

Harmony Handbook
&
Multidimensional Primer

By

Brian Besco



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PO Box 101

Buffalo Gap, SD

57722

twistedSage@hotmail.com

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Welcome the Sacred Circle. It is my intention and desire that you find the information and exercises within this handbook to be of great benefit to you, those around you, and the world you live in.

I ask that you use heart-centered discernment with the information presented here.

Take what Rings true and leave the rest here.

As connections are made and you enter into Balance and Harmony in the Heart, and your Mind is settled, you hear and know and see more than you ever have in the past. Simply go with the intent of doing so, along with the knowingness that you can. —The Elders Three

We are energy workers. What we do here does not replace medical practices, as we are working solely with energy and energy bodies.

Introduction

My name is Brian Besco. I am a Master Builder- in one aspect. In other life-times I also created beneficial energy tools for all-of-kind's evolution.

In this moment I am also a writer, a film-maker, a father, a teacher, a mentor, a student, the sole proprietor of TwistedSage Studios, and an energy worker of multiple flavors and varieties... I am also a leader in the research and development of Tensor Technologies.

Here is a quick introduction to Tensor Technology... a Tensor Ring contains an infinite source of energy that is neither electric nor magnetic with an output that is beneficial and healing to all life forms. It is a superconductor that neutralizes magnetic fields, bringing coherency to chaos, and easily stabilizing and equalizing the bio magnetic and energy fields of the body. The Tensor Field produces a measureable gravitational effect. Tensor Technology is noted for its use in healing, pollution abatement, energizing and restructuring water, enhancing plant growth and vitality, beekeeping practices, amongst thousands of other observations, including connectivity to the spiritual realms.

Tensor Fields are science based, though go far beyond the current scope and reality of most sciences. Tensor Rings are truly an integration of Scientific and Spiritual Technologies.

More information on **Tensor Rings**, including the science, is located in the **Dictionary of Terms**.

*When you see **bold print**, you will find more in the Dictionary of Terms.

Multidimensionality and the Harmony Ring

Of the seven Ring frequencies currently available, the **Balance and Harmony Ring** is the most profound of them all. It is the Harmony Ring which this book is written for. For you see, the Mind needs something to hold onto- some brain candy perhaps, where the Body and Soul are allowing for the full experience that the Ring offers.

When you are holding the Balance and Harmony Ring, it is seen that the Higher Soul Self and all of your Soul Aspects are holding the Ring at the same time, aligning all of the bigger You throughout Time, Space, and Dimensions.

As all of our tools are created on higher dimensional planes and manifest into the physical, we can access and use these multidimensional tools ethereally and on all dimensional planes. The etheric and the physical Rings are the same thing, only they are found on different planes of existence. They function due to their connection to an **Etheric Template**.

Subtle energy is the most powerful energy- Thoth

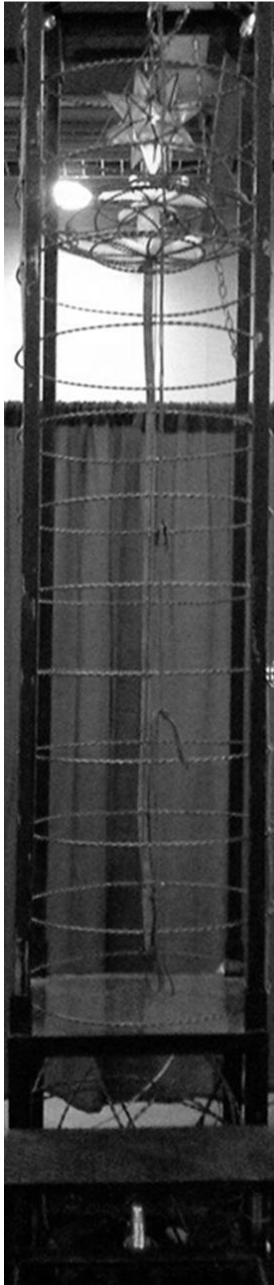
If we hold onto a physical Ring to work on the physical body, it is actually the etheric Ring that is working on the etheric, or subtle energy bodies. Most energy workers and healers will see dis-ease as originating in the subtle energy bodies (i.e. cancer in the emotional body), which then manifests into the physical.

We see all that is physical in our world as manifesting from the etheric. A huge example is the pyramids which were created on other dimensional planes prior to their manifestation onto this physical plane. This concept of manifesting into the dense energy of the physical plane can be found everywhere and seen in everything. Simply look at nature and the Fibonacci spirals and sequences which coincide with the natural flow of energy.

The 5D Animator

As I have attuned to, studied, and taught various forms of energy work and activations over the past few years, these all culminated and converged into a co-creation called the 5D Animator. This huge, 13 foot high Light Chamber, which you stand in, has an etheric template to it. It took one of my path partners, Melissa Martin, and I four months to create the etheric tool before manifesting it into the physical. This etheric template is now in the Balance and Harmony template. This etheric template will allow the user to:

- ∞ Simple access to the Sacred Space of the Heart.
- ∞ Align you and your Higher Soul Self, and all of your Soul Aspects, throughout Time, Space, and Dimensions.
- ∞ Clear non-beneficial energy attachments, including Entities and non-beneficial energetic implants.
- ∞ Release Soul Contracts that no longer serve you.
- ∞ Balance, align, and activate all chakras that are for your greatest good.
- ∞ Clear and integrate lost Soul Shards.
- ∞ Connect with your Star Family and Soul Group to unlock all of your DNA and Soul Codes back to Source.
- ∞ Clean, clear, and heal the physical, mental, and emotional bodies.
- ∞ Once all Downloads and Uploads are complete, you can simply activate all your multiple MerKaBa Fields with a breath.



All is accessible through the ethereal, multidimensional, Balance and Harmony Ring, along with the simple exercises found in this manual.

The Ascension Ring

And of course, we could not have the Harmony Ring and the 5D Animator without the **Ascension Ring**. This is where it all started one year ago, from the time this book was being written. The Ascension Ring's etheric template is found in both the Chamber and the Balance and Harmony Ring.

Connecting Space, Time, and Dimensions

Let's make this as simple as possible. Everything is energy. This table, or book, or computer is not solid, rather it is made of mostly space between molecules which are moving at near the speed of Light. Energy is everything, everything is connected.

When we do work with someone across the country, it is no different than doing it in person. We are not in physical contact with the person, as *this is consciousness work*.

When we do clearing work for ourselves, we are essentially doing this clearing, or releasing of an energy signature, that took place in the past. It really is a simple concept, that all is energy. Energy is not confined to the parameters of Time. As we change a past energy signature, it affects the present. *As we change our past, we change our present*.

I ask that as you move through the exercises and explanations, you feel what it is to exist and work on multiple planes, or dimensions. By the end of the book, you will be able to paint a better picture for yourself of what multidimensionality looks like for you.

Exercises

The exercises in this manual are set up in a specific order. We begin with the various clearing and alignment processes so we may be at a starting point to move forward. Once you learn to do the work on yourself, then you can work on others as well as the environment.

After completing the manual, you may go back to any single exercise as it is called for. Many of the exercises would be beneficial to use on a regular basis. There is no harm in going through all exercises, to find what is affecting you and what you are working with.

The MerKaBa Activation is needed only once, as is the DNA and Soul Codes processes. If the MerKaBa is done a second time, you merely lose the conscious programs and intentions you previously set into your field.

The following exercises work best when there is an allowing of you, the whole and complete you, made up of the Body, Mind, and Spirit. The Soul is on board, as all is for the Highest and Greatest Good. The Body is on board, as it has an innate knowing, an innate consciousness, which is accepting of all that if for its greatest good.

The Mind is the one that needs convincing- which is what this book is for. The physical Ring acts as a bridge for the Mind. Handle the Ring, play with it, feel for the energy of the Ring. Perhaps you will feel a temperature change, or a pulsing, or simply a knowing. Allow the Mind to find the tangible in the etheric. The Pineal Activation will give you an even better feel for the etheric multidimensional Ring.

