of untruth and illusion.

- I release all genetic and past imprints of body neglect and limiting beliefs that have distorted health in me; I now embrace the natural state of health and wholeness of my divine being.
  - I now hold only visions of health, even if my mind might see otherwise.
  - Every particle of my body remembers only health and wholeness.
  - I draw upon the infinite power of my divine self to evolve my body to ever greater levels of health and beauty.

10. Teaching the body to transmute ALL ingested substances to benign or health-giving food for the body. Optimizing the body's ability to absorb nutrients from ingested foods.

Food is one of the major ways that humanity has been kept asleep. Your brain requires a certain amount of energy in order to function properly and to enable an active connection to the higher dimensions.

Toxic foods do not provide adequate energy and so the effect is a shutting down of the connection at the brain and the nervous system. When you cannot connect to the higher dimensions, you become forgetful of who you are, asleep in life, and automaton-like, which leaves you wide open to harmful programming from the external environment (via such things as movies, computer games, radio, people, etc.) The less-than-love intentions present in people and technology preparing the food are also energetically held within foodstuff, and so food may be toxic on many levels. Toxic food shuts humanity down.

The coding in this activation will enable the body to become increasingly powerful over its environment in a way that it becomes 1- immune to harmful influences, and 2- increasingly powerful to transform ingested substances into health-giving substance.
This activation will support the body to work on all ingested substances—whether through the air, topical, or via the ingested food.

It really does not matter what substance enters the body—what matters is how the body reacts to it. For example, if your body does not react to raw peanuts, then peanuts will be a health-giving substance to it. If your body reacts violently to them, then peanuts will not be healthy for you.

This activation enables your body to react to ingested substance with joy and a sense of greaterness at the biochemical level, so that eventually reactions of shutting down will no longer occur. As your body grows in power through these codes, it will transform the intentions and vibrational level of the substances, thereby weakening their harmful effects in an absolute sense as well. For example, without the codes, a food that has been genetically altered in some manner for profit will adversely affect the vibration of your body. But when the body responds to it with joy and is able to utilize it for expansion, the harmful effect is neutralized. As the body no longer perceives the harmful intentions, it thereby weakens the overall negative effect of the substance. It is similar as when we react negatively to someone’s ill-will we strengthen illusion, whereas when we respond with love, we are immune to the ill-will and weaken the power of illusion in the world.

The more you use this activation and allow it to strengthen in you, all food will be turned into pure joy and healthy building blocks for the body.

Again, this activation works on the principle that everything has an atomic structure, which may be decomposed and rearranged by the power of the Rectum organ center. When substances can be rearranged atomically and made benign or into food, you can ensure that your external environment is always supporting your body. The activation also involves Thyroid center activation to strengthen the lymphatic system in order to increase immunity to external toxins. In addition, there is activation of the Stomach center to neutralize and harmonize all foods. Neutralization ensures the substance is rendered non-caustic, and harmonization makes it compatible with the body and ensures some degree of benefit.

Please note that while this activation may render substances benign or health-giving, it takes spiritual energy to execute the transformation. It is far easier for the body to ingest and metabolize high vibrational foods than it is for it to have to transform toxic substance into food before absorbing it. So this activation should not be used as a license to be careless or continue abusing your body if you know you are doing so. This is further discussed in the next activation that supports the transformation of all harmful drugs.

But there are so many instances of toxins being present that are difficult to avoid. The air we breathe is often toxic and it’s not always possible to avoid toxins in food or water. This activation will help with general oversensitivity to environmental toxins and will help decrease allergic reactions. As you work with it, you will feel increasingly more confident about being sustained in health even if your environment is not pristine and your diet is not totally organic.
My body transmutes all ingested substances into health-giving food that supports me to ever greater health and vitality.

- My body is empowered to make my external environment supportive of it.
- I embrace and transform the environment I am in, ensuring it harmonizes with my being.
- By empowering my body I weaken harmful substances in the world and render them benign.
- I choose to be awake and all that I ingest supports my conscious awakening.

11. Harmful drug transmutation to a divine substance to optimize health

Drugs are the most harmful substances we can put into our bodies. Whether recreational or prescription, drugs slow down evolution and can shut people down over time. We define drugs as substances engineered to override your body’s natural intelligence and functioning. Some drugs blow cells apart and rip the fabric of the DNA. The effects of certain vaccines can be seen etherically as having blown the brain apart, so that a person can no longer access their Higher Self. Rudolf Steiner predicted that vaccines would be produced that will prevent the soul from entering into the body altogether, altering the very nature of the human being. From etheric observation of mankind, it would appear that this prediction has already come to pass.

At the energetic level, drugs contain all the intentions of those who participated in their creation, and the intentions and goals of its users. Drugs that generate a sense of oblivion, for example, wreak havoc in human evolution since the very purpose of evolution is to increase consciousness and awareness of being. Drugs developed for the profit motive and known to be harmful hold intentions of using people for personal gain and enslaving them in states of brokenness and imbalance. The effects are devastating to humanity and are not restricted to drug users only. As people become reprogrammed with destructive codes through drugs, they become ‘carriers’ for bad programming.

This activation will transmute all drugs (recreational or prescription) to a divine equivalent substance to optimize health and fulfill the real need that it was meant to address. For prescription drugs or drugs in health and beauty products, it will help to accelerate the body’s ability to heal and will transmute any less-than-love energies that may be present in the drug.
The activation is not only useful to those who have used drugs. If you are around people who use drugs, you are subject to negative energetic influences from them because it literally radiates from their auric field. The activation will also help you to become immune to any negative influences from those around you.

**How effectively will this activation work in you?**

The results will depend primarily on your intentions. If you use the activations to support overcoming an addiction, for example, and are actively exerting will toward that goal, working at increasing your spiritual power and so forth, this activation will begin to work in you and have a greater and greater hold and effect over time. If, on the other hand, you are using the activation but still want the consciousness suppression effects of the addictive substance, then your strongest intent will prevail, and the activation codes will work only weakly each time you use them. The activations will not violate your right to free will, and your strongest intentions will always prevail.

Particularly with activations that transform physical matter, a large amount of spiritual energy is needed for best effect. Since recreational drugs cut you off from your spiritual power, the activation will not be able to work strongly in you while you are still under the influence of the drug. For best effect, you will need to align your actions with your intention to overcome the addiction, and then work at restoring your connection to the higher dimensions and building up your spiritual power. The **Energy Flows Balancing Module** is highly recommended for those working through addictions (see [http://www.innermasterytools.com/energyflows.htm](http://www.innermasterytools.com/energyflows.htm)). Refer to the section **Observations on the Physical Healing Body Activations**, below, for more details and insight.

- My body transmutes all harmful drugs to divine substances that optimize health and support fulfillment of the true needs in me.
  - I am a sovereign being, and choose to be immune to negative reprogramming from substances and people in my environment.

