

***With the earth changing its frequency and mankind trying to keep up with it, perhaps here is a method given by the Ascended Master, St. Germaine, to facilitate our individual rise in frequency. I have done this over a year ago and I can attest to the results. I would recommend reading it aloud for the sonic energy effect. You can do it as often per day as desired, but if you 'over do it' so to speak you might experience some confusion as your vibrational frequencies shift up. Use common sense. After completion of the 144 times it is good to do a 'tune up' every once in a while. It works. -Winston

24 strands of DNA manifestation to be done 12 X 12 times= 144. Each 12 manifestations raise the frequency of the body, emotions, mental, and spirit to a higher vibratory rate.

I call upon Mother Earth and Archangel Uriel, the Fire of God the Light of God, the Archangel of Divine Wisdom, in the North and the Ruler of Elements of Earth. I project gratitude, light and love, I project my being, my energies, my thoughts deep into the magma, of Mother Earth, yellow, purple, orange in color, asking for the assistance in bringing the energy of the creative magma up through my feet, up to the root chakra or coccygeal Plexus into the second sexual and sacral chakra, the Plexus of creation.

I call on Divine Creative Source and the Archangel Jophiel the Beauty of God, the Archangel of Creative Power and Illumination, The Guardian of the Tree of Knowledge with Archangel Uriel. I reach and project gratitude, light and love, high into the heavens, calling forth the golden-white light from Source Energy, bringing down the golden-white light through my cerebral chakras, down through the heart chakra adding love from my heart, and down to the sacral Plexus or creative center just above the pelvic bone.

I call forth Archangel Zaphkiel, Keeper of the Orange Flame of Creation, the Angel of Ecstasy and Compassion to bring the creative energy of the orange flame into the sacral Plexus, with the intent of creating 24 strands of perfected DNA for the Celebration of our Existence

I call in the Star Children, Keepers of the perfected 24 strands of perfected human DNA, with the intent to manifest the 24 strands of DNA in my Sacral plexus, in the second sexual and creative chakra in every cell in my body. As I place the 24 strands of DNA into every cell in my body, I intend to perfect my body, bones, blood, lymphatic system, nerves, organs, hormones, glands, proteins, telomeres, organelles, carbohydrates, arteries, veins, immune system, adipose tissues, cell membranes, mitochondria and every other cell in my body at a quantum level, manifesting the perfection of the original humans.

I reform the 24 strands into 12 double-helix, connecting 2 strands each, into rotated, connected, perfected, spiral, double-stranded DNA, with perfected telomeres at the ends acting as little antennae, transmitting perfection, from the quantum field and source Energy, into each and every cell of my body to rejuvenate, revitalize my body to a perfected, eternal state of health and fitness.

I braid these 12 double helixes into 24-stranded rope DNA in every cell in my body, making me strong, invincible, indestructible and impenetrable to all the toxins petrochemicals, nanobots and radiation.

My 12 double helixes connect me to the quantum energies of all other celestial realms, I am now connected and integrated to all my Divine Interdimensional Beings in the Multiverse

I AM now an enlightened Being of Light and Love! So BE IT! So It IS! I AM!