I prefer the 3" Balance and Harmony Ring for connecting. Though you can connect with any of the Balance and Harmony Rings, as they contain the same etheric template. And, the etheric Ring can come in any size you choose.

Sacred Space of the Heart- This is the most important step in ALL of the work we do. It is the basis, and you must be in the **Sacred Seat of the Heart** for any of this work to be done.

To get to the Sacred Seat of the Heart, simply take in the **Trinity Breath**.

- ∞ Picture yourself standing on your favorite spot of nature, that place where you are the most in Love with the Spirit of the Earth, with Gaia. As you are sending your love to Gaia, she sends her love right back up. Take this in a breath, breathing it up from the Earth, through your feet, and up into your Heart Space.
- ∞ Connect with Source, Creator, God, Central Sun, whatever you call the higher power. Breathe that unconditional-loving energy from Source down into the Crown, allowing it to flow into the Heart Space as well.
- ∞ On the next breath, breathe in from both Earth and Sky, bringing both of these energies into your Heart, swirling the energy together within you. Continue consciously breathing the Trinity Breath. One more deep breath in...
- ∞ With the out-breath, picture yourself as that little ball of Light that sits in the middle of the brain, and move out of the brain, into the throat, dropping down into the Sacred Space of the Heart. Once there, look, or feel, for a place to sit your consciousness down onto- your Sacred Seat of the Heart, and just settle in there.

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The Trinity Breath, as well as the basis to many of the exercises in this manual, came from **The Elders Three**.

Creating your Sacred Circle- As you are settled into your Heart Space, picture a small circle around you, or a bubble if you prefer. This is your Sacred Seat of the Heart. Now picture a larger circle, or bubble, around yours. As you create this larger circle around your Sacred Space of the Heart, *state with meaning and intention* "Only that which is for the Highest and Greatest Good is allowed in this circle."

I like to go to this space of the Sacred Circle, because it allows me to see anything that is non-beneficial that is in my field, because it has to stay outside of my Sacred Circle. How non-beneficial energies are shown to me is as darker figures or different shaped matter. Once you know it is there, you can use some of the clearing techniques we will be discussing to deal with this "stuff" that is within your field and which can greatly affect you.

It is of utmost importance to know that you are always Guided, Guarded, and Protected, especially within your Sacred Circle.

Creating your Column- While visualizing yourself in the Column of Light, the Balance and Harmony Ring will be present. The Ring can be above your head or level with your heart. You can have all 13 Rings of the Light Chamber in your column if you wish. There could be a continual flow of Rings from above or from below. Whatever you perceive is appropriate, and may change with each use or each exercise. Simply visualizing yourself within the Chamber works just as well.

As the etheric Ring moves up or down your column, it can act as a scanning mechanism to find and clear dense energy spots, or perhaps to work with chakras. If the Ring feels sticky or stops, you can move it up and down until that area is cleared.

The geometries of the 5D Animator are found on the floor plate and above your head, and are also found in your Light Column. The first of these geometries is the **Fruit of Life**, which makes up the floor plate which you stand on. The second geometry is the **Tube Torus**, usually located about three feet above your head. Simply knowing the two geometries are present and working in your Column is all you need.

Working with your Guides- It is time to call in your guides and those who walk with you for your Highest and Greatest Good by simply stating “I call upon all of those who walk with me, for my Highest and Greatest Good, to step into my circle of healing” and “all of those, *who walk with those* who walk with me, for my Highest and Greatest Good” to step into my circle. It is good to have as much beneficial etheric assistance as we can get. 😊

Asking for guidance along this path is important, and your Sacred Circle is a safe space to check in with yourself and your guides.

With any guides or Angels who are here to assist for the Highest and Greatest Good, they cannot be of assistance unless you ask. We are free-will Beings, and they cannot violate that, if they are for the Highest and Greatest Good.

So, while you are in your Sacred Circle, give permission to those who wish to join your entourage to step in to your inner circle, if it is for your Highest and Greatest Good for them to do so. It will be your Higher Soul Self who makes that determination. It is within the Sacred Space of the Heart that only those who walk with you for your Highest and Greatest Good may enter.

As The Elders Three say, those who walk with you are there to be in service with and for you. All you have to do is ask. Ask them for assistance in even the most mundane of tasks, such as doing dishes, as well as with the exercises we are about to do here.

Your guides will assist you and show you things, but if you are looking for answers, it is your Higher Soul Self that you need to ask. It is your Higher Soul Self that has you as the priority, and knows the plan more than anyone else.

Council of Light- To call in the **Council of Light**, be in gratitude with your individual Council. Ask them to bring through whatever Rays are the most beneficial for the intended purpose and use.

When you remove anything from within your Being, or after doing release work, it is important to bring in the Source Rays that are most beneficial.

Use for all healing and clearing and manifesting. The Light Rays are a very powerful and all-purpose tool.

Dowsing- This is an essential skill, not only for energy work, but for everyday life. There are many forms of dowsing out there, some rely on tools such as dowsing rods or pendulums. There is also Kinesiology, or muscle testing, which comes in many forms. My favorite form of knowing is to just do the asking, and feel/hear for the answer.

All forms of dowsing need be done from the Heart Space so as to not have the Ego involved. You will have to do the research and try to find what works for you, and to trust yourself. Again, it is important to learn some form of dowsing skill unless you already use some form of innate knowing.

Pineal Activation- This is the first of the attunements/activations, which is also an exercise in multidimensionality for the Harmony Ring. Begin by placing the physical Access Ring on the crown of the head. Visualize and feel the ether Ring slipping down into the head and nestling at the base of the Pineal Gland. Once you feel it there, you can remove the Access Ring, and feel the etheric Ring sitting around your Pineal. Keep your attention and intention for it to stay there for a few minutes a day.

Heart Codes-“Codes from the Sun shine through the Ring, coming through our Sun from places such as the Central Sun, which is moving the Earth, and us, into a whole new frequency.”

“If you are not ready to accept these codes, they won’t come through. If you are ready, they will enter the Pineal and travel through to the Heart. Within the Heart are codes which match the codes coming through the Ring. When you are in Harmony and Balance, and the time is right, these Codes Activate. They activate what are strictly your Gifts.” –The Elders Three

For this exercise, begin in your Sacred Heart Space and simply follow the instructions for the Pineal activation, in conjunction with the knowing, understanding, and intentions of activating your Heart Codes.

Aligning the Soul- We see ourselves as having a physical experience, yet we are so much more than that. The human-Being is also the Soul, that unique piece of Source Creator God that manifests as the physical being. The details of how you see or say this concept does not really matter, as long as you see it in some fashion.

When the physical Being is in direct contact with the Harmony Ring, it will automatically align the Higher Soul Self and all of your **Soul Aspects** throughout Time, Space, and Dimensions. The same applies when you create your Column of Light.

Just know that you are instantly aligning all Soul Aspects throughout time, space and dimensions while in your Column.

We align the Soul Aspects for two reasons- first is to do any clearing, healing, and activations that are needed. Secondly, is to be in completeness with ourselves, including access to the knowledge and experiences the other Soul Aspects have for us in the here/now moment.

Cords- Release and clear non-beneficial energetic **cords**, also known as cord cutting. For this exercise, stand in your Column of Light. Visualize a solid Ring of Light moving either up or down your Column, with the intention that you are cutting and clearing all non-beneficial cords. Call in the Source Rays that are most beneficial to clear and heal where the cords attached to you and to wherever they came from.

Releasing- Here is another simple technique to use while in your Column of Light, this one is for the releasing of programs, beliefs, and emotions that no longer serve you. This is done with an intention of doing so, along with a breath. Take a deep breath in, gathering up all of those programs, beliefs, and emotions that no longer serve you, and blow them out. As they enter the column of Light, they are transmuted. Repeat as emotions or belief patterns arise. This is not a one-time deal.

Every time you clear, breathe in something beneficial to take its place, whether it is unconditional love, Source Rays, or simply the Light from your column.

Simplified Healing- Clearing and healing the physical, mental, emotional bodies is made easier in the Light Column. Bring in your Council of Light with your *attention* on what it is you wish to clear or heal, with the *intention* for your Highest and Greatest Good, with the *acceptance and gratitude* that it is so.