**12. All ingested substances subjected to a transformation by the Love Transformer Tool before entering the body**

This activation ensures that all ingested substances, including the air breathed, are fully aligned with Prime Creator and the essence of love. The Love Transformer Tool (LTT) turns all substance into at least the level of love. Love is an inward motion of looking within, feeling wholeness and allness within, a return to Source, which is joy, beauty and
goodness. Love is an inward motion like the motion of the sun—the more deeply inward is the motion, the stronger the radiating effect. In this activation, the LTT transforms every set of molecules that enters your body into an entity in harmony with love. As the activation strengthens in you, nothing can violate the essence of your true being any more. Alcohol, for example, will be given self-love—the capacity for introspection and love—, so that it enters your being as a harmonious intelligence.

Prior activations that transformed substance rendered them benign at the very least, and health-giving where possible. This activations takes this a step further and ensures that everything supports your true essence of love. You will feel yourself harmonizing more deeply with your environment, which in turn will impact on the environment. You will become a force that gently transforms the world around you. As you enforce harmony around you, you harmonize with the world and the external world become more harmonious. This activation initiates a spiral of ever greater love and harmony.

Understand that some of these activations will be felt over a period of time. As the substances you ingest are elevated to the vibration of love, your vibration will be raised and you will become naturally attracted to higher vibrational substances. This is wonderful way to lift into higher vibrations and healthier habits; but again, we point out that it takes spiritual energy in order to have the activations become powerful in you. The work you do toward increasing your spiritual power will directly impact on the effectiveness of all the activations that transform physical matter. (Please see the section Observations on the Physical Healing Body Activations, below, for additional detail and insight.)

Everything I take in to my body is now transformed by Love and supporting me to ever greater order and beauty on all levels of being.

- I am a sovereign being, and choose to be immune to negative programming from substances and people in my environment.

13. Ideal Hydration and Oxygenation

Many people are habitually dehydrated because of poor drinking and eating habits. And in certain environments, we are deprived of good air quality. Air conditioning in cars, homes and offices during the summer, and then heating in winter, for example, depletes oxygen. Many buildings don’t even have windows that can be opened and air circulation is not enough to ensure adequate levels of oxygen. Yet both air and water are crucial for the body to heal or maintain good health.
This activation ensures that you will always have proper levels of oxygen and water. It instructs the body to take resources from within without compromising you in any way or from the nearby environment, and turn it into water or air to hydrate and oxygenate the body. Atoms can be rearranged at will to turn it into substances needed by the body. This coding supports your body to do this.

Though it may be a bit of a radical solution, we are in a world that is very denatured and the effects are insidious and cumulative. As we are infinite beings with infinite power in an environment that is largely disharmonious to our being, it is appropriate to tap into that power consciously. By accepting this activation, you enable this power to automatically be tapped when needed.

Again, please do not use this activation as a license to neglect the needs of your body and become even more estranged from it! If you are thirsty or in need of fresh air and can do so easily enough then it you will be utilizing much less spiritual power that can then be used for other things. While your spiritual power is infinite, the power that is available to you probably is not unless you are abnormally highly connected and open to the higher dimensions.

As you strengthen this activation within you, you will become healthier and even more aware of your needs for good air and water. You may even notice that you are breathing more deeply.

- I am in a state of perfect hydration and oxygenation at all times.
  - I am a sovereign being, and choose to be supported with healthy levels of oxygen and water at all times.

14. Restoration of good instinct for healthy, high-vibrational foods. Attunement to food needs of the body and to its signals for hunger and thirst (deters over-eating).

This activation works toward restoring to the body its natural palate or taste for healthy foods. We are accustomed to eating so many toxic foods that have addictive chemicals, that many of us have developed affinities or cravings for very unhealthy foods. As well, as everything affects us at a vibrational level, if we have a habit of eating denatured foods then our vibrational level will match the denatured state, our mind deadens, and we become a vibrational match to those foods and so gravitate towards them.
Furthermore, denatured foods do not satisfy the body’s needs and so we often end up overeating. For example, if we need quick energy we may gravitate to foods with high sugar content, only to have a dip in our energy level soon after and needing to ingest something else. Whereas if we understood the body’s needs for quick energy that is minimally taxing to it, we would gravitate toward fruit and maintain steady blood sugar levels without suffering from another energy dip. A chronic afternoon energy dip is avoided with a balanced lunch of high fibre carbohydrates, a bit of healthy fat, and some protein added to the mix. With that, you would not likely even need an energy boost in the afternoon. When you pay attention, you will begin to understand your body’s needs, and when you tend to them, you will feel greater vitality and alertness with less intake of food.

When you understand that everything is energy vibrating at a level determined by its consciousness, and that what you include in your space (by eating or having it in your environment) directly affects your vibration, you will understand the importance of ingesting substances that are produced with good intentions and retain a strong connection to nature. Many foods are no longer recognizable as coming from nature, and the processing they undergo damages the DNA.

Natural foods with DNA codes from nature are compatible with the human body, whereas foods with damaged or altered DNA are not. In terms of what they are testing, the scientific community does not fully understand the implications to health of genetically modified foods. Then there is all that they are not even considering that is left out of the debate. “Etherically, GMO food is like eating charcoal as compared to crystals filled with light. The body does not recognize the food as much more than waste. Because the DNA blueprints have been altered, the food doesn't do what Nature intended it to do, and so the healing properties are also diminished if not lost. Furthermore, your body has to do a lot of work to defend itself from DNA programming put into the GMO food, which is one source of cancer. The DNA code tells cells what to do. When your body cells get GMO food DNA programming, the cells become confused and can become cancerous. Cancer cells are confused cells that are out of sync with the rest of the body and the laws of nature.”

But even without genetic modification, food preparation methods often damage DNA and the impact is similar in that the food is unrecognizable, taxing and confusing to the body. With healthy instincts for food, you will gravitate to a much simpler diet of unprocessed foods.

Thyroid imbalances, which are very common these days, can also mess up the body signals for hunger and thirst, leaving us with a poor understanding of our bodies needs. This activation comprises a complex set of codes that addresses all the causative factors of a disconnection from the body’s signals and from a good instinct for healthy foods. In time, a healthy instinct for wholesome foods and a sound connection to the body’s needs will be restored.

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1 From conversations with Rama.
I have a healthy instinct for high-vibrational foods and am deeply attuned to my body’s signals for hunger and thirst.

- I joyfully attune to my body’s needs and no longer abuse it to fulfill emotional needs that have been denied and displaced.
- I am willing and happy to treat my body with care and love.
- I now choose the optimum level of health for my body in order that it may support my being more completely and joyfully.
- I love and respect my body and am attentive to its needs.

15. Food Allergy Clearing

Allergies are also implicated in hindering the ability to connect to your body’s needs. It has been suggested that the foods we think we love the most are often the foods that our bodies are allergic to—and the allergic reaction can result in such things as low energy, irritability, bloating, poor digestion, headache, depression, or an inability to lose weight.

This activation is part of the previous coding (and in the audio it is delivered as one). It will support the resolution of food allergies or ‘sensitivities’ where possible. If the allergy is serving a purpose, that purpose will be fulfilled or brought to conscious awareness in order that the resolution of the allergy can be accelerated.

