

Fragrance Alchemy for Perpetual Self-Regeneration and Facial Rejuvenation

Refining the Qi, Cultivating the Virtues, and Using the Pearl of Goodness for an Energetic Facial

In the teleseminar, we activate the virtues and perspectives of the yin organs to alchemically leverage the power of the Pearl of Goodness in the Gut center. We then utilize the pearl in a process to achieve facial rejuvenation.

The teleseminar process is a variation from an original audio meditation, that is also included on the download page. The archangelic elixirs playing on the audio are specific to supporting each part of the process.

Preparation for the Meditative Ceremony

Select a **music elixir** to play during the call. You may play it on your computer simultaneously while listening to the call.

Print the six power wheels provided below, as they are used in the meditative ceremony. These wheels are sacred objects and please treat them with reverence.¹ All come from the Infinite, through Almine (www.spiritualjourneys.com). Take a moment to be in appreciation for these most sacred gifts of awakening from the dream of separation.

These wheels are very pertinent for what we can embody at the present time, and while they serve the theme we are working within, their effects are far broader and deeper than we can get into at present. Just understand that the body is being activated to be in resonance with the new reality, and these power wheels bring these potentials in, adding another component to the alchemy that is taking place.

Stack the following three wheels, with the first at the bottom or the stack:

- 1- Wheel of Perpetual Self-Regeneration*
- 2- Wheel to Purify the Life Force Center*
- 3- Wheel to end linear time*

Place these wheels at your back, in line with the navel area (life force center).

Also have the other three wheels printed, as you will be instructed to place your left hand on each as you work with the three 'treasures' that nourish the face.

¹ Do not leave them lying around. If you no longer wish to use them, then the way to dispose is to burn them.

- 4- Wheel to Sever Ancestral Lineages
- 5- Labyrinth of Renewal
- 6- Wheel to Cut the Ties that Bind

Applying the Fragrance Alchemy Oils for the Audio Meditations

If you wish, you may play the archangelic elixir *Beauty-Upliftment-Regeneration* (13:55) in the background to enhance the FA oil application.

If you have the 8 extraordinary meridian kit, then pre-apply the 8 FA-oils on master and coupled points, using the sequence given to clear the eight primary illusions (go to the download page and look at the pdfs near the power sigil with the orange background).

Apply other FA oils from the 12-meridian kit, as follows (see the many images provided, below, to locate points):

- ⌚ Blend of the Gods and Flower of Saffron at the top of the head (**Du 20**)
- ⌚ Rose and Henna Flower at the Heart center (**CV or Ren 17**)
- ⌚ Goddess Blend at the tailbone
- ⌚ Flower of Saffron at the back, 1 to 1 1/2 ins from the spine, behind the navel (**Du 4** area), bilaterally
- ⌚ Flower of Saffron at the back of the neck (1 in from midline), bilaterally (**UB 10**)
- ⌚ Blend of Gods and Goddess blend at **Du 16** (top of neck at high point of indent where spine and skull meet)
- ⌚ Sandalwood at **St3, St 4, St 6, St 8**, bilaterally
- ⌚ Gardenia at Yintang (**M HN 3**)
- ⌚ Blend of the Gods on **TH17, TH19, TH 23**, bilaterally
- ⌚ Patchouli on **GB 20** (midway between shoulder and neck)
- ⌚ Henna Flower on **Per-6**, bilaterally
- ⌚ Narcissus on **K-27** (under collarbone, a few inches from midline of body), bilaterally
- ⌚ Lotus on **SI-19** (mid and front of ear--see side shot of head with all the points), bilaterally

Note: if you are unsure of the location of any points, you may look it up on the points database on a site such as, yinyanghouse.com.

Place a few drops of Neroli, Sandalwood, and Rose oil on thumb and index finger, rub into ears from top of ears to earlobes and back up--this stimulates all the acupuncture points on the ears. Thumb holds the underside of the ear, while index rubs on outer ear. You don't have to know the points, just rub firmly until the ears are warm. You may begin to taste the oils from this process.

