Harmonizing Journey to Re-Alignment (HJR) Seminar Series

Frequently Asked Questions & Introductory Session to Re-Embody The Essence of The Law of One

© 2018 - 2020 Alignment In Spirit Inc.™ and ©2020 HJR Seminars LLC except as provided by the Copyright Act 2011 Title 17, no part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means without the prior written permission of the publisher.

Updated 2020 for use with HJR Seminars LLC

P.O. Box 203
Oliver, GA 30449

https://harmonizingjourney.com/
Table of Contents

About the Facilitator, Katie O’She Wha’ Nitah ................................................................. 3
Frequently Asked Questions ................................................................................................ 5
Harmonizing Journey & Re-alignment Session Purpose & Background .......................... 13
Part A: The Journey ............................................................................................................. 18
   The Krystal River Prayer sequence by ARhayas Productions: ........................................... 18
   Harmonizing Meditation ..................................................................................................... 20
   Building Your Sha-DA Cloister Floating Buddhas Shield: ................................................. 21
Part B: Re-Alining .................................................................................................................. 26
   In Summary, As You begin to Come Back to Your Physical 3D World: ............................ 28
About Harmonizing Journey To Re-Alignment (HJR) Seminar Series ............................ 30
Links to Follow ....................................................................................................................... 32
Appendix A: Crystalline Travel Pod ...................................................................................... 34
Appendix B: Sanctuary Island ................................................................................................ 35
Appendix C: Aurora My Pod Space ....................................................................................... 36
Appendix D: The Flame Fields of Eh’ Lia-Sah ....................................................................... 37
About the Facilitator, Katie O'She Wha’ Nitah

As a child growing up in St. Louis, Katie O’ She Wha’ Nitah never accepted the reality given to her, and always felt that there was more to life than ‘logical 3D’ living. As her adult ‘reality thought bubble’ world began to break down in the year 2000, she was forced to reconcile feelings of fear, lack, survival, and a perceived need to ‘fit in’ to society to instead consciously manifest her own hologram experience.

She began exploring her past lives, different forms of spiritualism such as Christianity and Buddhism, authors such as Carlos Castaneda and Abraham-Hicks, and bodies work such as Keylontic Science and the Law of One.

Katie’s major breakthrough came in 2007 after an Azurite Press/Now ARhayas Productions workshop, as her God Source First Eternal Ah-yah ay’a-O’She self desired to be more fully expressed in this 3d world.

Katie is the Bio-Spiritual expression manifest in this time-space reality of O’She Wha’Nitah the Inner Spirit Being / Entity essence whose name really is a nickname for the Nameless, I AM. The harmonizing these two aspects into one expression is what some people may refer to as a ‘walk-in’ experience. She is what’s traditionally known as a “Navigator”, helping others connect to their God Source First Eternal Ah-yah Aya self within Bio-Spiritual Time Space to remember who they are as powerful multidimensional beings beyond Finite 2nd Creation Mechanics.

She values the importance of personal healing, and helps to manifest the New Earth by building positive relationships and embodying Divine Love and Divine Wisdom. No longer do we need to live under the illusion that the 3d world we live in is a finite solid structure. As spiritual Beings our purpose was to expand joyfully in this Bio-Spiritual Universe.

We are all the individuus of the All One. What Katie shares are her own peculiar Template perspective that applies to her own Inner World Journey as IT. Do not take it as absolute Truth.
but just see where it fits for you in your World where you too are individuus of the All One with your own inner truth of Self that is aching to be joyfully expressed. Harmonizing Journey to Re-Alignment (HJR) Sessions are designed to help you navigate your journey of remembering your God Source First Eternal Ah-yah ay’a self to Live Huge NOW.

Katie attributes much of her ease of connection with her Inner Being O’She Wha’ Nitah to her work in Keylontic Science. Giving much thanks, LUV, and gratitude to the Guardian Alliance/ the Al-Humbhra Magistracy Council of Cos-mi-yah, she advocates for everyone to learn what they can of Keylontic Science particularly those that think of themselves as Grid Keepers and Gate Keepers.

And if you do not inner-stand the mechanics of the multidimensional structure (Neural Network Pathways of Mind) of how things work, you are working blindfolded for it is important to honor and use all your senses that as an Entity you created. Katie is also author of ‘Waking in Alania Book I: Orb of Ment-A’, and lives in rural Georgia (where the ancient ones come to play) with her Cat Kali and her loyal Hound, Clyde.

