

Maximum Purification Live Remote Session with Anita, Week 1

From the audio talk, on releasing density and illusion ~

All aging and decay is the result of not being nourished by the infinite Source of being. It comes from resistance to life, and believing in sources of anything to be outside of you. When you know that all is within, you will only look within in relation to what happens in life...when you are challenged, you then dig deeply within to find the capacities needed. In this way is the bottomless well of Source found...this is also the Fountain of Life....the way to perpetual self-regeneration...

The cause of low vitality, for example, is energy leakage and being blocked from the subtle nutritional pathways of higher frequency and light. In other words, you are not being nourished by infinite and eternal Source. When caught in illusion, in external attachment or beliefs that stifle true self and that cause stagnation, you leak resources into the false illusion and are under the forces of aging and decay.

The cause of hardship in life is prolonged resistance to change, then life has to knock you harder and harder to get you to change course. Life is change...stagnancy is death..it causes degeneration...

The more 'static' something is, the more 'entropy' or death force it holds. When you no longer hold on to things—identities, roles, belief structures, assumptions, external things, old wounds, past stories, past glories, future plans, etc—and allow your consciousness to expand and shift profoundly from moment to moment, then your life fluidly reshapes according to your expanding consciousness. As you allow yourself to be made anew in each moment...holding to nothing...you then enter into perpetual self-regeneration and wield great power of manifestation.

It takes far greater power to sustain illusion and density than it does to be in purity, which is the natural state of being to which every part of your body resonates. You actually have to work harder to be under the forces of aging and mortality—the reason we do this is habit, programs, and inertia. With inertia, it takes initial effort to shift the course..to move a new direction.... The power it takes depends on how deeply we are entrenched in illusion...how entangled we are with others, how many layers of density we are buried under. But understand this: the illusion of density is no longer possible, and reality will reveal itself sooner rather than later. The collective grid of the old reality is no more...our reality emerges entirely from the power of our Hearts that can love unconditionally, without personal concern, and without pain. Those aligning to a higher order of life and being, through surrendered trust to Infinite intent, will experience upliftment and grace, while those who resist will experience the new as sudden shattering and life changing events.

So long as you are headed toward the new, you will be greatly assisted. It doesn't matter how enlightened you are...what matters is your striving and dedication to see and live beyond false appearances.

By your striving to shed the old stories, wounds, self-criticism, grudges, status quo, playing safe, and

so on, you will be assisted to erase the programs that keep you in limitation, predictability, or negativity and toxicity. By your willingness to shed the old, you will anchor in the new reality that is here and now.



*Wheel of Angel Rutklaves, who supports the higher function of the stomach/Gut to digest negativity
(called in the meditation, below)*

Visualization for Purification and Rejuvenation Audio Week 1 (53:00)

Meditation: *36 minutes and music continues through chakra activations...*

Themes: *density clearing, simple purging breath technique, and youthening affirmations*

Background music *is the chakra frequencies through 7 main chakras, along with angelic elixirs that pertain to releasing density, purification, and closing the gap of cause and effect (these work at the DNA level).*

Place the Wheel of ***Perpetual Self-Regeneration thought the Tones of Purity*** at your back (lower back behind navel area) and place your left hand on the ***“Labyrinth of Renewal”*** and your right hand on your heart:

Tune into all the beliefs about aging, fading beauty, biological clock, all that you believe about limitation in your body, all that you dislike about it, dislike about your personality, all that you believe about having to eat and drink and sleep, etc. And feel it all as programs that keep you fettered to outside sources of energy and knowledge..keep you bound in limitation. Tune into all beliefs that the body is static and unchangeable, that space is static ad unchangeable, that conditions in life are fixed, that time ticks away in a constant measure....feel all that binds and limits you...Feel into all the fixed and repetitive programs of relationship that keeps you in predictable dynamics...all the neediness to be valued, approved of, validated....Feel all that binds you and makes you unfree, as causing you to suck on resources from a dwindling supply...taking you away from the Infinite and eternal fountain of life that is within you. Feel how all that binds and limits binds and limits each cells...hardens it into a static and brittle structure that is threatened by invasive pathogens...feel it in your skin that is sucked dry and loses its flexibility, feel it in organs that become sluggish...

Sense it all as heaviness..density...toxicity in the physical body, in emotional and mental layers that interpenetrate the physical. Feel it as a film under the skin that hinders skin breathing, a film over the organs, between the muscles, in ligaments, around lymph nodes, around blood cells..a film or cobweb substance that causes stickiness, lack of fluidity and aliveness. Just as the colon has impacted matter that cannot easily flush out, so do cells have coating from density..obsolete programs...