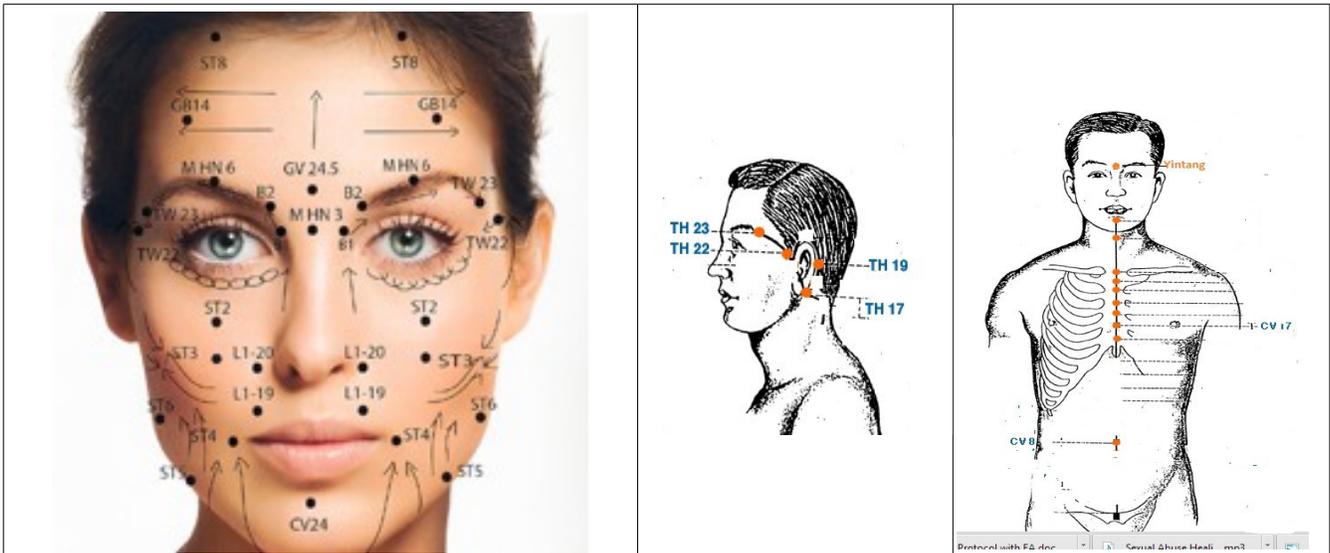
You may contemplate on a few of the affirmations that capture the principles of self-regeneration,

below.

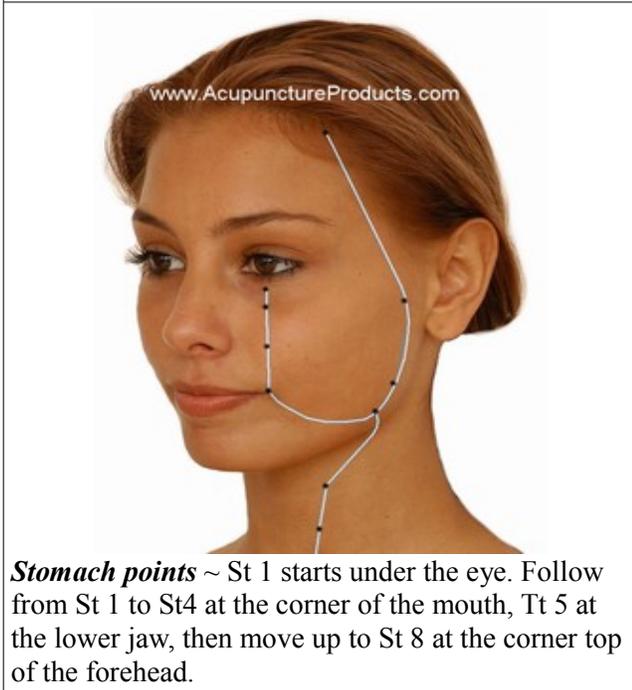
Affirmations for Perpetual Self-Regeneration

Choose affirmations from the list of statements that support perpetual self-regeneration, as you feel guided. A suggestion is the use one affirmation for each pair of points that you stimulate. So if you do 2 pairs, choose 2 affirmations to focus on. If you do 3 pairs, use 3.