This process applies to all facets and aspects of your life.

Soul Shards- Clean and clear, return and integrate **Soul Shards** of yours, while releasing pieces you have of others to be cleaned and cleared and returned to where they came from. This exercise is as simple as making this intention while standing in your Light Column within your Sacred Circle.

Chakras- Clean, Clear, Balance, and Align Chakras. Activate any new Chakras that are for your greatest good at this time.

While standing in the Light Column in your Sacred Circle, bring in an etheric Balance and Harmony Ring and move it slowly down the column, starting about 6 feet above your head. As you slowly move the etheric Ring down your column, pay attention to where it wants to stick and hold it at that level, move it up and down slightly, until it freely moves on. Continue until you have gone below your feet and into the Earth.

Releasing Waywards- We refer to **Waywards and Earthbounds** as the same thing. It is likely that any wayward attachments that you may have will be released when you are in the Column. Simply you put your attention to outside of your Sacred Circle, as they would not be allowed in, and with the intentions of releasing Waywards. Archangels Michael and Raphael are present to assist in this releasing.

To assist in releasing Waywards, whether you are in your Sacred Circle or at the grocery store, there is a simple script to use, which you can play with. There are many ways to do this task, but this contains the basic principles that are widely use across the world... and it works well.

I ask for Archangel Raphael and Archangel Michael to be here for assistance.

I ask Archangel Raphael and Michael to give Love and Healing to any Waywards that are here.

I call upon Archangel Michael to assist me in opening a portal to the Light.

All are worthy and deserving of going to the Light. There is no Hell; there are no judgments held against you.

You may return here. This is not the end. If there are any messages that need passed on, or unfinished business, leave it with the Angels.

I ask any loved ones that may have passed before you, to meet you at the Light, and I ask that you go there now, as you cannot stay here any longer. Thank you.

Michael, I ask that you remove any residual energy left in this space and from myself and all those present. Thank you.

Implants- This exercise is set up exactly like the Chakra exercise. Be sure to call in the most appropriate Source Rays to assist in clearing the **Energetic Implant**, and for healing the affected area.

This exercise will also help to straighten out any bent connectors you have with your Star System. Having a bent connector (I lovingly call them antennas) has been known to cause seizures in infants. This happened to my little girl several times when she was younger.

Soul Contracts- To release **Soul Contracts** that no longer serve you, simply stand in the Light Column within your Sacred Circle, and ask for *all Soul Contracts that no longer serve me, to be brought outside of the column* and intend and visualize the contracts that show up being dissolved. You can ask for the Violet Flame to burn the contracts if you choose, whatever you need to feel completion in dissolving these contracts.

If there was a **Soul Contract with an Entity**, the Being is released, and Archangels Michael and Raphael will immediately step in and take the entity to wherever is for the Highest and Greatest Good.

If it seems this particular entity is not going, you may have to consciously state that you are releasing it from its contract, and that it must go with the Angels for the Greatest Good of you both. Also give it the Gratitude for what it has done to serve you, as these Contracts were at one time beneficial on a Soul Level.

Entity Clearing- To release any Beings who may be attached to us, and that are not for our Highest and Greatest Good, we will *ask for assistance*. As with the above Entities related to Soul Contracts, Michael and Raphael are readily available to assist. You can also ask your guides, your Higher Soul Self, or anyone else that you resonate with on the Spiritual plane to *assist any non-beneficial Being to be taken to wherever is for the Highest and Greatest Good*. Sometimes you may come across an Entity that does not want to leave... sending *Unconditional Love will assist in the release*.

Spiritual Contract Revocation- On the last page of this booklet, there is a document to release all other Soul Contracts that no longer serve you. Please visit the *Resources* page at TwistedSage.com to find the document which you print, sign, and date. This is beneficial to read aloud, and you can usually feel a shift every time it is read.

Unlocking DNA and Completing Soul Codes- Your Star Family lineage is part of you, stored in the DNA as a frequency of Light. Working with your Star Family can open your records as a Soul, not just your records as a human. Unlocking DNA at this level allows for the eternal wisdom it carries for you.

For these two exercises, you will be standing on a sacred geometry platform (the Fruit of Life), with more geometries above (the Tube Torus). It does not matter if you see these geometries, just realize they are there in a frequency of Light to assist the unlocking and the connecting.

Simply *call in your Star Family to assist in unlocking all the appropriate DNA for you*. It is possible you will connect to multiple Star Families during this process.

This process should be run at the same time in conjunction with the Completing Soul Codes process.

Soul Codes are related to your lineage as a Soul, all the way back to Source. Simply set the intention, and *call in your Soul family with the intention of receiving all appropriate downloads for completing your Soul Codes*.

Again, simply go in with the asking and intention of *calling in your Star Family to assist with unlocking all your appropriate DNA, and calling in your Soul family with intention to receive all appropriate downloads to complete your Soul Codes*.

It takes 3 to 4 minutes, on average, for this exercise to be complete. You may also feel for your crown to open when you begin, and close at completion.

MerKaBa Activation- The final step, of the 5D Animator / Light Chamber processes, is the **MerKaBa** Activation. This in itself is a life-changing process.

As you stand within the Light Column, in your Sacred Circle, be conscious of the Trinity Breath and of being in the Sacred Seat of the Heart.

It is the *intention to activate all appropriate MerKaBa fields* with this breath... *take a deep breath from Earth and Sky into the Sacred Space of the Heart*, and when you exhale from the Heart, *blow out all geometries of all MerKaBa fields* from the Sacred Space of the Heart.



Visualize the Star Tetrahedron around your body as a fully functioning MerKaBa field, and begin to set your intentions from within the Sacred Seat of the Heart. Setting intentions into your field is as simple as visualizing the Star Tetrahedron or other geometries you feel/see closest to you, and stating your intentions into them.

Here are some basic suggested intentions to set into your field.

- ∞ *I Am Always Guided, Guarded, and Protected*
- ∞ *I have clear communications and understandings with my Higher Soul Self and all of my Guides*
- ∞ *Only that which is for my Highest and Greatest Good may enter my field*

Other Exercises

Clearing outside of your Sacred Circle- As only what is for your Highest and Greatest Good can come into your circle, it is an easy way to see what is left outside the circle. If you can see anything there (make the intention and ask that you can) then it can be cleared. If you find an entity or wayward, you know the way to clear them now.

If you find any dark, sticky, or cloudy energy, there are other techniques to clean and clear these. If it is within you or your immediate energy field, using the Source Rays and the Council of Light are appropriate methods.

When this dense energy is found outside of your Sacred Circle, you can, again, use the Source Rays to transmute it. Another simple and fun tool is to visualize an upside-down tornado coming in, sucking up all the dense energy and taking it to Source. Often times, I will simply grow to be a really big energy being, reach outside of the Sacred Circle, and scoop up all the dense energy, and throw it directly to Source.

However you go about the task, trust in yourself and what you see and are guided to do. Sometimes our guides have a really funny way of doing things. 😊

Sleeping Chamber- We have been shown, and experienced, putting the etheric Chamber around yourself when you lay down for the night. This can be as simple as visualizing the Harmony Ring around you at heart level, or above the head. Either way it is creating a column of Light which encompasses you. I also put my little girl in a Chamber at bed time, as it can protect, heal, and connect.

“Pulling” specific frequencies- Within the etheric template of the Harmony Ring is found all the frequencies and properties of the Earth Elementals (fire, water, wind and air, and ether) as well as all of the plant, mineral, and crystal kingdoms of the Earth.

When you use the Harmony Ring, your Higher Soul Self will bring through whatever is needed. To consciously work with the Ring, though, you can do so much more. For instance, if you know you need bergamot for your healing, simply pull that frequency out of the Ring. The plant kingdom is willing and available to assist you, as are all other kingdoms of Earth as well as the Earth herself.

Start with your Sacred Circle. Hold the Harmony Ring and *use your intention to bring through whatever frequency you wish*. However this looks to you, perhaps grabbing it out of the center of the Ring, or simply *use the Ring to “shine” the frequency and property of the specific element* to where you intend.