I am free of all allergies and am naturally drawn to foods that maintain harmony and balance in my body.

- My body processes the foods I am drawn to in a manner that supports my vibrant health and wellbeing.

16. Healing your relationship and strengthening your connection to your body

In Summer with the Leprechauns, by Tanis Helliwell, the author makes contact with her body elemental—a simple consciousness that apparently remains with a person throughout all lifetimes. Her description of this being and how it feels toward the one who abuses it is quite poignant and revealing. Its relationship to you is not unlike that of a child who has an infinite capacity to love and forgive its parent. Your body is wholly
devoted to you, and like all of nature, is awaiting its master—YOU. The body elemental’s connection to you is similar to your connection to your Higher Self, but with a major difference: the consciousness of your Higher Self dwells in a realm that cannot hold error, whereas your consciousness is subject to grave error and illusion. And so the body elemental may not have the level of faith in life that we can afford!

The activations in this module are a step toward mastery over your environment and claiming sovereignty of your being, which includes your body elemental. Your body will breathe a sigh of relief as you work to improve its circumstances, and will have restored faith in you as master. I make no apologies if this may sound fantastic to you—things are not what they seem from the limited perspective of the mind that uses external matter as its main input to thought. We are far more complex as beings than most people believe. That we are a microcosm of the universe should be enough to realize that there is infinite complexity within our being.

This activation helps to restore your connection with your body. It helps to instil the ability to feel the body, understand it, connect to it more deeply, and love it. Your body is a holy place, a divine temple through which to experience consciousness. It is how you manifest in this world. Without a connection to your body, you will be unable to manifest consciously.

The coding in this activation will help you to love your body no matter what state it currently is in. Your body is a divine creation, which means that it responds to love. It was created in love, it exists in love, and it responds to love. As you love your body, it will heal and evolve because that is its response to love.

This coding helps you to understand your body, feel more connected, anchored and grounded, and respect it as the divine instrument through which you express in the world. Your body is your connection to the physical world and the vehicle of manifestation of your multi-dimensional self. All physical imbalance or illness has something to do with a lack of connection to your body. As you restore and empower your connection to it and love and care for its needs, illness will no longer be possible.

The body is an indicator for how well you understand the laws of nature and creation. Its messages (imbalance) are there to help bring to consciousness what is unconscious in you. Your body will play out all your unconscious distortions of reality for you, so that you can begin to pay attention and no longer create from those distortions. Don’t get angry with the messenger who is wholly devoted to your evolution.

This activation will support you to greater insight about the messages from your body, so that maintaining health becomes easier. Your body and its responses act as a guide to perfect health. The body is the book of creation that can reveal to you the mysteries of the universe. As you heal and strengthen your body, you heal and strengthen your spiritual self. Connecting to the body deeply leads to enlightenment.
I love, accept, honor, feel, and appreciate my body completely and deeply.

- I welcome a deeper connection to my body so that it may reveal its wisdom to me.
- My body is my devoted servant and friend in life. I am a benevolent and loving master to it.
- My body is a holy place, a divine temple through which to experience consciousness.
- My body is the book of creation that can reveal the mysteries of the universe.
- I have insight into the messages my body is giving me.
- As I feel and love my body, it heals and evolves itself.

**17. Clearing all limiting beliefs about the body and embracing the infinite potential for evolution of your being**

Within your body are contained all the energies of the universe—nothing has been held back in the creation of the human being. There are great, untapped capacities awaiting your discovery. Your body is capable of supporting you to achieve anything you desire. Its natural state is that of health and if you will support it rather than abuse it, it will naturally achieve ever greater health and strength.

As we’ve seen, one level of body abuse (or ignorance) is through eating the wrong foods, harmful drugs, a toxic environment, body neglect, ignoring its needs, and so forth. Another level of body abuse is through lack of love, distorted thoughts about it, and by repressing emotions, which end up lodged in its organs. And yet another is through lack of presence and mastery. A body without a grounded and present conscious being is much like a child with an absent parent, having to fend for itself in life. This activation along with the next two help clear abuse through distorted thinking, emotional repression and imbalance, and lack of presence.

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This activation helps to clear all limiting beliefs and distortions you have about how healthy you can be, how fast you can heal, how long you can live, whether certain diseases can be overcome, etc. As we have discussed, anything that lends power to
something external to you or that limits your infinite power is a false belief—and this includes the ravages of time on the body. Your body can be made increasingly beautiful no matter what age you are—grey, brittle hair can regrow its natural color and sheen, and skin can soften and fill out.

This activation clears all limiting beliefs and thoughts you have about your body, and your level of health and vitality. You will feel increasingly more powerful as you release the beliefs that have clouded the understanding of your infinite nature.

- My body has infinite potential for evolution, health, and wellbeing and I tap into the power of God-within to activate that potential.
  - My body can achieve anything that I desire for it.
  - I achieve health in measure that I realize God within as the only true power operating in my life.

18. Grounding and enhancing your connection to Nature and the Goddess through the body

This activation is a whole body, rainbow coding to support grounding and proper incarnation. It involves a tremendous activation of the brain and nervous system in order to enhance the ability to feel, and thus to connect consciously with the body, as well as a stimulation of the Root/Rectum center with specific focus on assisting with reconnection to the Goddess or eternal feminine within, activating your power to be a strong conscious presence in the physical dimension so that you may manifest your being in this lifetime. All the organ centers of your body will be stimulated in order that your spiritual presence may enter from the Crown, and work its way down to the Root, establishing a stronger connection between the God and Goddess principles within. You cannot express yourself in life without being properly incarnated and grounded. The earthly realm of the Goddess is the receptacle for your spiritual presence, and together, formal creation and full experience in the senses is made possible.

Many people have devoted their efforts toward evolving the upper centers/chakras in their spiritual quest, and have neglected the lower centers where most of the unprocessed emotional material of the past has been stored. But conscious manifestation and full evolution of your being is not possible with this one-sided development. You can go only as far as your weakest center; therefore, whole body evolution is critically important. Focusing on the upper centers only is like stretching a rubber band—at some point the band will snap back and you will be faced with the undealt issues.

This activation will work with where you are, and will accelerate clearing and activation in those areas that need attention most. It will work holistically, with the goal of
deepening your connection to Nature, your body, and your incarnation. Much like a tree that can expand above ground only if it has a sufficiently strong root system, you will feel yourself able to expand your being and its expression in the world the more rooted you are in this lifetime.

- I harmonize with the laws of nature and the planetary body, and honor the entire system of creation within me.

- I seek to evolve my being completely and holistically.

- I choose to be fully incarnated into this present lifetime, in order that I may have greatest impact as a being of love.

19. Activation to upgrade the well being, functioning and vitality of the physical, etheric, emotional, mental and higher dimensional bodies

Whereas the previous activation worked on all chakras and organ centers within the physical body, this activation works on the cosmic bodies—the chakras of our multidimensional being. The primary focus is on the lower three cosmic bodies—physical/etheric, astral, and causal—as these are the most relevant to formal existence. Clearing and activating these three will help to bring order and meaning to your life. And when these lower three bodies are harmonized and fully activated, we will be ready for the cosmic wisdom of the higher dimensions.