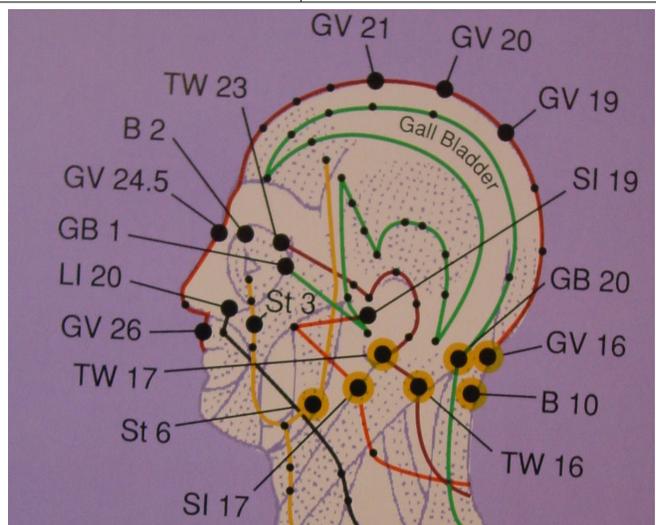
1. I am self-sustaining emotional self-sovereignty
2. I masterfully direct life within complete surrender
3. In joyful surrender, my cells are continually regenerated
4. I withdraw from the games of mirrors that distort
5. I live beyond self-reflection, into the lighthearted liberation of unselfconscious self-expression
6. I am the impervious source of my reality
7. I fluidly release all linear time, letting go of all stories and negative expectations
8. I live as the appreciative observer of life that is a force of love
9. I am the innovative dancer of the eternal song of the One Life
10. I allow the joyous reshaping of my ever-renewing form
11. I am an exquisite miracle of unfathomable beauty
12. I delight in the miracle of expression in form
13. I live in the strengthened conviction of miraculous existence
14. I have inspired enthusiasm for self-regenerating form
15. I celebrate the victorious expression of incorruptible form
16. I live in ever-renewing childlike wonderment and glad expectations
17. I live in open receptivity to the unfathomable wonders of existence
18. I engage in the adventure of never-ending, aware self-discovery
19. I live in readiness to be amazed
20. I live with deliberate reverence through awareness
21. I live in self-generated inspiration for the graceful artistry of expression
22. I express unselfconscious genius and radiate the fullness of my being
23. My life becomes a work of art as I take full responsibility for my expression within it
24. In reverent awareness, I participate fully in life
25. I move effortlessly through life from the eternal perspective
26. My beauty is ever new as I am ever new
27. I am my own source of boundless vitality
28. With reverent awareness, I become the conduit of infinite cosmic resources and eternal newness in form



Major facial points are:



Stomach points ~ St 1 starts under the eye. Follow from St 1 to St4 at the corner of the mouth, Tt 5 at the lower jaw, then move up to St 8 at the corner top of the forehead.



Facial Fragrance Alchemy

I used to do facial acupuncture treatments in clients, but they were really a way in to much deeper self-care. Stimulating points on the face and other body points to clear the mind can put a person in such deep peace and stillness, that life's challenges are much more easily reinterpreted. As the client lay 'blissed out', I would guide them to exploring their lives and health challenges more deeply.

Holding point pairs on the face and head, to stimulate or subdue qi and clear meridians, can put a person into such a deep meditative state like nothing else! With this background, the following are some point pairs that you may use to enter into deepest release of stress, resistance to life, feeling compelled from lack, and linear time.

- Resisting causes static patterns to appear in a universe that is in a process of continual reshaping and ever newness arising—this is like trying to dam the ocean, which takes up all of our resources. In resistance, we create linear time loops, wherein we play out illusion and use up finite resources.
- Trying to get somewhere—to get something (things, knowledge, etc) or to be something—causes us to wait for a future that never comes because we not in the present moment to receive what life offers.