Creating Elixirs from Water- Water is a crystal, it is conscious, and I have always believed it to be a profound healer when used with intention and gratitude.

Tensor fields connect with the physical of the water, balancing PH and creating ORMUS within the water, raising it into a high vibration state. The Harmony Ring connects with both the physical as well as the Elemental of water. It is this direct connection that allows an ease of communication with the water. You can *use the Ring to communicate your needs and intentions to the water*. This can be done *by holding the Ring and either using your voice or intentions through the Ring to the water*. Set your Ring *under or around the water vessel* for a few minutes or even overnight, and *then drink the Elixir*.

You can infuse the properties of the plant and mineral kingdoms into your elixir as well, by following the “Pulling Frequencies” exercise in your process of creating the elixir.

Elementals- You can also work with the **Earth Elementals**, whether environmental clearing, healing, etc. We have seen Heddeka come in during healing sessions, flowing cool waters over affected areas. It is up to your own intuition and guidance to work with the Elementals, which are here to assist humanity.

Infinite Heart- The Infinite Heart is a powerful tool for interpersonal relations, and can be applied in various situations. This tool/concept can be used for other applications such as connecting your heart to your pineal, harmonizing organs, etc.

Picture this person standing in front of you, and create this infinity symbol ∞ between your heart center and their heart center. You are not connecting to the head, so are not connecting your junk with their junk.

The Elders Three suggest to do this exercise with someone you have issues with, because then you can see the huge transformation in your reaction to each other.

Try this with your loved ones to simply share that energy, that connection. Use this with your kids across the country or a loved one someplace else or your loved one right there.

I also like to do this exercise with someone I see having a bad day, such as a cashier while you are in line, or a driver you see at a stoplight. This can be a truly amazing and powerful tool.

Light Balls- This is a fun exercise to share, especially with children.

Begin with the Trinity Breath, breathing the unconditional Love from both Earth and Source, mixing it together with you, within your Heart. Intend and visualize that energy flowing out your Heart to your shoulders and down your arms. Bring your hands close together without touching, cupping them and flowing the Earth/Sky/You energy out the hands to form a ball of energy. Moving your hands closer and further apart, you can get the feel for the ball of energy there.

You can place this ball of unconditional Love anywhere on your body you feel needs it. Use it with your pets, your plants, and your environment. The Light ball can be made as big as you wish. You can create it in any color, which makes a fun game to play with kids, whom many can tell you the color you intended to create.

Play catch with it, throw it to others or bounce it around the room. This is a very real and tangible thing you created.

You can also call in the Source Rays to be part of the energy ball, for whatever intentions you are making it for.

Time Travel / Light Ball Exercise- This is a profound exercise for most. Going back to your time of conception, right before your time of conception, create an energy ball that is for your Father. A ball of unconditional love. Place it around him. Make an energy ball for your Mother, a ball of unconditional Love, and place it around her.

Now, at the moment of conception when you are those original cells, place an energy ball of unconditional Love around you. Hold this ball of unconditional Love around you throughout your time in your mother's womb, slowly moving forward through the trimesters. This ball of unconditional Love nourishes and protects you.

Bring it all the way up until birth, expanding it out to the entire room you are in. Keep this ball of unconditional Love around you as you move forward as an infant, a toddler, a teen, a young adult, bringing up to this now moment. As we change our past, we change our now.

Another exercise- think of a time when you most needed support and unconditional Love in your life. Create a Light ball of unconditional Love and send it back to you, allowing it to encompass and protect and heal and raise your vibration with the unconditional Love of Earth, Source, and you. As we change our past, we change our present.

Light Balls with people- This leads us into the next topic. When you work with others, it is important to not violate their free-will nor their Soul's journey. Before proceeding with this exercise familiarize yourself with these concepts from the next section, Working with Others.

You can create a Light ball for a specific person, for their Highest and Greatest Good, and throw it to them, watching it settle down over them. Again, they do not have to be right there, they can be anywhere and anytime in the world.

Working with others

Once you have completed all the exercises, and feel comfortable with the processes, you can begin to use many of the tools to work with others. The most important thing in all energy work we do, is **setting intentions** and carrying these specific intentions into all we do. That *all is done for the Highest and Greatest Good*.

As we do not know what another's Soul path is, this intention is a must when you work with others. If you need to make the statement before everything that you witness and ask for in the etheric realm, then that is great practice.

Every time you set a Light anchor, or call in the Council of Light to bring in a Source Ray, or to remove an implant, or release an entity, including to where the entity needs to go, you must have the intention that all is for the Highest and Greatest Good. As you do this work, it will soon become a natural to make this statement of for the Highest and Greatest Good as you proceed. It will become hardwired into all that you do.

There is a lesson in coming from the Sacred Space of the Heart, to stay out of judgment for what you are working with or seeing. There are many things that we may wish to do to help others, but it is their Soul's knowing if having a particular disease, for instance, is for their Highest Good. We are merely facilitators and witnesses holding space and offering tools. It is for the Soul to decide what is for their own Highest and Greatest Good.

Sharing the Sacred Circle- Create your Sacred Circle, calling in all of your guides, and then ask for the person you wish to connect with to step into your Sacred Circle. Ask for all of those who walk with them for the Highest and Greatest Good to step into the larger circle as well. This is the point in which you can do all the clearing of any non-beneficial energies that are outside of the circle still.

Soul to Soul- Most times it will be the aspect of the human that steps in. Ask for their Higher Soul Self to be present too. You can now communicate directly with the Soul. It is at this point you may ask the person's Higher Soul Self if they would like to step into the Chamber for any and all of the processes we did for ourselves to be done with them.

Create the Light Column within the Sacred Circle and be the witness for the other's Soul, if they choose to do so. Once you are familiar with all of the processes, the entire gamut can be run in less than eight minutes.

It is not necessary to get the permission of the human if you have permission of the Soul. Again, it is important to not violate the person's free-will or Soul's path. This is done through the intentional statements of the Highest and Greatest Good.

The etheric Harmony Ring's Column of Light also has a built in mechanism in which it cannot violate free-will, and always leaves the person's Higher Soul Self in charge.

The MerKaBa Activation, though, requires the human's knowing and understanding for it to take affect and work for them. They need the understanding of what it is, what it does, the geometry of it, and how to program it.

Again, if you do any of these exercises with someone, it can be done at a distance.

Once you begin working with others, you will find that there will be things in their environment that may show up for you to work with. This is where some of the environmental skills and tools may be useful in working with others. Often times, issues may be caused by the energetic environment the human resides in.

Working in the Environment

Light Anchoring- This exercise is both important and profound in any work that you do. I wish to give an example of Light Anchoring to get started.

In Dowsing and Light Anchoring workshops and classes, we first learn to use Dowsing Rods to get yes/no answers to basic questions. Once everyone is confident with using Dowsing Rods to gain information, we use the Rods to find the auric field of a glass of water in the middle of the room. This field is usually found about 4 inches out from the glass or bottle.

The group will then connect to Source, Creator, God and bring down a Light from Source, through the container of water, and into the Earth. When Dowsing to find the auric field of the water after the Light anchoring, it is found anywhere from 20 to 200 feet out!

This Source Light column is simply that, Source Light. You can certainly connect, with gratitude, to your Council of Light to request the most beneficial Rays of Source Light come through, but is really not necessary in Light Anchoring. The specific Rays brought through by the Council of Light are for use in specific manners, such as healing work. The good ol' plain Source Rays are more than sufficient for any Light Anchoring exercise.

Global Love and Gratitude Grid- I began anchoring Light into water while working as a Municipal Water Operator, and it was powerful! Yet, attention still had to be placed onto the wells and water storage tanks at least once a week to hold the column of Light. We found that a Light column will stay for only about 8 days unless you put your attention onto it before it dissipates.