Activation of the physical body will strengthen health, enable deeper grounding, and restore overall beauty. The astral body is also known as the emotional, or energy body. Its energy flows are the meridians, which carry life force energy throughout the physical body and may be viewed as the flows of the personality. It is the Cosmic Orange body, which has a corresponding to the sacral chakra (or womb/prostate center). A strong energy body imparts tremendous energy and vitality, greater willingness to engage and excitement for life, as well as emotional positivity, maturity and equanimity. When humanity’s energy body is healed, we will have social structures that truly honor and serve the individual.

The causal body—also known as the mental body—defines the deeper aspects of self, and is the causative level of our life. It provides the infrastructure of our being and contains our karma and life lessons. It is the last level where error may exist. Changing patterns at the level of the causal body can resolve fundamental life challenges for an individual—time can be collapsed and karma transcended. All disease and dysfunction originates at the levels of the causal or emotional bodies, as they are expressions of error. The bulk of error is in the causal body, wherein reside our beliefs,
which are foundational to what we manifest. All that we think takes form in the causal body. Our habitual thought patterns are the strongest formations and these typically have associated emotional patterns. Repeated over time, these distorted formations create disharmony at the lower dimensions until they appear as blockages with symptoms of physical pain and other discomfort. Resolving issues at the level of the causal body can thus have the greatest impact on your life.

This activation is a taste for what may be experienced with the Energy Flows Balancing Module (http://www.innemastertools.com/energyflows.htm), which provides tools and techniques for mental and emotional body clearing, as well as activation of the higher dimensional bodies. To read more about the energy and causal bodies and the impact of clearing these levels, please go to the link provided.

This activation will ensure that all three lower bodies are well integrated and harmonized, so that maximum benefit will be felt on all levels. Over time, it will impart mental clarity and greater confidence and courage for life, energy and vitality, and health, youthfulness and beauty.

- **Enlightening energies from my higher dimensional bodies suffuse and nourish my being, lighting me with vitality, purpose, and clear direction.**

  - Blazing yellow flame suffuses my body with the radiant warmth of the sun.
  - My shining body pulses with liquid light, glowing brighter and brighter!
  - I cultivate positivity and inner peace by gentleness toward life.
  - I cultivate excitement that I may flow ever greater life force energy through my body.
  - My free-flowing blood builds new body tissue like fresh lava flows become new earth.
  - I am made divinely anew in each moment by my consciousness that strives for ever greater truth.
How to work with the Vibrational Tools to Ensure Maximum Effect

There is no saturation point with any of these energy tools, as they are portals to infinite coding. Therefore they may be repeated as often as you like, and each time further clearing, reprogramming, and awakening will be achieved. There is no limit to how deeply you can align with your spiritual power to continually bring forth deeper self-expression and greater inner mastery that evolves your consciousness within the vehicle of the body.

The more you use the Tools provided in the module, the more quickly and deeply you will shift according to the coding provided. There are several important factors to consider, as you decide on the best way to work with this module. These are discussed below.

Observations on the Physical Healing Body Activations

1- The activation codes integrate in the body fairly quickly for most people. They are assimilated more quickly the more receptive a person is to them at all levels of being. However, it is safe to say that within about a week, most people will have the codes active in their bodies. This time period was derived based on observing many people at different stages of evolution who used various activation codes.

2- The codes will execute deeply in the body a) the more receptive a person is to them, b) the more the person works with the activation codes, and c) the greater the spiritual or life force energy (prana) that the person has available and flowing in the body.

   A. If a person is of two minds about healing some aspect in them (e.g. the conscious mind wants healing but there are subconscious hidden resistances), then the codes will execute more slowly. In this case, doing the enhanced trigger affirmations will greatly support the clearing of subconscious resistance, as well as working more deeply with the codes (see the section Working More Deeply With the Activations, below).

   B. Each time you do the audio activations you accelerate code execution within your physical and energy bodies—the more conscious and focused you are, the better. For example, you can listen to the activations while driving or sleeping and it will still accelerate the coding in you. You can listen and focus on whatever part of the body or system is targeted and you will get greater benefit. By meditating or contemplating on certain activations and realizing a new level of power within yourself, you will magnify their effects and accelerate the healing. As you contemplate on the goal of the activation, and perhaps consider how it applies to you... how you may have blocked that reality in your past... how you might engage a new reality
now...feeling/imagining how having that coding can impact you in life...etc.,
then you will greatly accelerate the shifts that the coding implements, because
you are working with it CONSCIOUSLY.

C. With all these codes, the body has to overcome some level of resistance or
contrary programming if you do not already have that reality now. (Otherwise
you would be enjoying that reality already.) In order to move through
resistance or alter programming, the body needs spiritual energy. If you are
deprecated from poor foods and toxins, disconnected from your Higher Self, are
taxed by emotional and mental pollution, etc. then the codes will work more
slowly as your available life force energy will be compromised or diverted in
distractions. Mental and emotional agitation, for example, takes a lot of
energy away that could be used for healing.

On the other hand, if you have ample high frequency energies flowing through
you, then the codes will be able to execute far more powerfully and quickly.
Therefore it is important to move toward a balanced state in which you are in
greatest possible harmony with your life.

If you already have the reality that is the focus of the activation, then again,
good spiritual or life force energy will enable your body to evolve from that
state of health to even greater health, vitality, and beauty.

3- All physical healing requires a strong Rectum center/Root, as the Rectum is the center
for building new cells and new body. In order to have a strong Rectum/Root, the
power needs to be flowing to that center from the higher dimensions through the
Crown. The activations in this module support Rectum clearing and activation
towards this end, but healing major blocks in life is also recommended, as the power
needs to downstep through all the organ centers in order to reach the Rectum/Root.
Some people are naturally stronger in the lower body centers than in the upper body
centers, and they may see faster results. Others are more able to shift emotional
issues but are less powerful in the physical center. So everyone will experience
changes at their own pace, which will reflect the many different factors at play.

In general however, it takes more energy to change what has become physical matter
than it does to change what exists at subtler levels of energy only. This module will
help to raise matter to a new level of vibration to assist in its transformation.
However, what you do in terms of raising your vibration through lifestyle changes
will definitely help to accelerate the working of all these codes.

How Often to Do the Activations?

While you do not have to do the audio activations daily, you certainly can and will
benefit by the practice. But daily use may be unrealistic for most people who have busy
lives. You might consider doing them three times per week in the beginning (for the first 3 or 4 weeks), and then going to once weekly thereafter. But the ideal frequency will also depend on your current state of health.

You can also support the codes via the vibrationally encoded images and the trigger affirmations, particularly the enhanced trigger affirmations. These were designed to deliver some of the power of the activations and the images in a manner that is easy to incorporate into a daily routine. Adding the enhanced trigger affirmations daily will ensure that you are activating the coding daily, and deeply clearing whatever resistances you may have. You can say these quickly and they still take effect; but if you pause between each and think about what it means and feel it in you, you are creating greater receptivity within your being and will thus accelerate the process. You can also start a practice of making an elixir with the images for daily use. This is such a simple way to ensure at least some continued integration of the encodings.