In timelessness, we perceive and feel the fullness of the moment, and are present to receive it. Our appreciation and full experience in the moment is foundation for the next...and the never ending unfolding fullness of life is ours. This is the state of perpetual self-regeneration, wherein we become our own source of sustenance. Infinite resources, eternity...these are not piles of things and endless duration of time...rather, they arise from *being* in the ever newness of life. *With reverent awareness, we become the conduits of infinite cosmic resources and the eternal newness in form.*

Power of FA

The usual recommendation for acupressure or acupuncture is as follows:

- 2-4 points, stimulating for 8-16 mins each pair, 10 times. This gives the benefit from meridian activation. This may be a great meditative exercise, but it takes hours a day!
- Acupuncture treatments of more points, for about 40 minutes. This is great, but impractical for daily treatment.

From muscle testing, it appears that you can forgo all stimulation and apply the FA oils to the points while contemplating on higher insights that lead to knowing you are the source of all sustenance and can perpetually self-regenerate. Moreover, this alternative is orders of magnitude more powerful than

the traditional acupressure or acupuncture. The same goes for energy medicine or EFT—FA can augment these practices by several orders of magnitude...and to limitless power. Why is this?

One reason is that FA cuts through all dimensions. Another is that these mighty angelic powers of high awareness are newly invoked for the times—their powers are infinite. They allow for the most direct flow of angelic power in physical matter than has ever been possible. EFT, for example, works on the emotional and lower mental bodies only, and does not clear on all levels—it does not dissolve the Akasha or the align at the level of the light fibers that hold our present potential. Most modalities are flawed in that they are based on separation and clearing this or that symptom or issue. This only strengthens the matrix as they operate under the law of compensation. FA is a healing tool rooted in the new reality, and is open to limitless alchemy.

The approach in what we do is not focused on clearing flaws or signs of aging, which simply strengthens belief in illusion and degeneration; rather we focus on transcending or dispelling illusion, and move ever more deeply into a state of celebrating the power we have at becoming incorruptible. We don't focus on what was, rather we focus on the power and magic of the eternal moment unfolding and the new potentials arising through our awareness beyond the old matrices of beliefs.

With that greater context, using acupuncture points with FA has all the benefits of a traditional treatment (some listed below), as well as the deeper benefits of unlocking the magic of self-regeneration through reverent awareness.

- *Promoting deep blood flow and lymph drainage*
- *helping collagen production process*
- *Nourishing yin for lubrication to improve texture, coloring, and elasticity of skin*
- *Clearing head, brightening eyes through adequate qi and fluid circulation to the head*
- *Promoting resilience and calm*
- *Supporting self-regeneration of cells*

General Protocol

Using FA on pineal and tailbone is important to close down linear time. This can be done daily (morning and evening), with clear intention through affirmation, as given below. (You can shorten affirmations as you do them daily.)

- ⌚ **Blend of the Gods at the top of the head (Du 20)**
- ⌚ **Goddess Blend at the tailbone and (optionally) above pubis bone (Du 1/2 area, and Ren 2)**

“I release all sense of linear time—future lives in me as the excitement of hope, that is ready to be amazed by the magic behind appearances. I ask that the gateway to the illusory future of linear time be closed in my pineal gland, that I may dwell fully in the timeless eternal moment.”

“I release all sense of past—past lives in me only as gems of inspiration to meet the moment with courage and grace, in full knowing that all is in perfection and life is benevolence itself. I ask that the gateway to the past that binds be closed at the tailbone, and that all parts of me strewn across the spirals of time be integrated in me now.”

Note: If you have the DNA Rose wheels (DNA activation program), it is recommended that you sleep on them (place under mattress) to enhance the operation of pineal and coccyx to their evolved state.

In the morning and evening, as part of your usual facial care:

Choose 2 pairs of points (from list below) and stimulate them for about 10 seconds. Apply the FA oils, as indicated above² (or by your intuition), and stimulate for about 30 seconds (as described below), while stating one or a few affirmations on the principles of perpetual self-regeneration as you feel guided. Repeat the stimulation if you wish—you may repeat during the day at any time, should you feel inspired to.

Write down the affirmations you selected, so you can carry their meaning through the day.

Stimulating pairs of points:

Using the thumb and index finger of both hands at the same time, press the pairs of points listed below. Right hand on right side points, and left on points on left side of the face.

Stimulation is done either by maintaining firm pressure or gently rubbing in a circular massaging motion. Holding is deeply relaxing, while rubbing is more invigorating.

