

We want to introduce this modality of Kundalini Awakening at this time to new ways of doing things. It's much stronger and doing things. It's much stronger and faster.

Background information on this from Maha Avatar Babaji. Babaji said we are coming to a place where we can decode the DNA. This particular method has the capacity to change the water in the body. Its going to be tested out in London. Babaji said we will be able to change the water inside the body. It can have a dramatic effect on people's lives.

The next question is -

Who is ready to do this?

Is everyone ready in their level of spirituality that they can transmit this particular energy?

It will be done on a one on one transmission.

Where a code will be downloaded in each person's hands- a secret code, a sound and a mudhra. This needs to be worked. About 50 have enquired as to how they can learn this. we want to teach this to people. **The idea is to change the water inside the body especially for cancer and HIV patients.** Decaying cells can be shifted and new stem cells can be created in the body. In 3 years there will be a huge shift medically n how science will accept this part of healing. Babaji said first work with people who do dialysis-can see the effects within 1 week. So many new things are coming in everyday.

This method is completely a different modality- a code will be placed on the hands of a person on a one to one basis. This will be taught to Anne Choo in Singapore. Each person who is ready will be given this code after talking to them and working with them from that level. Once the code is placed in their hands they are ready to transmit the energy n its much more powerful.

Criteria to receive these codes:

- less drama in their lives
- must be working on their lives
- must have spiritual light quotient

## **A. Introduction**

We are going to bring some information from the Shamanic Masters of the ancient past. Some of these Shamanic masters u might not have heard at all. They are masters from the inter dimensional reality. These masters never had Earth lives. So their understanding of Earth is very different from what we think. So sometimes it might sound a bit off the piece. But there is wisdom in what they are saying. There will be 2 or 3 masters from the ancient past.

We will have a prayer- Shamanic prayer  
Greetings- its called Gemaru

I had the opportunity to learn from a good shamanic teacher for 3 years. He helped me to understand the feelings in my body n to recognize these feelings. This gave me a base into spirituality. He also gave me pointers on to bring energy channeling. So I was always fascinated by Shamanic practices n the interrelation it has with everything in life.

## **B. Channelling of Grandfather**

Hello my friends

I am Grandfather

Blessings to all of you.

It's an honor to communicate with u this way.

In my time, we never communicated in this way.

**We communicated thru feelings.**

But I see in yr time, **people are only communicating thru thoughts.**

But I feel, it is very limited.

### **1. Communicate thru feelings**

**U must learn to communicate thru feelings because feelings represents yr trueness- yr true essence.** But we hide our true feelings for a variety of reasons.

The main ones being that:



- u will be called stupid if u show yr feelings or
- u will not be taken seriously.



Your **body speaks thru yr feelings.**  
Where else **yr tongue brings words.**  
Yr **tongue is connected to yr brain.**  
Yr **brain is connected to the past.**



Where else the **body is connected to the earth and leaves roots at the present moment.**

Come to the body.

## 2. Talk to yr body

When was the last time u talked to yr body?

Communicate with yr body

What can u talk to yr body?

Anything.

Do u want to know if it's the truth?

Just talk to the body n the body will respond. It will be very subtle but the body will respond.

Ask the body- What it needs now?

The body will tell u.

For example- for Sister Margaret, if she were to talk to her body- her body will say it wants a little bit more sunshine. Maybe I need more yellow on my body. The body will communicate with you what u need to go to the next stage.

So before u eat food next time- talk to the body.

Ask- What would u like to eat?

So the body will tell u what it needs to support u at this time.

An example- lets say u are hungry what should u eat?

Yr tongue or yr brain will coordinate n bring to u in nano seconds the memory of the foods that u ate from yr past programming. But if u talk to yr body, yr body lives in the present moment. The body will tell u something else- u need this particular food at this particular time.

### 3. Yr body is feminine

U must remember, **yr body is feminine, yr essence is feminine.**

Does that mean u are a female?

NO!