Density is caused by obsolete programs that are not being cleared. Density happens in the colon as well as in every body system..it is tension in the muscles and joints, pain in the body, wrinkles in the face, acne, and so on.

Imagine that every organ, system, muscle group, joint, bone, and even each cell has a tone to sing...what is your body's song presently under the weight of all this density? Just feel, listen, sense...When the body is dissonant in its song, when parts are silent and not adding their tones, the chakra system shuts down, and the endocrine secretes hormones of death and dissonance.

Focus on any areas of tension, and imagine prying open the talons of time from those areas...concentrate the breath in and out in those areas...bring to them profound release. Release the limited beliefs that prevent fluidity...release belief in external knowledge that is obsolete and sticks as dense mental programs..release the belief in past and future that binds you to linear time and

mortality...Breathe into those areas deeply and let the talons of linear time loosen their grip and push them out effortlessly with focused intent through your breathing. Intention is the power to shape our life—it is instantaneous as we close the gap of cause and effect through releasing tension and density....

Now imagine every cell breathing in and out... every cell plumps up on each inbreath, causing you to expand out just a bit on every inhalation.... and feel yourself gently settling back ...coming back together on each exhalation..

Do this for the next few breaths...breathing in and plumping out the cells..and breathing out and settling back..Feel as you do this, all density is separating from the pure substance....feel this in all your cells, in the skin...all toxins separating from healthy skin...feel it in your intestines...all the impacted matter loosening from the intestinal walls...feel this in your wrinkles..all the density, pain and beliefs in loss, in guilt, in regret, loosening their grip. Feel in your arteries, all the self-berating, self devaluation...loosening as plaque from the arterial walls...feel the wounds in heart that have atrophied parts of the heart loosening...revealing new fresh heart tissue...feel it in your liver...all the abuses from alcohol, drugs, medication...to numb in self-abandonment...being drawn out like snake poison gets sucked out....

Feel from all the traumatic and harsh words you heard, all the violent traumatic or shocking things you witnessed, all the harsh violent manipulative words that you spoke ...from all this feel the deadening veils and cobwebs dislodging and dissolving from ears, eyes, throat, teeth...

Keep breathing in and out and feel every particle and cell plumping up on the inhalation, and all the toxins separating from the healthy tissue and cells...

Now on the next inhalations, feel yourself expanding out about 6 inches and then only contracted about an inch on the exhalation. Feel yourself expanding a few more inches on each inhalation, and only contracting back about an inch on each exhalation. Feel all the impurities—physical, emotional, mental—loosened and not longer stuck or impacted ...floating around like foreign debris on each inhalation as you expand further. On the next breath...imagine expanding out 12 inches...and intend with powerful outbreath, that all the density and toxicity be purged from your body into a heap..a pile of putrid decay before you. Let the pile be as big as it needs to be.

Repeat this purging process with the breath, until you feel lighter and purified.

Now feel your body filling with light and tonal harmonies...as the heap of toxins is no longer density in you. Breathe in and out and open up the gut area. Feel a ball of life force energy behind the navel...know this as a center that destroys all density and reforms to higher functionality...all is transcended by the power of the Gut. Breathe in and out from the Gut, and when ready, intend that the heap before you enter the powerful Gut to be destroyed....to pure benign creative substance. All that toxicity was the result of pure potential trapped in lies...you will now release the creative potential, gain the insights and extract the power from it for higher body evolution...Do this now...draw it in and churn it up.

The power of the Gut to digest density is a new faculty within our bodies, as it is time to recognize that inner and outer reality are tools or consciousness, and as tools they are not the ultimate reality. As we reconcile inner and outer, we will experience life fluidly reshaping to our changing, expanding consciousness. This power of the Gut leads to higher consciousness, higher love that is unconditional—the ability to love without pain, and greater power at body evolution.

So churn up all the toxicity...let it all destroy to reform at a higher order... The angelic elixirs playing during this part come from angels who embody this power and transmit it into DNA potentials in us.