It is also recommended that you use the All-coding Light Beam daily, as this is a very powerful transmission of all the codings from all the vibrational tools in this module.

It is also recommended that you work more deeply with certain activations, as you feel drawn to them. Your inner guidance can direct you in this manner, toward what you need for greatest healing. It may be that certain codes need to precede others, depending on your unique energetic makeup, so honor your inner sensing by focusing on what you are most drawn to and working with these activations more deeply, as suggested in the following section.

**Working More Deeply with the Activations**

One way to work more deeply with an activation is by meditating or contemplating on it, as suggested above. By doing this you magnify the effects of the activation and accelerate the healing. You might contemplate on the goal of the activation, and consider how it applies to you and how you may have blocked that reality in your life. When you understand what is in you that has blocked it, you can consciously ask Spirit for it to be released. You might then consider how to engage a new way of being, where that reality is achieved. Imagine how having that healing might impact your life. By spending some time exploring and feeling in this manner, you will accelerate the shifts that the coding implements. All state of disease, imbalance, or compromised health has to do with areas in which we live unconsciously and against the laws of nature; therefore this process will support greater conscious awareness of how to harmonize with divine law and thus bring about healing and ever greater vitality.

Another way to work with an activation is to **expand its scope** for you. If there is a coding you like especially, you can stop the audio and expand on it in your mind. What you intend will get implemented, provided it is within the scope of the activation. Allowing expansion is actually part of the coding in each activation.
For example, if the activation is to turn all ingested substances into beneficent foods, then you could expand it so that 'ingested substances' include what you take in through all your senses. So that all words and thoughts from others are transformed into blessings that uplift and nourish you. You may have someone at work, for example, who gets to you; you can then focus on this person and imagine all his/her words and thoughts about you being transformed into higher vibrations. The activations are portals to infinite coding, so you can work with each one in this manner and are only limited by what you can conceive of. And understand that there is no danger of doing something that is harmful, because the coding has a failsafe measure such that anything that is not aligned 100% with the will of God, your highest good and the highest good of all will simply be blocked from executing.
Appendix A: Vibrational Tools to Support the Fundamental Principles of Health

Trigger Affirmations to Embody the Principles of Health

- I am an infinite being of infinite power and potential to impact creation and shape my life.
- My natural state is wholeness; my being is divine.
- The natural state of my body is vibrancy, joy, health, and increasing beauty.
- As I surrender to divine Presence in me, I am restored to ever greater health and continually reach higher-level wellness on all levels of my being.
- As I feel my body deeply, I sense the restoration of health occurring throughout.
- Loving feeling activates healing within me.
- As I feel my body deeply, my body feels loved and cared for. The healing power of love moves through every particle of my being.
- I embody my Higher Self to an ever greater degree and I activate my divine right to be perfectly healthy, and to know and understand my body consciousness.
- The level of vibrancy and aliveness of my body and being is unlimited. There is no limit to what I can accomplish in this wondrous body of mine—a microcosm of the universe.
- Prime Creator desires for me to thrive, prosper, and to break through all sense of limitation. My body is Its gift to me, to experience ever expanding consciousness and power to create.
- Unbounded by any sense of limitation, I am free to bring forth my unique truth and gifts to full expression in life.
- My being in vibrant health and high-level wellness benefits the world and all those around me.
- I surrender to my wholeness, or my ‘holiness’ and I am restored to a natural divine state of perfect health and wellbeing.
- My source of health is God in me.
- God is the one and only power in the world—nothing can oppose His power. I have only to allow it...surrender to it, for it to prevail and restore natural order within me.
- As I recognize God as the sole power in my life, I dispel the illusion of illness and disease and external threats to the body. Nothing can harm me in the Presence of God and Love within.
- There is nothing that cannot be achieved through the healing power of Love.
- The path to health is within my being. I realize the path to health as I surrender all worry, and release
all beliefs in powers over my body that are external to me.

- Health is the natural state of being love. I am love.

- I have complete faith in my health and peace of mind now. I withdraw all attention from illusions of imbalance and know these are only temporary effects of past erroneous beliefs.

- God is all-powerful within me as I surrender to divine Presence, and the divine order of health and joy prevails in my being.

- My body was created in perfection and is now remembering its original divine blueprints. My cells are remembering their natural state of health and joy.

- I am mastering my mind and directing it exclusively to thoughts of health and wholeness. All imbalance and discomfort is only temporary and will pass.

- With continuous visions of vibrant health and faith in one God, I am master of my mind and body. I now imbue myself with Light and Love and witness growing divine Presence within.

- I am claiming 100% responsibility for my health, and am thus 100% empowered to impact on it.

- As I feel my body more and more, I connect to it with awakened consciousness and become its master.

- God is the animating life force within my body and the power that confers its health.

- I embrace beliefs of being unbounded and completely free in the world of God.

- Love is freedom and freedom has no limitation. All limitation separates me from God; all belief in harmful powers external to me separates me from God. I choose to realize the Oneness of being and surrender to divine Presence wholly and completely.

- Imbued with divine Will, vibrant health is naturally restored in me at all levels of being.

- As a creative being with consciousness, I have infinite power to impact and direct evolution in harmony with divine universal law.

- All my thoughts now bless the human body and recognize its perfection as expression of the macrocosmic universe.

- As love, the power of universe supports me completely in defining and creating my reality.

- As I deepen spiritual understanding, my thoughts of greater health and body evolution are supported to manifestation.
Vibrationally Encoded Master Image To Embody the Principles of Health
Appendix B: Practicing the Presence

You have a divine right to be restored to health by your surrender to wholeness. In order to exercise this divine right that is inviolable, you must begin surrendering to the truth of your being, which is God expressing His Perfection through you.

Practicing the Presence is a contemplative exercise that will support you toward realizing this goal. It is a simple process of repeated daily contemplations that serve to realign you to the only reality of God in life. The process will systematically undo layers of false beliefs and limitation, until you increasingly dwell in the new paradigm of being an infinite being with infinite power and potential.

This practice will ignite the power inherent in all truth about your magnificent self in God. Every glimpse of truth will act as a floodlight in the dark recesses of the subconscious mind, where misguided mass consciousness of the False Self has resided for ages. Each time you sense your god nature, if even for a fleeting moment, the light will have entered and vast amounts of lies and distorted energies will have dissipated.

The results of this practice are immediate and far-reaching. What you will notice over time might include the following:

- Moving through limitation with greater ease
- Improved health
- Emotional positivity
- Mental clarity
- Less neediness of things external to you
- Increased sense of responsibility toward life
- Greater engagement and passion for life
- Increased sense of empowerment
- Peace of mind
- Seeing others is a more positive light
- Not taking things personally
- Increased faith
- Greater appreciation and enjoyment of life
- More creativity and great ideas for new creations
- Increased self-love and self-appreciation

Repeated application of this process and pausing long enough to FEEL the statements being contemplated on are very important, as the subconscious mind learns by repetition and feeling.