When asking my sister, Brenda, how to keep these anchors in without having to keep my attention on them, she said "create a grid." And that is just what we did. Melissa and I had just recently partnered up, and on December 26, 2012 we created a Grid system to hold the Light columns in

place, making them permanent. There were very clear intentions put into the creation of this Light Grid, such as transmuting, as well as transmitting the frequencies of Love and Gratitude through the water. We took it a step further, and brought cell phone towers into this Grid system, so as to transmit Love and Gratitude through the cellular waves as well!! Many can see a beneficial ball of Light on top of towers that are anchored into this Grid. We called our co-creation the Global Love and Gratitude Grid.

To connect to this Grid:

- ∞ *Begin from your Sacred Circle. Anchor in a column of Light from Source, down through the intended well, storage tank, river, stream, lake, aquifer, or cell phone tower, and anchor this Light into the Earth through the asking and intention of doing so.*
- ∞ *Visualize and intend lines coming out from the top of this column of Light and connecting to other columns on this Grid. It is that simple.*

All the anchoring that has been done in the past two years is still holding, and there are hundreds of thousands of anchors all over the world!

Anchoring Electrical Systems- As this grid will not hold the anchors into electrical distribution systems, you must take another route. When you bring an anchor of Light from Source into an electrical Distribution System, you can ask for someone to hold this anchor.

While in your Sacred Circle, ask for someone for the Highest and Greatest Good to hold this anchor of Light, and offering gratitude for their service. There will most certainly be someone who steps forth in the etheric plane that is ready and willing to assist in keeping this Light held there for the Highest and Greatest Good of All.

Assistance in Holding Light Anchors- There may situations where a permanent column of Light needs held. For instance, when you are closing a portal that is not for the Highest and Greatest Good. Simply refer to the previous exercise in calling in the assistance for holding this anchor of Light.

Space Clearing- As you have seen, physical proximity is not an issue when doing energy work. If you wish to clear someone's home of waywards, it is easy enough to connect to their home with a simple intention.

To do space clearing, it is necessary to get reliable answers and to know what questions to ask. You may run into various forms of geomagnetic lines which can lead to wayward traffic or vortexes forming. Where there is a vortex, it is a candidate to house a portal on that space as well.

Working with portals and portal keepers can be as simple as determining if the portal is beneficial or not. If it is beneficial, does it have a portal keeper that is for the Highest and Greatest Good? If there is one, great. If there is not one, one needs to be called in that is for the Highest and Greatest Good to be the portal keeper. As there are many who wish to assist for the Greatest Good, all that you need to do is ask for the most appropriate being to guard the portal.

If the portal is non-beneficial, then it needs closed. This is where clear communication with guides, or other forms of knowing are important. Many times, you can simply anchor a Light on top of the portal to close it down. This is moving into territory that does not have a cookie cutter solution. Most situations are different, and you will have to rely on your guidance. As you are always Guided, Guarded, and Protected, you will only be aware of what you can handle, so no worries!!!

Dictionary of Terms

Ascension Ring-

- ∞ The Higher Soul Self is the one to access the Ascension Ring
- ∞ Your Soul is the consciousness that wields the available frequencies and Light
- ∞ The Soul will use the Ascension Ring for its Highest and Greatest Good
- ∞ When a person is in connection with their Soul, they will have a higher perspective of the outcome from this tool
- ∞ All aspects utilize the Ascension Ring properties, including the aspect of YOU

Contained within the Ascension Ring etheric template:

- ∞ Highest aspects of the Plant, Mineral, and Crystal Kingdoms
- ∞ Every known straight-lined Cubit and Tensor Ring frequency
- ∞ All of the Earth Elementals

The Council of Light are an integral part of the Ascension Ring

- ∞ The Council of Light connects automatically through the Ring
- ∞ Your Higher Soul Self is introduced to the Council of Light
- ∞ The Council ushers Source Light into specific Light Rays
- ∞ These Rays are available to the Soul and all of its aspects

Balance and Harmony Ring-

- ∞ The Ring cleanses distortion fields from around the body very quickly. Lower vibrations change fast into whatever they need to be or they just evaporate.
- ∞ The Ring creates a stronger connection to your entire Entourage- all of those who walk with You in the Highest and Best for You- allowing you to become more fully aware of your Entourage.
- ∞ The ring is vibrating to three vibrations- past, present and future, helping to integrate them into a higher frequency.

- ∞ Elementals of Earth come through the Ring to bring in Remembering Codes, but not like Codes from the Sun.
- ∞ The Ring brings you in touch with Earth, as a Human of Earth. Balance of Mind Body Spirit.
- ∞ ...and this is only the beginning. This handbook will put you in a position to find more about the Ring's abilities for you.

Cords- A type of energetic connection that we either send to someone (an incarnate living person) or that someone sends to us. These are unconsciously sent to loved ones, for instance, whom you are trying to help energetically. This can result in emotions that are not yours, a draining of energy, and is non-beneficial for both parties. When we need to support someone energetically, we can find alternatives. One of these comes from The Elders Three, called the **Infinite Heart** technique, which can be found in the **Exercises** section.

Council of Light- When you are holding onto the physical Ring, you are immediately connected to the Council of Light. If you were not already connected, you are then given an emissary to the Council. It's like your Higher Soul Self has a buddy that is on the Council. You then have your own individual Council of Light that is there to help you run Source Rays. Try to become familiar with your own personal Council of Light.

The Council of Light is made up of Ascended Masters and Archangels from across the Universe and beyond. They take little filaments of Light from Source, each with its own frequency and use, and help to disperse them where needed.

You can run the Rays through the Ring or bring them into your Heart and out your hands, your eyes, or simply ask the Council to bring them through.

You do not have to know the specific Rays and what they do, rather you can simply call for whatever Rays are the most beneficial for what it is you are doing.

The Source Rays can be utilized in absolutely anything you do, and can synergize with any modality or belief system.

TwistedSage Studios endorses, and carries the book, *The Council of Light* by Danielle Rama Hoffman.

Earth Elementals- These are the spirits, the Elementals, of Earth at this time. The information below was channeled by The Elders Three. The symbols for each of the Elementals can be found on either the TwistedSage or The Elders Three websites.

Heddeka- "The Heddeka swirl represents the element Heddeka. The Heddeka is an element that comes from the time of the Earth, the time of the beginning of the Earth. In that, has been here for since the Earth began its destiny. As the Heddeka is coming back and becoming a part of the cleaning of the Earth, it is just that your thoughts and your intentions and your appreciation of this element, of this spirit, that gives it the power to go out there and help our beloved Earth. You can leave the swirls in different places and within the water or you can hang them from a tree or you can place them within the dirt. The elements all work together in unison and by doing this, they help each other. In helping each other, they help the Earth. In helping the Earth, they help you. We are working to bring the designs of the other elements into be-ing. They have been forgotten for many, many eons and it is time that they be brought in. The elements of Earth, Wind, Fire - they come in and compliment with Water. It is the time for all this to happen. It is a time that you understand and you become a part of the Elements of the Earth. By bringing in their special skills and their special connection to our beloved Earth, you can help them as they help heal the Earth up. It is not that the Earth is in great danger because she is not. She is moving and doing exactly what she needs to do. In doing and moving and calling your attention to what is happening upon her surface, this brings you closer to your Divinity, closer to who you are. As you become closer to who you are, then this helps the Earth."

Plymella- "The Elemental of wind, represented by the four swirls. Wind is an important part of cleaning and clearing energies of the earth. Plymella can help humans with whirling unneeded energies out of the body. Keep the symbol of Plymella near or on the body to help keep the energies of the body clear and clean. The air around Plymella will feel light and crisp. Plymella works to remove garbage from the air and transmute it to become clean and clear. Hang the symbol of Plymella in your place of being to help keep your air fresh and energies flowing."

Khaleme-"The two swirls, represent the elemental Khaleme, who represent air. Khaleme also helps to keep air clean. While Plymella has a strong in your face energy, Khaleme is soft and barely noticed. The symbol of Khaleme can be used to clean air and bring your body a feeling of comfort and ease. The symbol may be gentle but it has great power to bring ease to your life. Khaleme flows through your body and life to keep the energies gently moving."