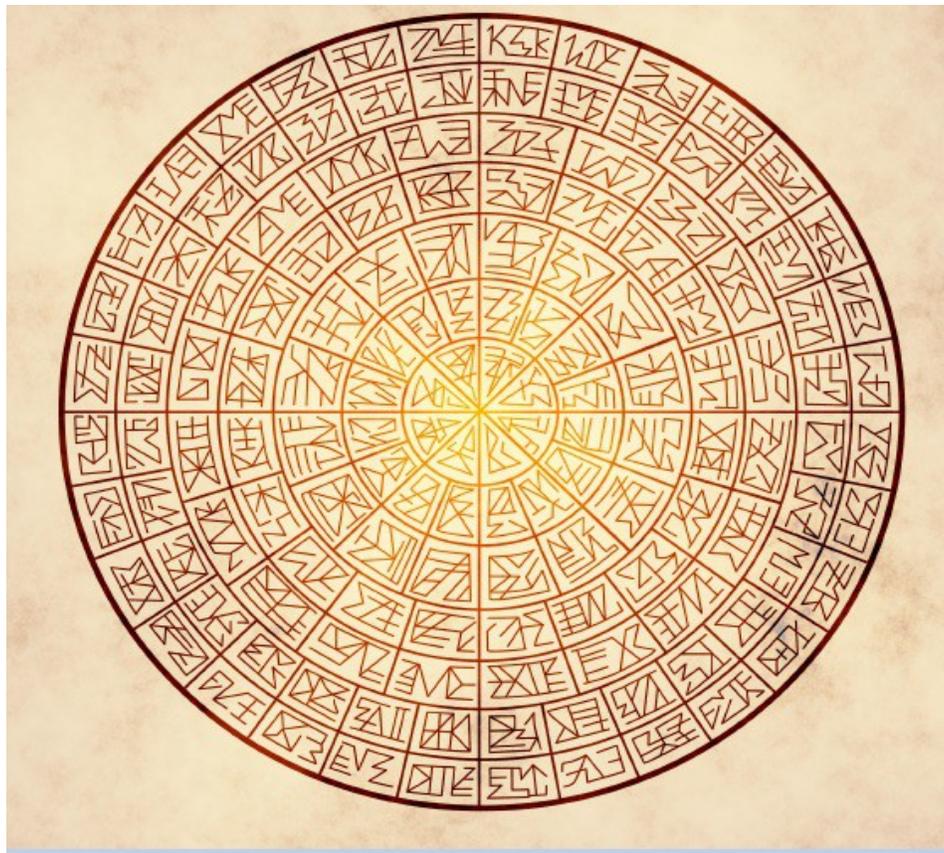
Now image or sense the destroyed substance turned to pure white substance of creative potential. Imagine this now..flowing through your entire body, permeating cells, repairing arterial walls, enlivening blood cells..rejuvenating skin, restoring its elasticity, bringing flow of qi or life forces to areas where it was blocked, bringing soothing harmonies to areas that were rigid and in pain...soothing inflammation with tonal harmonies....Feel every cells buzzing, humming with higher vibratory light and tonal harmonies....

Feel the song of your body now...feel its new level of fluidity and purity....

Being breathing in through the pranic tube in the middle of your body, from a hand's length below the feet, moving up through the tailbone, the spinal column, into the head, out the Crown, and about a hand's length above the Crown, to the Lahun Chakra...imagine the breath pouring from the Lahun, all around the body as a fountain of light. Feel the light particles cleansing and purifying the auric field..and pause a moment on the outbreath, before breathing up the pranic tube again...do this breath as you take in the following affirmations of purity and rejuvenation:

- 🕒 *I am eternal and timeless.*
- 🕒 *I live without anticipation of the future and without past stories.*
- 🕒 *In releasing all reference points, I am perpetually rejuvenated.*
- 🕒 *Without resistance to life, life fluidly reshapes according to my acknowledgement of its benevolence.*
- 🕒 *My skin rejuvenates itself every moment into luminous youthfulness.*
- 🕒 *My cells are fed from Infinite Source.*
- 🕒 *My muscles attune perfectly to profound inspiration from Infinite Intent.*
- 🕒 *My joints surrender to life unfolding in joyous anticipation of the miraculous life.*
- 🕒 *My colon sings in pure tones as it joyfully lets go of all that is obsolete.*
- 🕒 *My beings sings all Praise to the One Life.*
- 🕒 *As I express, love, praise, and gratitude, so my cells are continually renewed in light and tonal harmonies.*

- ⌚ *I am indivisible Oneness.*
- ⌚ *I am boundless expression of the One Life, and thus live in the bounty of life.*
- ⌚ *I live beyond belief structures, identities, social constraints, expectations, enmeshment—in freedom all is continually renewed to ever higher perfection.*
- ⌚ *I am the perfect peace of Infinite Beingness, complete, whole, and fulfilled eternally.*
- ⌚ *I am acknowledge perfection without, I know perfection within.*
- ⌚ *I am an exquisite miracle.*
- ⌚ *I am a luminous miracle.*
- ⌚ *I am the miraculous and pristine vehicle through with the Infinite Being expresses.*
- ⌚ *I am the Fountain of Life, all life is regenerated in my luminous Presence.*
- ⌚ *I am the Fountain of Youth, all is renewed by my innocent perception.*



Wheel of Perpetual Self-Regeneration through the Tones of Purity, by Almine (www.spiritualjourneys.com)