But **u embody the qualities of the feminine Goddess.**

**How come?** You will say.



- because **you are made up of Mother Earth materials.** And **Earth is a living spirit which contains the qualities of the mother** who brings things to you, takes care of you, looks after u.

- And since u have **water in yr body.**

Water nourishes u, nurtures u and water is feminine again.

- feminine is **creative**

So u are a feminine being

Tomorrow b4 u drink the coffee- ask yr body " What would u like my friend?". Then listen to what it says. It maybe wants something else. But are u going to follow the advice given by yr body? When u get in touch with yr body- **it's called living one's truth in the physical body.** This is the difference between teachers and masters.

A MASTER lives his truth in the physical body as a living truth

### 4. Water



Let me ask u one thing?  
Yr body is water- is it not?  
The **blood in u is water**  
U drink water everyday.  
All kinds of liquids.

### Where did this water come from?

Many times the water has come thru filtering machines, passing thru turbines where machinery was used. The water is very angry. The water is very depressed. So if u are depressed and know people who are depressed - look at what u or they drink.

Just to give u an example- u go near a dam, in less than an hour although it might seem very beautiful but u don't feel good.

### Why?

Because the water is blocked n it is very, very depressed.

U will take in the depressed energy.

The depressed energy is taken by the wind and blown to all the people.

So energize the water within you.

Water which is dammed up, it is

- anxious
- nervous
- angry
- rage

This is passed on to all the people even if u were to filter the water. U can have the best gadgets but water is water.

### How to energize the water?



#### Ex 1: Energize the water

1. Take an earthen pot
2. Take 9 stones- clean them n place the stones in the pot.
3. Add in the water
4. Leave it like that for 30 mins.

The water will remember what it was before

### How does it remember?

Water coming from deep underground, it passes thru many minerals, roots of the trees. The water will remember its true origin. And when it remembers its true origin - the water is happy. U use that water.

When u honor the water within u, u will honor everything in life.

## Ex 2: Healing the water in a lake or river

If u are near a lake or a river



1. Open all yr fingers



2. And place them into the water

And let the water flow thru the open fingers

3. U may sing a happy song

4. If u cant sing- imagine a happy time in yr life. Maybe u and yr partner walking hand in hand or seeing a beautiful rainbow or any other happy time. Bring this into yr mind. And send that feeling thru yr hands into the water.

the water will feel happy

We as human beings **have the duty to heal the earth spirit daily especially the water.**

We ask u to do this

## 5. Stones

Now we come to the stones

All stones are very alive



**DO NOT PICK UP STONES WITHOUT THEIR PERMISSION**

If u say- I have already picked up, remember where u picked it up and put it back.

Now everything in the universe is created has **Life Force.**

Stones are just like human beings.

They have families- children, grandchildren, aunts, uncles... everybody.

Hollywood once made a movie- The Stone Family.

### Exercise 3: How to pick up stones?

So next time u want to pick up a stone



1. Bend down but the best is when u can sit down
2. Look at the stone
3. Close yr eyes and breathe
4. If u feel a good feeling in yr body or good visions come - the stone is happy. But if the feelings are bad, shivering in the body- it means the stone is not cooperating with you.

5. Then look at the stone, how it is placed?

6. And then u ask the stone- Would u like to come with me?

Immediately u will get an answer.

7. Then what u do is - don't pick the stone. Leave it there for 10 minutes. the stone will communicate with it's family and say goodbye to everybody. Then the stone is ready to cooperate.

Let's say I ask some of u- do this for me. U may not cooperate. But if I say," Will u kindly do this for me?" U will cooperate. So when u ask for permission - they will cooperate.

So now the **stone has given its permission**

8. Now u ask "How long u want to come with me?" U will get an answer- u must honor it.

9. U take the stone n bring it to yr house. U wash it with clear water.



10. Take it with yr left hand and blow into it 3x.



11. Place this stone on the left side of yr body where u sleep

12. What happens is- in 15 days time, the stone and u have fully integrated both yr energies. Take the stone in yr left hand and ask any questions- the stone will answer right away.

Now in the same way u pick up 9 stones to cleanse yr water.