Chassell-"The fire Elemental Chassell will light a fire within the core of you which releases that which is not of your present you. When the emotions or old thought patterns come forward into your attention, release them with the Earth, Sky, You breathe. (Trinity Breath) It is also helpful to bring in the water element, Heddeka, to help wash them away. These elements are gentle and powerful on their own, put them together with the intention, energy will move quickly. Remember to ask for ease in your intention."

Etheric Elemental- has no name, it is everywhere and everything

Energetic Implants- These are energetically-based objects that have been placed in and/or on our physical body, that are often found due to physical pain associated with them. They have had various purposes, from measuring the changes in people, to outright influence and control. Most of the time these implants are placed there against our free-will.

Though not are all "bad" or non-beneficial, and they should not be seen from a fearful stance. Many are actually put there by our own selves or under our permission for our Greatest Good. I have had two, so far, that

were found to be for my Greatest Good. They simply began to malfunction after either serving their purpose, or because the body's frequency outgrew them.

As we raise in vibration and frequency along with the Earth, both beneficial and non-beneficial implants can malfunction. These can cause disruptions and physical pain in the body. Most of the non-beneficial implants lead to unexplained physical pain and can also cause physical dislocations in the body for no apparent reason.

We have noticed that most people who get implants are on an ascending vibration, or could be seen as a threat to those Beings who would rather see the human populace stay un-awakened to their true potentials. For a while, when I didn't wake up in the morning with an implant, I wondered if I was still on an ascending vibration!!! ☺

My first knowledge of implants a few years ago were of these mechanical looking ones that were put there by the Anunaki to do some form of measuring on people. The Anunaki were getting a bad rap for this, but these particular Anunaki were forced to do so against their free-will.

Then the past couple of years the implants became different, more organic and life-like. These ranged from slug-like (our family dog even had one) to ones with tentacles, to spiky vine-like ones, some that looked like bugs or critters of sort. We have experienced implants that stick in the base of the skull, neck, and shoulders that look like a crystal shard but with a long cord attached. The latter were always followed up and found to be coming from metal ships with hundreds and even thousands of these cords going down to other people (I have never fully trusted those who need to ride in metal ships :P).

Where the Harmony Ring will dissolve and prevent numerous forms of implants, there are some real tough ones that require you to have "sight" of them, and call in assistance to have them removed. Many times it just requires a witness to the work being done. You can call in *whomever is best suited, for the Highest and Greatest Good, to remove the implant with Ease*. Always call in Source Rays for healing after any implants are removed.

Etheric Template- Slim Spurling was the first, in our life-times, to manifest an etheric template into a copper ring. This occurred with the already present Royal Cubit measure connecting with the etheric. All working Tensor Rings function because of their connection to the etheric version of the tool. I first discovered this when my sister, Brenda, approached me with a request from her soul, Thoth, Metatron, and Merlin to co-create a special set of rings, that opened a new understanding of multi-dimensional creation. One thing they said was to infuse the frequencies and properties of water into the copper. The infusion of water into the copper, was seen and described by a co-creator as calling in the highest aspects of the crystalline of the copper as well as that of the water, and infusing the two together on the etheric realms, while manifesting into the physical.

The copper changed on this physical plane, becoming harder, after the water infusion process!! This concept has led to creating more and more on the etheric planes and manifesting/translating that into the physical realm.

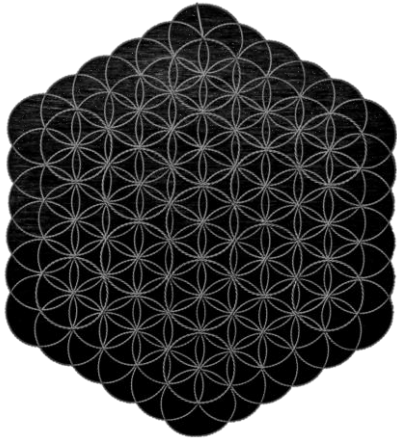
What came next, I wanted to know how to prevent and dissolve these various non-beneficial energetic implants that so many have been inflicted with, whether known of or not. Synchronicity showed six crystals that when used with intentions in the process, could actually dissolve and prevent non-beneficial energetic implants in people.

The highest aspects of these crystals were called in during the Water Wire process and infused into the Tensor Rings and subsequent tools. Again, these were the first steps in the process of creating etheric tools. The Ascension Ring and the Balance and Harmony Ring, are just two of the main etheric tools that have been created since.

We all have the ability to use etheric tools, though a physically etheric tool is just easier for many of us to use ...right now anyway!

It is the intention, through this book, that anyone can easily use the etheric version of the tools, with profound results!

Fruit of Life- This pattern, discovered by Melissa Martin, utilizes Sacred



Geometry and Tensor Technology. The Fruit of Life is considered to be a Key of Light. Our DNA, which is found mostly in a Light frequency, receives this pattern of Light which activates codes of remembrance. In other words, it is unlocking our DNA. When we add in the connection with our Star Family and Soul Group, we are doing some extraordinary activations and unlockings within our DNA.

This sacred geometrical pattern of the Fruit of Life is an expansion of the Flower of Life. The Fruit of Life is, as Melissa Martin discovered, the complete code, while the Flower of Life was limited to our previous dimensional realities.

Within the geometry of the Fruit of Life, can be found Metatron's Cube, the Flower of Life, and the Platonic Solids- which are the building blocks of our physical world. The Flower of Life could only contain five Platonic Solids, while the Fruit of Life contains all seven Platonic Solids which are creating the physical reality we are currently moving into.

The Fruit of Life is ever expansive, making it the Divine Blueprint of the Universe and the basis to everything in existence.

“The Fruit of Life Has come into creation through a passion I have to find the Key for all of Creation. The fruit is just that. It is the key. The reason that it is the key is because it begins with the Genesis pattern and continues outward. This outward expansion includes the Platonic Solids, The Seed of Life, The Egg of Life, The Flower of Life & The Tree of Life. It also contains Metatron’s Cube. This geometry is the blueprint for everything in creation. It can be used for broadcasting and receiving information. Since all life is created through this pattern it is a groundwork blueprint to bring us back to our original Being. The fruit of life is a very powerful symbol. It has been kept secret for very long. Taking off the outside rings of the Flower of life and completing the

circles to create the Fruit of Life, opens our reality for all possibilities. Whereas before we were locked in to the pattern of the Flower of life, our possibilities were limited or cut off by the outside circles. Open yourselves to all of the possibilities of reality. Using this symbol breaks barriers in our mind patterns and also allows for the reconstruction of our Light Body Being.” - Melissa Martin

MerKaBa- Technical Aspects: Our innate MerKaBa can be viewed as a Star Tetrahedron. This geometry is found in all the planets in our solar system, as well as in every molecule. This structure has been mapped out around the human body in a microwave ranged frequency. Most MerKaBa fields stop spinning 48 hours after birth, and become dormant.

Historical Aspects: In Ancient Egypt, Mer meant a rotating light. Ka meant spirit, and Ba meant the human body. So the entire word refers to a counter-rotating light that would take the spirit and the body from one world into another.

In Hebrew, the Torah refers to the Merkavah as the “Chariot of the Gods.” The Christian Bible refers to Ezekiel and the wheels by which he ascended into heaven. This too, was the MerKaBa.

A spiritual leader of the Zulu tribe in Africa explained that Merkaba is a Zulu word meaning a space/time/dimension vehicle. According to Zulu legend his entire tribe had come from another dimension here to Earth using the Merkaba.

Modern Aspects: We are quickly remembering our MerKaBa field. This is a process in consciousness that will eventually translate us from one vibrational frequency, into the next one through what is being called "ascension." This view of the MerKaBa as an ascension vehicle is an ancient concept.

Rarely have adults had a naturally occurring MerKaBa field, and only a few of those have been active since birth. Thought many adults MerKaBa fields have spontaneously reactivated in the last 2-3 years. Around 1999, kids were being born with a permanent MerKaBa, or could start it at will.