Don’t do this exercise by rote, as it will have little effect that way. The key is to allow the enormity of the statements to sink in and shift all discordant beliefs in the moment. You are reprogramming your subconscious mind away from the paradigm of limitation, illness, and sense of being in the false, temporal self, toward a sense of your infinite
being that is God in you. This is the path of the Christ—the way to bring light to your consciousness.

The following exercise is to be done frequently throughout the day. It will shift you to a state of being that is ever more deeply aligned with your god-self.

Take many pauses throughout the day and ponder on one of the following statements. The first one is key though, and you may want to start with that one and augment with any one of the others. As you ponder, feel the enormity of the statement(s), and feel how they are always about BEING in God. I call this practicing the Presence. This will initiate a deep consciousness shift away from externals and toward the core self, that is divine and IS GOD. Christ achieved a state of 100% surrender to God, such that he had NOTHING left of his personal self. The process is surrender...and we have a divine right to be restored to health (on all levels and areas) by our surrender to wholeness. Therefore, the path to COMPLETE FULFILMENT is surrender to your god-self.

Each time you accomplish the shift of consciousness of your being in God, you wipe out a whole chunk of past 'stuff' that is hindering you, and you do away with the need for time...you clear neediness of anything...and you enter a state of completeness and fulfilment within.

I always start with the first statement, feel it, then I add whatever else might feel right in the moment. I do this about 6 times/day when I'm busy, and about 15 times when I'm more disciplined. I always wake up doing it, and go to bed doing it. The process is very simple, yet deeply transformative. You will find yourself becoming calmer, more centered, resilient, more deliberate and less reactive, wiser and more deeply attuned to situations around you, healthier in many ways, etc. And you will begin to live by grace rather than by struggle and effort. Take stock of your life now, and make a note of taking stock in 3 months from now, after the practicing the Presence daily, and you will be amazed at how much you will have changed.

Contemplations

- God gave me this moment so that I could be with Him.

Feel the enormity and profundity of this statement. This means God created you to be a presence to Him. This moment is the one where you wake up to a new reality. God is waiting for you to be present to Him, and that is your sole purpose in life: to be with God! God is ever present to and ever patient for the moment that you will realize His presence and BE with him. God is always present to you, but the gesture is complete and perfect when you reciprocate. God's greatest joy is to feel your presence and feel the perfection of the relationship...nothing else need be done. And when you reciprocate, you become as one...God will BE YOU when you are present to Him....
• God created me as a unique spark of divine essence so that He could live and express through me, and thereby create whole worlds from my unique perspective....

Again, feel the profound implications...you are here for God to express through you. God is thrilled to bring order to your life, and have you 'bear witness' and experience His power transforming all the areas of chaos. It is God’s joy to show forth His glory in this manner and BE YOU. God’s intention is to increase life and express ever greater beauty, joy, goodness, wisdom, truth, love, etc. in infinite ways, and He desires to do this through your life! You are the Goddess force (the physical body) through which God-experience is made possible. You have but to let Him in to completely transform your life.

• God loves being ME! It is His greatest joy to be ME, and this expands His sense of fulfillment and perfection.
• I am excited to bear witness to God’s power moving through all areas of my life!

Rather than shrink away from and resist areas of dysfunction and limitation, feel a growing sense of awe and being blessed to bear witness, in full consciousness, to the transformative power of love moving through your life! What better way to really experience the power and potency of God’s love! Even just a glimpse of this can shift ‘problems’ into grand opportunities to witness God in action. All you have to do is be in God and surrender all emotional ties to the ‘problems’…accepting a new way of being with things...

Work with the above contemplations for the first week, always starting with the first one, that God gave you this moment to be with Him. Pausing to practice the Presence need not take a long time. A minute is often sufficient to get a deep shift and realignment. In time, just thinking about doing it will cause an increase in your vibratory rate and change your state of mind and emotions.

After about a week of practice, you might add some of the following contemplations:

• My job is to BE with God and let god-energy and power flow through my life. I don't have to figure out how to make things work, I just have to be willing to grow and embrace new ways of being, and start dreaming from my unique divine spark and God will guide me toward the transformation and new creations...

Forget about having problems and see them only as grand opportunities for growth, which will lead you to your real task in life: to dream and envision from the love that you are. This is not about ignoring what’s not working in your life, but about surrendering it all to God, while you are present to Him. Release all judgment, all sense of victimization, all fear and anxiety, and know that God will move through you to transform areas where you create the space…and you create the space by being in God. As God moves through you, you will be guided to engage new capacities you did not know you had. You will
begin to see how powerfully creative you are, and that greater consciousness is the key to being a deliberate co-creator in life…

- **The kingdom of Heaven is within me; let it flow forth into expression in my life!**

Feel it deeply… everything you desire or need is already given; you just have to move into the consciousness of worthiness in order to receive it. You are worthy not by what you do, but by your very nature!!! God does not love Jesus any more than he loves you—you are equal in beauty and potential…just not yet equal in realization of that beauty and potential.

God loves the process of expressing that potential…. if you don't feel worthy, it's because you are being 'NOT YOU'...you are being something that is temporal and subject to dissolution. Why waste another moment on something that is on the way out…put all your energy is what is REAL and ETERNAL…the god-you…and you will bring treasures in form from within the depth of god-being…

- **God held nothing back when he created me! Everything in existence is mine to experience if I choose!**

The truth of your being is you are a spark of God--created in his image and likeness. Your body is a microcosm of the entire universe. You have all the energies of the universe at your command, if you will realize the power granted you.… and you do this by BEING the love that you are in truth…. being God, and letting God-energy alone animate your being. So start dreaming big and let your desires inspire you!

- **I am the visionary through which God flows all his wisdom, love, and life force energy. Let my visions be god-inspired!**

As you align more and more in this being in God, you will feel so much more content just being…. then your desires move away from material and into creations that are expression of the self.

- **God knows I have need of many things and all needs have already been fulfilled. I have but to find the place in me where that is so...that place is in god-presence within...**

In this god-presence, be grateful for all that you have now and thank God for all that you have in spirit, that you are now having increasingly in the mental and emotional planes…. Release all worry about things…surrender all neediness to God…and use your time and energy to create new visions of your life.

- **I am the God of my world. Let me bless everything with my thoughts, words and deeds, in order that it may transform to ever-greater beauty and goodness.**
Feel this god-power flowing out of you, restoring order where there is chaos, transforming all to goodness and beauty, moving things toward their highest and greatest potential…

- The Source of my life is God—God is the life force energy that animates my being, the thoughts that transform my life to good, the feelings that expand my being, the power to persevere, the inspiration and genius of my being. The more I empty myself of my personal consciousness, the more will I be filled full to overflowing with god-consciousness.

Feel it deeply…when you give your whole mind to God, then it is God in fact who is doing all of your works and nothing can disturb him (no outer condition or person)...and God creates only like Himself—which is perfection and beauty. Your life will become harmonious and beautiful...But giving your whole mind to God means surrendering all personal agenda and sense of limitation, blame, unforgiveness, etc.