My Sister Anne Choo- if u were to use this technique with the 9 stones, water n an earthen pot and if u say certain prayers, the water will become structured water. It will become its original energy. Shamanic way of living.

Stones have the highest wisdom.

### Why?

Stone is part of mother Earth.

### Do u know why we have rocks and stones?

They are holding the vibrational pattern of the Earth.

A stone in Jakarta can communicate with a stone in India.

So u can get answers.

The great teachers used to carry stones.

Master Yeshau carried stones all the time.

The great Dalai Lama carries stones

U get yr own stone.

## 6. Elementals

Let us say u are looking for an answer in yr life or the community is looking for an answer but u cannot find the answer. So what u do is- make a request to the wind, talk to the wind.

### Exercise 4: How to work with the wind?



1. U touch yr tongue to the top of yr palette and make the sound shhhhh. That's how u communicate with the wind and tell the wind the problem.

What the wind will do is- The wind will take this energy and go to other parts of the world where they have similar problems where they have solved it.

And within 3 to 7 days time, the wind will blow back into yr community and people who are intuitively aware will pick up the wisdom to solve the problem.  
So use the wind to get answers in yr life.

## 7. Gestures

The next one, we want u to practice it.

U will see many people dying within the next 3 years.

### Why?

Because they want to come back as a new child in the new consciousness.

One of the problem is that **when u are ready to die, the water content in yr body is lessened. 12 hours before death, water in the body changes.**

### Why?

- The body will inform all the organs and all other cells thru all other realities that the 3rd dimensional body is ready to leave the planet. And when that happens the light quotient in the blood becomes less.
- Also before death the chakras underneath yr feet gets disconnected.  
So the lessening of light in the water and the disconnection of the chakras becomes very disorientating. There is confusion.
- Combined with these, yr earthly life also flashes before you. Great fear of what u did, we start judging ourselves. Most people die like this.

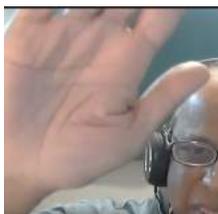
Now Sister Meenakshi would u like to help people dying like this by bringing more light into their water?

A very important work to do.

## Exercise 5: To increase the water in a dying person



1.If u can bring the left hand of those who are ready to die like this



2.The right hand like this



3. Place right hand on top of the left hand  
Onto the middle of the belly button  
And just rotate 12x

### What will happen?

The water in the body will have more light and the body will carry more light when it leaves. When there is more light in the body there is more peace in the mind.

### Exercise 6: To increase water content in an aging person

One of the things is when u get older, the water content in yr body becomes less and less. Even if u drink more water it does not increase the blood contents. But u can increase it internally.



1. Bring yr hand like this- a wand position



2. Both yr hands

3. Bring it in front of yr belly button

4. Point both yr index to yr belly button and just rotate

U might feel pain in yr body

5. U can **make the sound- WUMM**

When u make this sound and do this gesture, the water in yr body will start to carry more light and u will have more water.

The **more water u have the more vibrant u are.**

Now look at children, teenagers, young adults - they have more energy.

### Why?

They have more water within them produced by their own bone marrow.

So when we make this gesture, u are communicating to the bone marrow to produce more blood within you. Simple exercise **done every week**, especially when u start getting old it will help u get energized. Youthful energy coming within u

Now u must remember 1 thing- yr body is very alive.

It hears every thought u have.

Yr thoughts are sound frequencies. It gets embedded into the very cells.

It can be changed and it must be changed.

### And how to do u change it?

U can consciously program the water inside of you.

Dear one, this can shift many sicknesses

### How?

Along with the organs and the water or blood within u carries certain programs. Certain precoded energies which at the appropriate time will manifest in yr life.

For example let us look at a baby girl, she slowly starts growing up and when she reaches a certain age her period starts to flow. This is a prerecorded energy. At a certain point it gets triggered maybe earlier or later. Same thing for sicknesses with the appropriate circumstance and energy, sickness can just pop up. These are precoded to bring specific understanding or specific growth. Same way we can consciously code the blood within us to bring a new outcome.