Sacred Seat of the Heart- The Sacred Heart Space is found within the physical heart where Ego cannot follow. Only those who walk with you for your Highest and Greatest Good are allowed into your Heart Space.

We see our consciousness as a little ball of Light about the size of a marble; it sits in the middle of the brain, right behind the pineal gland. This consciousness sees through our physical eyes, and sees the world as separate from ourselves. In this exercise, we are going to move our consciousness into our Heart Space.

The heart contains thousands of physical brains cells, as it was the first organ created after conception. The Sacred Space of the Heart can appear to you as a small room, or a cave. It can also appear as an ocean beach... whatever it is that you see, trust it. The Sacred Seat of the Heart is where we wish to settle our consciousness down onto.

When you get to your Heart Space, you will find only those beings that are there for your Greatest Good. Trust who you see in this Sacred Space.

Heart Space Tips- If you need further assistance in getting to the Heart Space, there are several videos available on YouTube's TwistedSage.com channel.

I, personally, rarely "see" my Heart Space, yet I feel a physical shift in my body when I get there. You will also notice that you do not have the negative self-talk from the ego there. You can live from the Heart Space, though you may get knocked out of the Heart Space through the day. With practice, it is simple to get back in there.

Go there before bed, go there when you wake and before setting intentions for the day. Go there to make any huge decisions in life. And be sure to go there before doing any exercises in this book. 😊

Setting Intentions- To “set” an intention from your Sacred Circle, it can be as simple as creating a thought that you give attention to. The must-have intention for those who work in the subtle energy realm is all is done *for the Highest and Greatest Good*. We do not want to violate anyone’s free will, which includes doing something that will interfere with another’s Soul path... and that includes our own!

Soul Aspects- There are several views on what a Soul Aspect is. Some see the Soul splitting into several Aspects, perhaps incarnating on this plane as well as in other dimensions, some on Earth and perhaps elsewhere.

I can only share what our experience of the Soul Aspects are. This will be done with a story: It was after we found the Ascension Ring, which brought together these Soul Aspects, that we realized they were there and how they affect us. For me, I kept feeling like I had some energetic attachment, that something was not right within my Being. We looked and looked and could not find it, until we looked at the other Aspects of me and my Soul. There was a piece of me that had energetic attachments. Once these were cleared, I instantly felt better.

A few days went by, and I felt it again. We saw this “aspect” of myself standing on a geomagnetic line, which is like a super-highway for **Waywards**. As this Aspect was cleared, I instantly felt better again. After this happened once more, we asked the Aspect not to do that, and have not had that issue since.

There has been many different numbers that people claim the Soul splits into, but I subscribe to the concept of twelve.

Soul Codes- Andrew Bartzis, the Galactic Historian, speaks about Soul Codes as being a great commodity outside of the Earthly plane. These Codes are like DNA to your Soul, and are access keys to other places of incarnation.

It is seen that if you are incarnate here on Earth, and you somehow lost part of your Soul Codes you came with, you are caught in this continual re-incarnation cycle instead of a simple free-will incarnation. This happens with Dragons, for instance, who incarnate and are unable to carry their codes into human form.

With complete Soul Codes, you can make the free-will choice to move on after this incarnation.

Soul Contracts- Soul Contracts can have a huge influence on an individual, without them realizing. I will discuss two types of Soul Contracts that we will be dealing with.

The first class of Soul Contracts presented here are those that we make before we incarnate into the physical world. These are simply setting up of circumstances, meetings, exchanges, relationships, etc. These Soul Contracts are put in place by our Higher Soul Selves to bring about the specific experiences we choose before coming here. These most always are beneficial to us, though we are not necessarily bound by the contracts, as we have free will, though they are highly influential in our lives and experiences.

Some examples of this type of Soul Contract could be an encounter with a seemingly random person who says something to us to trigger a remembering. Having children would be an example, as well as the relationships we are in. Just as your death can have something to do with a contract with your Soul Family.

As we go into the world, as we grow, and as circumstances change, and as we enter into a whole new world, it may not be necessary nor beneficial to carry on particular Soul Contracts. Through the processes in this book, we can hold the space and give the Higher Soul Self the opportunity to release any contracts that no longer serve us.

Soul Contracts with an Entity- I will simply give a personal story as an example.

My family had noticed that my speech, mannerisms, stance, and even my eyes changed within a short period of time. Once it was looked into, we found that I had an Entity attachment. This one was not a simple release, as it had to do with a Soul Contract. We found that this contract was made two-hundred and some life-times ago, as I was dying in the desert. I made a soul-level contract with a being to step in and help keep my physical incarnation alive. This Being incarnated with me every life-time after that. Sometimes it was beneficial to both, sometimes to only one, and sometimes to neither. This is the lifetime that we are finding many of these style of Soul Contracts with Entity attachments are non-beneficial to both Souls. Though, too, many of these type of contracts are still currently beneficial to the Greater Good.

As we have been doing this work, there are many of these situations that are brought to our awareness. On occasion, a random stranger will approach you and say something off the wall. As you walk away going “what the heck was that,” it can then be seen that it was an entity getting your attention. We then clean and clear and release the Entity and the Contract. As anyone begins this work, those Beings whom need assistance will find you. As you begin this work, you will also find there are many who are reluctant to release these contracts, and will shy away from doing the work with you.

Soul Shards- What we are calling Soul Shards is those little pieces of your Soul that you hand out as you go through life, a little piece of you. You may also receive a piece of another’s Soul as we traverse life-times. These are simply cleaned and cleared, returned and integrated, to make us more complete in our Being.

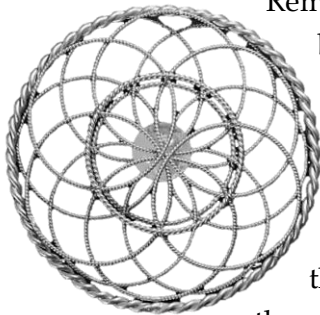
The Elders Three- Three Elders. Three Women. Three Warriors. We bring to you the balance of Divine Mother and Masculine Warrior. The balance of the two. You nurture as you protect. Within this balance is the release of Duality.

Warriors we are. One stands with a spear, this is a spear of truth, allowing those to speak Their truth. To the right stands One with a bow and arrow, that pierces the heart in a good way. To the left stands One with a shield that brings protection for all of those who speak their truth from their heart. There is completeness in this circle. A feeling of being.

The Elders Three are three spirits that made arrangements with Brenda and others to come forward at this time to help bring together those who are upon our beloved Earth. To help those who are looking to find a way to who they are. We bring remembering and tools so that you may step into who you truly are.

Through Brenda we will bring healing so that those who are in great physical and mental pain can move past their pain. If they so desire and if it is for their highest and best good. Which is for us understood. So we say to you relax, be in the moment.

Tube Torus- Simply seeing the Geometries of the design is a trigger for Remembering; for bringing in a Knowing. Brings



balance, a balance of Light and Dark, a balance of Male and Female. Brings the body into balance, and then the body rights itself.

Unconditional Love comes through from all those who walk with you. It is their Wisdom that you connect to, as well as the Wisdom of You, through this special tool.

- ∞ Your Heart creates a donut-shaped electro-magnetic field known as a Tube Torus
- ∞ The Tube Torus is a description of how energy flows, this energy pattern is found in all of existence
- ∞ A Tube Torus begins with the Seed of Life / Genesis pattern

- ∞ The Tube Torus pattern comes from two Seeds of Life- slightly offset from each other to create a 12 petal design
- ∞ The image also appeared as a crop circle in May of 2009

I started working with Melissa in the Studio in 2012. She helped create and round Rings, until she started working with Metatron... then she began to create in Sacred Geometry. The Tube Torus was one of her creations, along with the Fruit of Life.

Tensor Rings- Slim Spurling Re-Discovered Tensor Ring technology in 1991. Slim knew of John Wheeler's extensive work with closed loops. John Archibald Wheeler, who coined the term *black hole*, came up with the mathematical theory of the Tensor field, which is found inside the ring. Wheeler called the field created by the loop a Tensor Field.