- God is my source of health; God is my source of wealth...To the extent that I realize God as the sole source of my health and wealth, will I be visibly healthy and wealthy...I don’t have to struggle hard for any of this...I have merely to empty myself and surrender to God being me...

Feel your current illness as temporal…it is not the eternal truth of your being, and THAT is where all you power lies. So be in the eternal self and you will wield the power of the universe to impact all conditions. Understand that illness is just the result of having allowed a self apart from God. No blame…it’s a human condition…but it is meant to be transcended… it is a temporal state that can be changed by allowing God to be present always…

- Create your own contemplations that can deepen your alignment with God within.

Pause often during the day and practice the Presence to deeply align yourself to the god in you. Do this every day, for the rest of your life! The key is to FEEL the statements and BE in God presence.

When Overwhelmed...
When things are overwhelming in life, when you lost faith that you can heal, if feeling like a victim, etc..... engender this God presence, feel devotional and ask God to love whatever it is in your life that is unwanted right now.... Stay in that devotional feeling for a few moments, while God loves your life for you...The more regularly you practice the Presence, the more you will be able to quickly shift out of states of overwhelm, anxiety, or intense negativity.

You might also contemplate on the following when faced with big challenges in life:
“My life is God’s love in action. It fits me like a tight glove—a hug of love. All the painful areas are places where I’ve forgotten who I am, and God is loving me via life events and situations to help me wake up! "God, flow your light to me that I may have the capacity to transform those areas and show forth your glory more completely."

There is no possibility of failure with this process of practicing the Presence, as you are partnering with God in life…inviting Him to work through you…and God never fails!

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Appendix C: List of OHC Activations with Enhanced Trigger Affirmations

The nineteen activations in this audio will assist you in the following areas:

1. Healing and evolving the physical body—the body’s healing and evolutionary capacity is accelerated via a tremendous Root/Rectum activation and through the vibration of joy.
   - My body is accelerated toward healing and evolution through an ever increasing vibration of joy.

2. Energetic support and stimulation of every major organ center in the body.
   - I am vibrantly alive and enjoying the rainbow of well being, beauty and harmony on all levels of my being.

3. Detoxification: clearing from the body of toxins, heavy metals, miasms, parasites, drug residue, unhealthy bacteria, and all less-than-love energies that are inharmonious to your body.
   - I am free of all toxins and chaotic less-than-love energies. Every particle and energy in my body holds the vibration of love and supports my highest good

4. Human Growth Hormone activation—restoration of proper growth and willingness to incarnate where the body arrested its growth due to toxicity or emotional trauma.
   - I am willing to be fully present in my body and embrace life on all levels of being.

5. Growth hormones in foods rendered benign or useful by the body so that they no longer instigate a cycle of excessive, abnormal growth in cells.
   - My body now neutralizes all growth hormones present in the foods that I ingest.

6. Clearing all repression and chaos from the emotional/energy body and instilling impulses for healthy processing, expression and transformation of emotions.
   - My shining body pulses with liquid light, glowing ever brighter as I welcome increasing order and joy!

7. Clearing all patterns of unhealthy chaos and disorder from the causal body and cultivating order and beauty within it.
   - My beliefs and thoughts harmonize with divine order and beauty.
8. DNA restoration and restoring harmony and inter/intra communication at the cellular level.

- My body’s cells light up with the perfect DNA codes within, radiating information on how to evolve to ever greater beauty, vitality, and health.

9. Clearing all genetic patterns and past life imprints of body neglect, health crises, and limiting beliefs about health, replacing these with Truth of being so the body eventually can only remember health.

- I release all genetic and past imprints of body neglect and limiting beliefs that have distorted the vibration of health in me; I now embrace the natural state of health and wholeness of my divine being.

10. Teaching the body to transmute ALL ingested substances to either benign or health-giving food that can be received by the body. This activation also optimizes the body’s ability to absorb nutrients from ingested foods.

- My body transmutes all ingested substances into health-giving food that supports me to ever greater health and vitality.

11. All harmful drugs are transmuted to a divine substance to optimize health and support fulfilment of the true need that the substance was taken for.

- My body transmutes all harmful drugs to divine substances that optimize health and support fulfilment of the true needs in me.

12. All ingested substances including air breathed are subjected to a transformation by the Love Transformer Tool before entering the body.

- Everything I take into my body is now transformed by Love and supporting me to greaterness on all levels of being.

13. Ideal hydration and oxygenation

- I am in as state of perfect hydration and oxygenation at all times.

14. Restoration of good instinct for healthy, high-vibrational foods. Attunement to food needs of the body and to its signals for hunger and thirst (deters over-eating).

- I have a healthy instinct for high-vibrational foods and am deeply attuned to my body’s signals for hunger and thirst.

15. Food Allergy Clearing

- I am free of all allergies and am naturally drawn to substances that maintain harmony and balance in my body.

16. Healing your relationship and strengthening your connection to your body.
17. Clearing all limiting beliefs about the body and what it is capable of and embracing the infinite potential for evolution of your being.

18. Grounding and enhancing your connection to Nature and the Goddess through the body.

19. Activation to upgrade the well being, functioning and vitality of the physical, etheric, emotional, mental and higher dimensional bodies

- I love, accept, honor, feel and appreciate my body completely and deeply.

- My body has infinite potential for evolution, health, and wellbeing, and I tap into the power of God-within to activate that potential.

- I harmonize and attune with the laws of nature and the planetary body, and honor the entire system of creation within me.

- Enlightening energies from my higher dimensional bodies suffuse and nourish my being, lighting me with vitality, purpose, and clear direction.
Appendix D: About the Developers

Anita Briggs, DCEd, MSc, DAc, is a psychotherapist, spiritual healer, and author who facilitates emotional clearing using Rapid Eye Therapy, energy psychology, and Inner Mastery Tools. In private practice for over 8 years, she has helped many clients heal from all manner of limitation, including depression, anxiety, phobias, addictions, relationship issues, physical conditions, and feeling stuck in life. With over 20 years of esoteric study and a strong vision and commitment to human freedom, her passion has been to help people become free of their past and able to embrace a life of greater purpose, and fulfillment.

From extensive training in a number of modalities, including more recently, a doctorate in Acupuncture, Anita offers a unique blend of methods and brings a wide range of spiritual philosophy and tools into her healing practice. If you would like to experience the Inner Mastery Tools in a personal consultation with Anita, please email her at azbriggs@nbnet.nb.ca. She offers in-person as well as telephone sessions and distance healing.

Anita is continually seeking better, more effective and accelerated methods of achieving healing and enlightenment and this has led her to partner with Bill and more recently with Rama, in developing Inner Mastery Tools for therapy and personal healing. Anita is involved in many writing projects, including training manuals for therapists in use of the IMTs, and Interactive Healing Modules targeting common dysfunctions of our time. Many new Inner Mastery products will be coming out in 2008.

About Ramanathan Iyer...