Education & Training:

- 19 years experience in the Science of Keylonta, performing Grid work and Kathara Healing (Certified)
- 8 years experience working in Human & Social Services (case management and counselling) for the state of Illinois
- Master’s Degree in (Human Resource Management, Training & Organizational Development)
- Bachelors of Science in Social Work Associate Degree in Human Services

Much LUV and Peace,

Katie O'She Wha'Nitah

The HJR Navigator helping others to connect with their God Source 1st Eternal self to re-member who they are as powerful multidimensional beings.
Frequently Asked Questions

1. **What is a Navigator?**
   A Navigator is an Ancient One who can help others travel through the Inner Earth passageways of time and space at one level. Still, more accurate, they help others traverse through their own Neural Network passages (the Web of Life) of the Eternal Mind of the All That Is.

2. **What is a Harmonizing Journey to Re-Alignment (HJR) Session?**
   A Harmonizing Journey to Re-Alignment (HJR) session utilizes Keylonta mechanics. The mechanics work with the organic Light Body Structure to bring back the organic 1st Creation Mechanics of the Eternal Domain of the All That Is. The Eternal Domain re-aligns the Artificial Finite 2nd Creation Fibonacci Tube Torus Net Earth program back to its natural perpetually renewing organic Aurora Ascension New Earth expression.

   The HJR Session is an explorative adventure to get to know your authentic expression and answer any questions that you may have. A key factor in these sessions is you are in charge. You are making the connections. Katie O’She Wha’ Nitah helps you get there and holds space for you to do what is right for you.

   Katie O’She Wha’ Nitah utilizes hypnotherapy during sessions to help you go into a light trans-state to connect with your own Spirit Clan family, also known as higher Self, Inner Being, Guide, I Am...

   **These sessions differ from many other similar hypnotherapy sessions by:**
   
   - Combining hypnotherapy with the mechanics of manifestation – Keylonta and working with The Krystal people from the Eternal Domains to aid in making the connection with your Authentic Clan family.
   - Developing a deeper awake and aware link with your authentic self.
   - Making a stable connection with Aurora New Earth to express now in this time space reality not somewhere in the hereafter.
• Transcending polarity consciousness to see with clarity why you do what you do.
• Clearing blocks at a deeper core template level when connecting with your own unique multidimensional Clan family self.

Please check out the Introductory Session included in this package if you have not yet. An Introductory HJR session with Katie tends to last about 2 hours. Follow-up sessions can range from an hour to two or more. You will receive an MP3 copy of the session and a PDF Handout preparing you for the session.

3. Where do I go on this journey?
These sessions start at the water’s edge on Siesta Key Beach. You are soon taken via your Crystalline Travel Vehicle to Sanctuary Island. This Island is like a way station with an access point linking you to your current time-space reality to your personal Ma-sha-ya-hana Pod Salon or Pod Space. The Pod Space is a safe place to travel ”In Mind” through your Neural Network pathways of the Eternal Mind to the DhA-Yha-TIE Planes of the Eternal Domains to make a deeply personal connection with your Inner God or Goddess/ Higher Self/ Inner Being/ I AM/ Spirit Clan family. You get the picture, so you find the right words for you.

4. What do I get out of doing a session and some common questions?
Each session is unique to each person, so it is hard to say all of what you can receive from a session. But I can say that everyone reports they gained more than they thought they would.
• Major shifts when you connect with you.
• Personal healing with your own Buddha Team and higher Self
• So far happily people get their questions answered
• Sense of wellbeing when before there was not one
• A more profound intuitive knowing of who you are and what your contract is or purpose
• Deeper inner-standing of how you create your reality
- Development of Gridkeeper skills and how you create your reality through the HJR Seminar sessions

**Commonly Asked Questions**

- How do I connect with my higher self?
- Where did I come from?
- What is my pursuit?
- What is my next step in life?
- Relationship questions
- Employment issues
- Working through fears
- Clearing blocks in various areas in life
- Clearing blocks to connect with higher self

5. **What is meant by Aurora New Earth Now? And Why is that important to me Now?**

“Life is not rock bottom solid," as Seth by Jane Roberts used to say, which follows with unified field physics as well. The World we know is a construct or reality thought Keylon coded bubble grid within the Morphogenetic field of the Kathara grid structure or Neural Network Pathways of Mind. Meaning we create our own reality, which means depending on where your vibrational energy signature is pulsating at determines what type of Keylon coded reality thought Bubble you are in.

We here on Earth tend to be caught up in the 2\textsuperscript{nd} creation finite Net Earth reality thought Bubble. But there are billions of probability domains of possibility from just one thought intention. One of these many vast possibilities is the idea of Aurora New Earth. This idea brought together the Net Earth Finite construct with the Ascension Median Earth to create Aurora (perfect expression). The Ascension Median Earth was a portion of Earth's morphogenetic field that choose to stay on the ascension path of perpetual organic renewal. The Aurora continuum is a bypass system that
brings together the organic Light body structure with its Eternal Spirit Body structure.