Hold or stimulate through a circular motion for about 30 seconds. As you stimulate the point pairs, allow all the muscles of your forehead to soften and relax. Image a sphere of light in the middle of the head, flooding the brain, illuminating and eventually radiating through the pores of your whole face and head. Saying “ahh” can be useful to relax and feel in reverence and wonder at the power to regenerate through joyous engagement in fluidly reshaping form. Bringing the inner smile to the heart is also recommended.³

Suggested Point Pairs

Some good facial combination pairs are given below. Most facial points cause deep relaxation and stillness of mind. To add to that effect, relax the tongue after applying the FA oils, while doing the acupressure.

² If in doubt, use the FA oils as indicated in the 12-oil protocol for the ordinary meridians. I have not deviated from these 12 oils in the facial protocols.

³ The Heart's smiling energy is taught in Vertical Awaiting and the EHS material, and is also available in the True Beauty audio program.

- ⌚ TH 23 with ST 8
- ⌚ TH 22 with TH 17
- ⌚ GB14 with TH19
- ⌚ ST4 with UB2
- ⌚ ST6 with LI20
- ⌚ Yintang (M HN 3) and St 6 or St 7
- ⌚ Tai Yang (extra points directly on the temple) and GB 14 or St 8
- ⌚ Ren 22 and Ren 24 (place tip of tongue on hard palate at roof of mouth)

You can make up your own standard routine. One very relaxing way is to hold points, then keep fingers on one set and move the next, and so on. So you always linger on one set or single point twice, before you change that one. Eg. Hold Yintang and St 6, then move to holding St 7s, then move finger(s) from yintang up to GB 14, then fingers on St 7s to TH 19.

For a more complete routine when you can:

- **At the start**, add the pineal gland and tailbone process, as given above.
- **At the end**, with body anointed with FA oils at Crown (Blend of Gods at Du 20), yintang (Gardenia), Ren 17 (Rose and Henna Flower), and 2 in below navel (Goddess), do the following:
 - Hold Crown and yintang, *“May the flow of information move unhindered from higher bodies to four lower bodies. May all that I envision be aligned with Infinite Intent.”*
 - Move hand that is at the Crown down to hold the Heart point (Ren 17), *“May Head and Heart operate in perfect harmony and self-sovereignty, serving highest potential.”*
 - Move hand that is at 3rd eye down to hold the navel point, *“In awareness of my highest identity as my never ending source, I am the One Life moving through eternity.”*

Fragrance Alchemy Face Cream

Place a few drops of some of rose oil, lotus, neroli, sandalwood, and/or patchouli, in a carrier oil or organic base cream. You may want to try it on your face first before mixing. I use all the oils, and quite liberally at that!

Ask the angelic beings for support in knowing the body as a fluid field and tool of consciousness. Understand that you must master thought around this, so that you are not living under programs.⁴ As per instructions translated from the ancient Saradesi records (see Labyrinth of renewal, below), we must forget everything we know, in order to erase and dissolve the old reality from all levels of being. Be in praise and gratitude as you welcome support to surrender all you think you know, that the new may arise powerfully in and through you. Your 'natural' age in a state of perpetual self-regeneration is around mid 30s, and is tied to the awakening of the high-heart (thymus) gland to its higher function.⁵

Work the cream into skin as you conscientiously release the stories that limit you, grudges, regrets, guilt, sense of loss, resistance, etc. All that keeps you in tension or resistance to life, tied to the past, or anticipating a future moment that will rescue you or that causes fear or angst. Feel as you do this, that you are erasing the imprints of tension and pain from the face...erasing linear time...smoothing out wrinkles, and allowing the luminous core self to radiate through your skin as you live in greater and greater transparency and integrity.

Store your face cream or oil over the wheel of perpetual self-regeneration, in a place where it will not be disturbed.

Suggested oils and some of their properties:

Lotus ~ lotus symbolizes purity, beauty, perfection and grace. A few drops is all that you will need in a 2 oz jar to have its vibrational qualities affect your expanding sense of beauty. This particular FA oil creates a profound awakening in the hidden centers of the body, specifically the pineal and the high-heart, and creates a field of golden light around the body.