Rama is a very gifted healer who has been clairvoyant from an early age. He has been meditating since age 15, and continually strives to evolve his being. Healing himself, the planet, and other people has been the focus of his life since he was born. He has worked constantly to make his experience of life one of continuous, EVER NEW JOY! His greatest joy comes form evolving the structure of his being to make his body more beautiful, healthy, and FULL OF LIGHT!

Raw Foodist: Rama is a raw foodist, which means he only eats food that has not been cooked. He finds the greatest healing potential of a fruit, vegetable, grain, nut, or seed, is
when it is RAW. According to Rama, raw food comes straight from the Goddess, our Mother, Planet Earth, straight to our bodies! Part of his work is in assisting people to integrate raw food into their diet for lasting health and attunement with the Mother, the Goddess.

**Spiritual Intuitive:** I am a spiritual intuitive, so my healing techniques can focus on whatever healing modality or region of a person's multidimensional being that a person wishes to focus on! I use my intuitive abilities to reach your being across time and space so that during our session I can be working with you in many dimensions, literally helping your being to heal as we talk! I offer frequent teleseminars, as well as private phone consultations to assist people in any aspect of personal healing or soul mission. For more information please email me at loveandjoy4all@gmail.com, or visit my website at www.evernewjoy.net.

Bill Austin is a spiritual healer, teacher, artist and visionary living in Saint Petersburg, Florida in the United States. He is the founder of the Practical Mastery and Angelic Mastery healing modalities and has been working with clients from all over the world for over seven years now.

Bill is dedicated to helping people improve their lives, assisting them to identify and clear the negative emotions and beliefs that create self-imposed limitations. Through many mediums, including audio and image, Bill has successfully utilized technology to get his healing work out to large numbers of people. For more information about Bill and his healing practice, feel free to check out his main healing web site: [http://www.HealingHolograms.com](http://www.HealingHolograms.com).

The core of Bill’s work is around mastery - helping people to create a better life using some of the techniques, tools and gifts he has received over the years. He recently created the Mastery Training Modules Program to help people to activate their mastery so that they will be able to live like a master in the physical plane of duality - to be in the world but not of the world so to speak. To participate in this program all you have to do is go to the [www.HealingHolograms.com](http://www.HealingHolograms.com) web site and join his newsletter list in the upper right hand corner.

Bill has also created a number of very powerful, free spiritual healing audio recordings on the [http://www.FreeSpiritualHealing.com](http://www.FreeSpiritualHealing.com) web site. He invites you to check these out.
Appendix E: Additional Resources

The Affirmation Enhancer Tool

The Affirmation Enhancer Tool is a unique transformational, healing, and enlightenment Tool that clears all that stands in the way of integrating an affirmation energetically, and quickly puts you in vibrational harmony with your desires, which is the necessary step for manifestation.

The Affirmation Enhancement Tool enables you to embody the energy of the affirmation instantaneously, at deep levels of being. It does this by reprogramming your subconscious mind to work for you to fuel your success towards that affirmation, dissolving the backwash of opposing thoughts, hidden agendas and unmet needs that often underlie affirmations, cleansing the subconscious mind of all memories, programs and patterns that do not support the affirmation, releasing emotional and mental body patterns and programs that support the denial of the affirmation, and infusing your body, heart, mind and soul with divine ideal traits that will support deep integration of the truth of the affirmation. All this is done via body codings, which alter the magnetic flows of your aura. Thus you are programmed toward becoming increasingly magnetic to your desires. Accelerated manifestation is further enhanced by ongoing support through inner guidance, which will highlight and strengthen the divine ideal pathways that support your desires and your highest good. This Tool represents a breakthrough in accelerated healing technology, and it will work with you no matter what your stage of evolution. For more details, visit www.affirmationenhancer.com.

The Spirituality of Wealth Program (SOWP)

The Spirituality of Wealth is a program to develop the true consciousness of abundance that contains powerful activations of the Inner Mastery Tools and the Affirmation Enhancer Tool. The Spirituality of Wealth Program (SOWP) was developed to expand on the principles presented in the book, The Science of Getting Rich, by Wallace D. Wattles, which was inspirational to the movie, The Secret. Wattles' book covers the major components of manifestation and requires careful study in order that the principles be properly understood and put into practice with assured success. The SWOP program offers in depth spiritual background and rationale for the principles presented in the SOGR, as well as practical exercises and sets of trigger affirmations and vibrationally encoded images to assist in integrating the principles deeply and successfully implementing them in daily life. The SOWP is both informational and transformational. The program also comes with the full Prosperity Codes I audio package, and a 2-hour audio of body activations to achieve abundance on all levels of being. The tools in the program may be repeated often to reach deeper and deeper levels of integration. Visit www.spiritualityofwealth.com.
The Prosperity Codes Series

The Prosperity Codes Series are a set of activation-packed audio programs designed to support you toward embodying principles of wealth and prosperity consciousness and tapping in to infinite power to create. In particular, the audio activations will shift your understanding of self and your role in creation, as well as your relationship to money, prosperity, and wealth, and align you more deeply with your full potential so that your means of wealth generation is fully expressive of your true nature and you are truly the source of your unlimited abundance in all areas of life. In deeper alignment with your soul nature and divine universal law, you will be in perfect harmony with creation and open and willing to receive more richly and with greater ease and grace. Although the focus is on prosperity, the series will awaken you to the truth of your being. PC-I is currently available on the website, at http://www.innermasterytools.com/prosperitycodesactivationpackages.htm. PC-II and III are in progress and will be released in the later half of 2008. PC-II is concerned with self-value and awakening the source of abundance within, while PC-III is devoted to reprogramming your money blueprint so that you create anew and attract and allow unlimited wealth into your life.

The Energy Flows Balancing Module (EFBM)

The Energy Flows Balancing Module contains audio and Inner Mastery Tool activations of the Higher Dimensional Bodies, enabling a person to reach higher levels of consciousness and thus to transcend a lot of dysfunctionality that may be present in life. The Multi-body Balancing Tool (MBBT) is one of the core Inner Mastery Tools that is at the basis of this module. Its effect is immediate, ongoing, and all encompassing. Those who have used it report changes in all areas of life over time, as they feel greater peace and positivity, inner guidance and wisdom, and habitual negative reactive behaviors diminish noticeably.

The MBBT and processes of the EFBM are dedicated to activating and harmonizing all our dimensional bodies, but with an emphasis, through additional features, on clearing, balancing and harmonizing the energy flows that most affect physical, emotional, and mental health (namely the blood system, meridian system, and system of extraordinary meridians or strangeflow for the physical, emotional/astral, mental/causal bodies, respectively).

Activation of Higher Dimensional frequencies ensures greater spiritual power available to us to heal and transcend dysfunction. Harmony at the lower three levels and clearing of their energy flows ensures optimal physical, emotional, and mental health over time. This is a foundational IMT product that supports accelerated healing and evolution. Visit the website at http://www.innermasterytools.com/energyflows.htm for more details and to read client testimonials.
An example of people who have reversed aging and consciously evolve their bodies is Mr. & Mrs. Excelex. There are others, but these are ones whose work I’ve explored. http://www.excelexgold.com/