### Exercise 7: To consciously change the water in you.

We want u to open yr mouth



1. Point yr right wand finger into yr mouth
2. Point towards yr tongue
3. And just rotate the finger

U might feel expansion, heightened state of awareness or nausea

Now when u start feeling any energy, u can bring an energy thru yr thought to what u want to program in the water/blood. Maybe to release a particular belief system that is holding u as a prisoner n not allowing u to move forward or to bring a particular understanding. U work with it dear one. Again u can have dramatic consequences in yr life.

Water is yr life. Understanding water means understanding light.

Look at the Indian mythology.

Look at the great Lord Shiva

What is coming out of his head?

Water is it not?

He is giving a hint.

It is thru water u will discover yourself.

There is even a picture where he puts his hand in water when meditating.

Water, water, water!

### **Exercise 8: To balance the sun and moon energy in you**



1. Hold yr thumb and index in this position



2. Now bring yr thumb and yr index finger of both yr hands and touch like this

3. And point towards yr heart

4. Touch yr heart area

5. And just stay there

### What can it do for u?

This gesture will **affect the sun n moon energy in u.**  
The **electrical n the magnetic energy**

When u do this exercise n stay in that space for sometime u will **start cultivating gentleness within yourself.** U will start cultivating **politeness for other people's feelings. These are the qualities of the feminine. Consideration for others**  
So u move from me, me, me to us and we.

**"A little consideration, a little thought for others, makes all the difference."**

We ask u to work on this.

### Exercise 9: To help u decide



Now we ask u to bring yr left hand like this  
This is called the wand position  
This was the technique used by the ancient Shamanic people.

### How did they use this?

The shamanic people were nomadic in nature.  
They travelled frequently  
When they travelled, they had a few criteria to look at.  
How would they find the way or which direction to go?  
East, West, North Or South

They had to look for these things-  
Will they find water where they are going?  
Food for the battles  
Is it safe from the bandits?

### **How did they make the decision?**

So what they did was, the elder of the village, pointed his hand (wand position) in all directions for 3 minutes each.

So u point like this and be with the energy

See how much of the energy you feel?

Then move to the other side, the other side n the other side

Which direction u feel the most strongest pull in yr fingers - go to that direction. That direction will be supporting u.

This hand position u can use in yr daily life.

In yr modern world now, there is much information- an overload.

Which one is most appropriate for u?

U just point yr wand position to that information.

Do u feel the energy?

If u don't, it is not for u.

Just say- what do I cook today?

Point towards what u cook on a normal day.

Where u feel the most strongest pull

Cook that- because that is what yr body says it needs for that day.

For various things u can do this and find the answer.

The more u get in touch with yr body

The more u are coming to yr own truth

Now let us say you go to a room full of people

Of course u cant point yr 2 fingers at the people

Just point the fingers down n simply ask:

“Out of all these people in this room, who has a friendly personality that I can go and communicate? Who is the person who is truthful? Who is the person that is dangerous in this room?”

Yr body will tell u.

U can find the truth thru using these fingers.

We ask u to use the wand- the more u use, the more energetically u become strong.

### Exercise 10: Bright future

Now we would like to give u another exercise.

All of u are looking for a bright future.

What do the human being want at the end?

Peace in the heart.

Well being for them and their family.

Some sort of financial security

Good health and less suffering.

All people around the world are seeking these

Can we bring the future to us?

Yes

And we want u to work with this.

Imagine what u want to create

see the end result

Don't visualize how it is created- just see the end result



1. When u do this- open both yr hands and bring them to yr solar plexus area



2. And leave it there for a moment visualizing the already created energy of the thing of what u are trying to create. Leave it for 1 or 2 minutes.

3. Leave yr left hand on yr solar plexus



4. Lift yr right hand up like this, like u are holding something. Holding the energy that u have created.



5. And then yr right hand, u slowly pull it, pull it, pull it.

6. Bring yr right hand to the top part of the heart and place it there.

7. Yr left hand is still on the solar plexus.

8. Maybe after a few minutes. Slowly very slowly slide it down and bring it to the place where yr left hand is holding the energy.