Neroli ~ works at the cellular level to help shed the old skin cells and stimulate new growth. Good for mature or sensitive skin. For wrinkles and to uplift mood.

⁴For example, when hungry, remind yourself that all of nature is vibrationally within, and you are the source of all sustenance. So hunger is a program and learned habit. You may still eat when hungry, but with continual reminder, your relationship to eating will move from necessity to act of reverent appreciation. When you cut yourself and bleed, remind yourself that bleeding is a programmed response, and that it is unnecessary as you know the body as fluid and not a reality outside of your consciousness. You may still bleed, but in time these programs will have less power over you.

⁵ And awakening of the High Heart will be a focus of all the work in 2014! We are finally able to liberate the endocrine system to operate as gateway to the magical life!

Patchouli ~ *prevents wrinkles, flushes lymph, helps clear skin conditions, helps with chapped skin, and tightens skin. This particular one helps silence the dialogue of the mind so that spiritual mastery can be accomplished.*

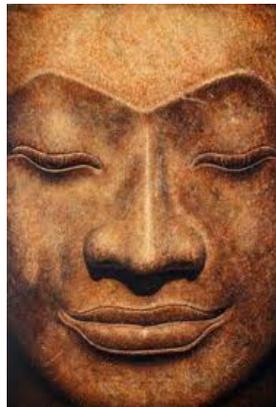
Sandalwood ~ *is a skin revitalizer, good for acne or dry skin. Stimulates brain centers to promote peace and deeper clarity. Helps release the hold of the past and bring hope in the unfolding moment.*

Rose ~ *the queen of essential oils for the face, rose is known to have benefits for wrinkles, scars, and most skin disorders. It stimulates the mind to peace and well-being. This particular blend of Bulgarian and Egyptian absolute rose essences, has a specific frequency that reminds us of Oneness, heals birth and birthing trauma, and restores the intuitive nature of the womb. The restored womb holds the power of beauty, and helps heal the thyroid, which is the other center that confers beauty to the body. Beauty is to body, as love is to soul and truth is to spirit. When all are present, we may harmonize the three tools of consciousness.*

Facial Exercises

On waking in the morning, use few drops of FA oils as suggested in the ear mix given in the main protocol, place on index and thumb, and stimulate ears all over. Then massage the scalp and comb the hair with the fingers. Next, place a drop of rose oil and rub hands together to heat up and then sweep from the Crown down to the neck 7 times, covering front and back.

Every morning before putting on facial cream or cosmetics, meditate for 1 minute on one of the affirmations for self-regeneration. Breathe in deeply while activating the heart's smiling energy, and blow the air out the cheeks (puff up cheeks and blow out). With heart's smiling energy, apply FA-enhance cream in long strokes, as though you are stroking your face lovingly. Move from yintang point over eyebrows laterally. From yintang point sweep up spreading fingers to cover the whole forehead in a gentle strokes. Do this lovingly, acknowledging and celebrating your beauty and its ever changing expression. You will be revitalized!



Other Recommended Practices To Leave Behind Linear Time

- Opening up the gates of the joints is also specifically recommended for regeneration, as these support masculine and feminine aspects of being to harmonize and eventually fuse. Then we dwell in incorruptibility, and we will exhibit an ageless radiance in our face. The *I AM yogas*, that are full training packages on the *Devi yogas* (brought forth by Almine for this time where the four lower bodies must be brought to balance and cleared of trauma and debris), and the full audio program to clear all levels of programs that block the joints will be useful to achieve this.⁶
- Clearing the pranic tube also leads us to incorruptible being and fusion of masculine and feminine. This is supported through the *7 Breaths of Eternal Life*⁷ and the activations to deeply clear the programs in spine, kundalini, Akasha, and pranic tube will be focused on in the upcoming program in June/July-14.

⁶ This will be available in the next few months (mid 2014)

⁷ Audio program for these breaths is in the works. The first level is available in the Max Purification program package, and in another audio program. Email me for details if you wish to work with these.



Labyrinth of Renewal by Almine (www.spiritualjourneys.com)

“Feel its code

Travel on its message, ever shifting Sacred Breath

Everywhere you go...

And continue to forget

Everything you know....”