Hans Becker, an astrophysicist who extensively tested the Spurling Rings, found the ring to oscillate at 144MHZ, a harmonic of the speed of light. He said that *"When you create a closed loop coil, energy begins to flow and the laws of physics go out the window. They may be the simplest, most efficient source of energy there is....gathering it and condensing it freely from space."*

Tensor fields create an anti-gravity field. Grebennikov's work supports this hypothesis as well as Mueller's global scaling, where Tensor Rings emit a harmonic to a specific gravitational wave. According to Phillip Callahan, an expert on paramagnetism, Tensor Rings exhibit a paramagnetic value many times greater than anything ever tested. This means that Tensor Rings cause some of the elements in water to spin to their high-spin state referred to as ORME [Orbitally-Rearranged Monoatomic Elements]. This has a tremendous impact on water's molecular structure and on the energetic components of the water.

Copper is a micro-crystalline structure. When wire is created, it aligns the crystalline within the wire to create a one-way flow of piezoelectric current. When the wire is folded back on itself, twisted, and cut to a specific length, it is then brought into a ring where the ends meet up. This creates a continuous flow, powering the Tensor Ring on the physical plane.

It is the specific length which creates a working Tensor Ring. When cut to a specific Cubit length, the Ring acts as an antennae to produce a frequency. Any random length would not create a Tensor Field. Many people have heard of a Cubit, which is a unit of measure. There were once 64 Cubit lengths known to Earth, many of which were used to build the megalithic structures around the globe. We currently have found seven Cubit lengths which produce Tensor Fields.

Here is a list of the currently available Cubits and their subsequent frequencies:

- ∞ 144 MHZ Cubit- aka Sacred or Royal Cubit. Comes from the King's Chamber of the Great Pyramid. Slim Spurling's Cubit. Known for its work in the Physical.
- ∞ 177 MHZ Cubit- aka Lost Cubit. Discovered by Hans Becker and Slim Spurling. Known for its connection with the Etheric and Emotional bodies.
- ∞ 188 MHZ Cubit- Synergizes well with the 144 and 177. Works with the Pineal, helps release Programs and Beliefs.
- ∞ 333 MHZ Cubit- Changes the color of sound and works well with Sound Healing.
- ∞ 764 MHZ Cubit- One side has a Black Whole, or absence of energy, while the other side creates a tornado style field. You can change the "polarity" of the output simply by intention. Slim showed possible uses of teleportation and tornado wrestling.
- ∞ Galactic Cubit- Two Master Dowsers, Marty Lucas and Scott Ertly, connected to Source and asked for a new Cubit length. They received something unlike any previous Tensor Ring. The Galactic Cubit connects with the Higher Soul Self and works with all of the Soul's Aspect.
- ∞ Balance and Harmony Ring- The Cubit length that creates this new Ring is the basis for the ancient Mesoamerican city, Teotihuacan. Translated as the "birthplace of the Gods", Teotihuacan contains the great Temple of the Sun. This unit of measure has also been found in Bolivia at "the Gate of the Sun," in Ancient Egypt, at Stonehenge, and other megalithic structures

around the world. The Pyramid of the Sun and the Great Pyramid of Egypt have an identical base-length based on this measure!!!

I attribute Scott Miller, Master Alchemist, as the one who was shown the Teotihuacan Unit as becoming a working Cubit length.

Tensor Fields are also helpful to:

- ∞ Restructure Magnetics
- ∞ Clears harmful Electro Magnetic Field Smog
- ∞ Restructures Water
- ∞ Brings water back to its original crystalline structure. The Authors of *Dancing with Water: The New Science of Water* have done extensive research on the Tensor Fields, and are proposing that the Fields bring water back to its original crystalline structure.
- ∞ It has been shown in the laboratory that water becomes lighter in weight due to the positive right-hand spin put on the molecules
- ∞ Takes acidic water and turns to a neutral PH over night
- ∞ Create Elixirs with Water
- ∞ Reduces swelling of tissue

Trinity Breath- Brought through by The Elders Three, this three breath technique has been used throughout time, space, and cultures, before ceremony. It connects you to Source, grounds you with the Earth, and brings them both into the physical You in the Now moment. It may be a very powerful Being. It is called the Trinity Breath as you are mixing the energies of both Earth and Sky together within you to form the Trinity- the Trinity of Earth/Sky/You.

Waywards, or Earthbounds- Occasionally when we die, we can fail to make the transition, and can be considered Earthbound, or a wayward... bound to the Earthly plane, and searching for our way Home.

Waywards need life energy to survive in this state; and people and places contain this life energy. It is beneficial to all parties involved to help those that are Earthbound to move on. It completes someone's Soul, and raises the vibration of the physical Earth plane.

A few reasons for remaining Earthbound includes: a traumatic death, concern over unfinished business, anxiety for a loved one still living, fear of going to Hell or being punished, didn't know they had died, etc.

Such Earthbound energies are rarely malicious: mostly they are lost and confused. They manifest in a variety of ways- perhaps attaching to a house or locale with which they were associated in life. These energies may also be responsible for poltergeist activity, which can a way of drawing attention to their plight.

The method we use differs from exorcism, which attempts to banish by force. When dealing with the Earthbound, or wayward, we take a gentle approach, seeing them as a being in need of help and understanding. The Earthbound could be your relative or loved one!!

Helping those who are Earthbound releases them from their condition of attachment to the both the past and the physical plane. This is done in a compassionate, non-confrontational way. This is done by connecting to, and talking them into the Light.

The Angels then can move the Earthbound on to its rightful place in the universe.

The main things to remember when doing this work is no fear, much love, and keep it simple.

* Spirits are those who come from Home and have their own energy source, where Earthbounds are those who are stuck between worlds and need outside energy to survive.

Resources

TwistedSage Studios houses the 5D Animator and is the manufacturing facility for all Balance and Harmony and Ascension Rings

TwistedSage.com has tons of free resources and links

The Elders Three can be found on Facebook

TwistedSage Studio is listed on YouTube and Vimeo

Videos include creating the Elemental Symbols and Creating the Tensor Rings video for those who wish to play with copper

We will continually create videos for all to access, including exercises and addendums to the Harmony Handbook

I AM a Sovereign Being

In this ever present co-creating moment, I call upon all of those, who walk with those, who walk with me, for my Highest and Greatest Good, to assist in creating a unified proper spiritual court of equity so I may find remedy and resolve with all contracts that no longer serve me, including all fine print inserted during the pre-birth and birth process. I bring forth all spiritual contracts that exist throughout time, space, and dimensions, with any part of my Soul Self and Soul Aspects. I call forth the proper spiritual court of equity to hear my decree of contract removal. I call forth to the unified dreamtime societies of all Earth to come to this spiritual court of equity to provide their complete wisdom to this sacred moment in which I reclaim my sovereign spirit authority. I call the primary ancestor spirits of Earth Mother to come into this spiritual court of equity to hold space for the reading and removal of all contracts which I hereby revoke. I revoke all spiritual contracts, which are not for the Highest and Greatest Good, including all contracts using domination and control as a means of energy harvesting, fear instigation or reality manipulation. I revoke all spiritual contracts, which are not for the Highest and Greatest Good, with: ☉ Earth based Media Systems ☉ The Energetic Exchange of Value Systems, including any Banking System ☉ Every branch of Government ☉ Educational and Religious Institutions ☉ Migration patterns of all Soul Family's incarnating on Earth ☉ All Sacred Geometry Systems that use my Life Force without direct consent from me and all of my Soul Family and Ancestors in Complete Agreement. I call forth all the Ancestors to honor this reading of my freewill and enter it into the Earth Akashic record for all sentient kind to understand our freedom comes with the use of freewill at all times. I no longer consent to my life force being used for any purpose that does not heal our great Earth Mother and promote unity consciousness among all sentient kind living and co-existing within and on Earth. I invoke my natural rights as a Sovereign Being born of Earth. I hereby declare that I am in alignment with I Am Source and Earth Mother. I am infinite consciousness. I am God Goddess incarnate. I am a Sovereign Being. I hereby reclaim my Divine power. I Accept I am Grateful ...and so it is.