9. Bring yr right hand on top of yr left hand n be there.

So what u are doing is:

- u are **bringing an energy that is already created and anchoring it into yr heart.**
- And slowly **bring it down to yr solar plexus for manifestation to happen u have to bring the energy and anchor it in yr solar plexus.**

A very beautiful exercise

U can practice -what u want to create in 3 years, u will be able to create in less than 6 months time. Do not be fooled by the simplicity of this technique.

Dear Ones, u are working with energy, everything is energy. We would like u to work with this

Don't have many wishes

Take one

Work with it

Finish it and go to the next one

Example: U want to be a writer- see the end result only. When u think u have already created the energy.

Lets say u want to move to another country. Imagine u are already there. grabbing the energy of that place. pull it, pull it with yr right hand. Bring it into yr heart.

U can also imagine u are placing a hook n pulling the energy to u, into yr heart then yr solar plexus.

U will start to see great improvements in yr life.

U must remember always

U can manipulate the energy to create a specific outcome- u just need to know how.

Now somebody else will speak with you.

### C. Chief White Eagle

Hello my friends and family

I am Chief white eagle



I have noticed in yr birthing culture u do not treat the new ones coming in with reverence. Many birthing is done in the hospital or in a place where there is no love. U know when u birth a soul there is great energy and also fear and expectations.

#### What is that expectation?

That this world will welcome me

#### And what is the fear?

It knows intrinsically that the one that is holding its life, carrying it's life is going to be disconnected from it

Now **not every soul born, has had earth lives.**

So u can call them **young souls.**

Some of them u can see - they just do not understand the ways of the world. Very nice, very good But these souls are terrified It knows also that it has to open its lungs and breathe otherwise it will die. But the greatest fear is the one that has given me life is now pushing me out.

### 1. Birthing

In our time, in our culture, even now we do practice what we call birthing ladies

They stand around the beautiful soul ready to give birthed sing songs.

Song to the mother, singing to the little ones.

And what song will they sing- a welcoming song.

Oh little soul

Oh little soul

We are waiting for u

A place of love and honor

We long to envelop u

Come to us. Come to us

With ease and grace

For we are the loving caretakers of you

The soul will feel comforted  
And the beautiful baby  
Will be emotionally balanced

## 2. When the baby is born

2a. And then what u can do- when the baby is born

1. Take a small leaf- preferably a green leaf and place it in the baby's clenched fist



Don't force open the palms  
A tiny small full leaf, just slightly pry open and put it in the palms.  
Of course the baby cannot hold  
So u are holding the baby's hand and inside the baby's hand a small leaf is sticking out.



2. The other member of the family or the birthing family take another leaf and touch the soles of the baby's feet.



3. Now touch with the leaf the pineal gland area

4. Then u can take the leaf out from the baby's hand.

This **baby will not forget it's origin**. The baby will always **have a connection with Mother Earth** and that will help it **remember**. And the baby will always **honor the land**.

## 2b. Crystal

If u want to go to the next step take a crystal



A tiny quartz crystal  
Open the baby's palm  
Place the crystal in the baby's palm 3 to 5 minutes

Then remove the crystal

This **crystal holds the pure frequency of the baby**

Now the crystal, any time the baby holds the crystal as the baby grows up- will feel it's own energy. Even when she becomes old.

Just imagine the crystal is still there and the baby has become old and ready to die n if she holds the crystal she will carry the pure frequency energy n she will go to the other side with this love frequency.

This is how in our culture we brought in new souls.

### 3. Animals

#### ● An eagle

A majestic bird flying

It has many purposes.

It represents:

- freedom
- courage
- bravery of the heart to take action

**How can an eagle help u or a horse or a whale?**



#### Exercise 1:

1. What u do is u connect with the spirit of the people in the prison cells or people in the war zone.
2. And u invite them to come and sit on the animal.
3. Imagine the eagle is flying with the souls of those who are suffering. or sitting on a horse or on top of the whale.

The souls who are suffering will start to feel hope again in their lives.

U must remember 1 thing all beings on the planet are connected and support one another.

## Exercise 2:

Let's say u are feeling sad or depressed, invite the bird kingdom and ask them "Will u carry me?". Many birds will say "Yes". Imagine yourself sitting on the bird. Takes u high and u are flying. In 15 minutes u will start feeling better.

### ● The Owl



Now there is a very special bird, it's called an owl. How cute they are! They are very intelligent beings. Have u heard the sounds made by an owl? Try and listen to what they are saying. They are communicating.

### Do u know what they are doing?

They are **helping the water on Earth.**

### ● Frogs



### What do frogs do?

Many times u will feel they are just making noises. No, they are singing.

### Why are they singing?

To activate yr DNA

### ● Cricket



Look at the crickets.  
What are they doing?  
They are making sounds

### ● Cicada



Cicada in summer time  
**What are they doing?**  
They are **singing to yr bones**

Every species is supporting humanity's evolution.

● **Bees**

**Do u want solutions to yr problems?**



Talk to the bees  
They have great wisdom.

Go in spirit to the bee hives  
U will **get wisdom**.

● **Penguins**



U are **stuck and looking for solutions**  
Go to the penguins.  
Penguins are mathematicians  
They are from Andromeda.

**U know how they took the shape?**

They wanted to come to Earth. So they went to the Creator and said that they wanted to help people. So they looked with their far eyes and they saw that in more than 16,000 years in the future, a place called England. They saw many people wearing a long coat with a bow tie. Now the penguins look very funny- they adapted and chose that particular form. So when u see a penguin does it make u smile n yr heart leap in joy?  
U want mathematical solution -go to the penguin.

● **Chipmunks/ Squirrels**

**Do u know what a small chipmunk/squirrels can do?**



They **place dreams in yr subconscious mind**

Dear one, get to know the nature!  
They love u  
They carry pure frequency of love  
When u honor them- u will see yr life being uplifted.

● **Clouds**

And finally work with the clouds.

U know- clouds are not clouds

They are spirits



U can communicate with the clouds

Have u seen clouds faced like human beings- a funny face, a joker's face

Communicate with them.

● **Rainbow**

Communicate with the rainbow.



When u are tired- invite the rainbow spirit into yr chakras and yr 3rd eye

And see it standing vertically.

U will heal

Everything is supporting the evolution of humanity.

**Exercise 3:**



Imagine all the animals chained and locked up in horrible conditions in the zoo

Invite them to come with u

And lift their spirits up.

● **Giraffes**

I leave u with 1 interesting thing to think about



**Why do u think, giraffes have such long necks?**

They are very beautiful- have u seen them?

With their long and big necks they're sniffing objects that can collide with earth and kill people. They push it out to support humanity.

U should remember 1 thing.

**Why did Creator create everything?**

The smallest to the largest animal.

It is not by accident - There is a purpose.

BE STILL

Communicate with them.

● **Prayer to support the tree spirits**

Now I will say a prayer - which u can do to support the tree spirits and the tree kingdom



**AA Wa Sa**

**Thum**

**Ai Oo**

**Uu**

**Lay**

**Ee Mo Ti**

**Ki Um Si**

**Im Ai O**

**Ai O**

**Ai O**

The native sound

U are **sending energy to the trees**

U are sending yr **heart energy to the trees.**

The **tree will respond back to u.**

Make a connection with all of creations.

They will communicate with you.

I Am Chief White Eagle

● **Shamans in the group**

**Dina Chandran**- Water healer

Was a shamanic woman who worked with water

U know how to heal the water.

step into yr role

**Chan Wai Fong**

was a shaman in Mongolia

Step in to yr role, brother

Take the drum, shamanic drum

**Meenakshi**

a shamanic women

a shamanic priest

In the ancient land of Dakota

It's time to remember yr role-Why u are here!

**Barbara**

U know what Babara did?

She used to stand in the water

And take water in her hands n sing to the water.

And the water will flow in a particular way.

It is in you, sister.

We bid you goodbye at this time