The importance of this Aurora perfect expression is we can live an ascension life here and now. Here is a place that the more you align yourself energetically with this Aurora Earth, the more it begins to manifest around you. It is the “New Earth” that people from different walks of life have been talking about. Everyone is waiting for the great wave to come through, and yes, we are getting little waves coming through, but what can you do to personally draw those waves in and embody Aurora Earth Now.

HJR Sessions are an easy, safe way to connect on a personal level daily with the mechanics and feeling your way through at your own pace. Katie helps guide you to the door. You go through and make your way.

6. Where is Sanctuary Island?
Sanctuary Island is located off the Coast of Ah-Ma-ya-son, Aurora Earth DhA-ya-TIE planes- “Krystic Core Encryption held in the Aurora Continuum Frequency Spectra Blends with the frequency spectra of the dimensional domain structure (Cos-MA-ya planes) to which the “Ah-yah-VA frequency Spectra creates a new set of trans-time spatial Reality Fields literally materialize, linking the domain space-time Coordinate with its Aurora “perfect Expression” through a set of materialized transcendent dimensional Planes.” (Page e Sliders 11 Handout, E’Ashayana Arhayas of Arhayas productions)

7. What is My Pod Space? Why Should I use one to travel?
The Pod Space, also known as the Ma-sha-ya-hana Prayer Salon, represents your Ma-sha-ya-hana level of consciousness from the Eternal planes of existence. You are a powerful plasma generator being able to move through all the dimensional realms of reality at will. Pretty much as a general rule, anyone born at this time and interested in this material is
probably an Adoshi Adept who has either made it to the Ma-sha-ya-hana level. An Adoshi Adept is one who has traveled the neural network pathways of Mind or Stairway to Heaven from the Eternal planes to the outer domains of the light body structure and back down again. A Ma-Sha-ya-hana has made the trek about three times. They usually come back on service contracts to help others navigate their way back home when they have gone down way too many "Rabbit Holes."

So the pod space connects you directly to your own Eternal Life Clan family to directly link up to find your way to expressing and being your authentic self-expression here and now to live a full and harmonious life. Through the development of this relationship, you can manifest what you desire as you stand on your manifestation Template.

8. **Do I lose control during a session?**
   No, you never lose control. The opposite occurs. You have more of a sense of who you are and why you are here and what is important to you to create in your life.

9. **Who is the Guardian Alliance? And what part do they play in a session?**
   The Guardian Alliance is many folds. They represent you in higher dimensional planes of existence. They are also members of the Interdimensional Association of Free Worlds who have been working in our time-space reality to make sure that if our Light Body went down way too many rabbit holes that they would help Us find our way back "Home."
   Home is where your heart is standing in the full knowledge of who you are as the All That Is God Source 1st Eternal Ah-yah A’ya (You, Me, We, Us, They, IT).

10. **What is a Gridkeeper? And am I one?**
HJR defines a Gridkeeper as one who has connected to their clan Spirit Family and is their authentic expression. Then, plugs into the grids of the Earth to align their lone Harmonic Authentic Eternal Expression with the Core of the Earth plane for healing and Aligning all of life everywhere to their authentic expression as Aurora New Earth Now.

The session includes connecting fully with your Guardian Clan family, the Al-Hum-Bhra (crystal people), to follow inspired action that fits your unique expression.

Most people who tend to be interested are inspiring healers, spiritualist, KSers, Abers and grid workers / gate keepers.

11. Do you work with the ancestors?
Yes, very much, so they are an intricate part of who we are biologically and as a soul/Spirit. They are part of our celestial Clan family and our Earth family. They are playing a vital role in the creation of Aurora Earth as well.

12. What do you mean by connecting with your Clan Family? Are they related to my ancestors and or something else?
Yes, the ancestors are deeply connected to our spirit/Celestial Clan family. As we study who our biological family was and work with the shining ancestors to heal the sick ancestors, we heal ourselves and the Earth plane around us.

13. Where did you get your information?
This technology was brought back to Earth by Ashayana Dean (Arhayas Productions). Katie O'She Wha Nitah and HJR Seminars are in no way affiliated or involved with Arhayas Productions. Katie O'She Wha Nitah has applied the technology in her unique style.
(Sanctuary Island, Ah-Ma-ya-san, DhA-ya-TEi planes, Ascension Medium Earth, Net Earth, and Ma-sha-ya-hana Salon or My Pod and Trinity Suns and the 8th Sun/ AL-Hum-bhra and Floating Buddha Rites are concepts taken from sliders 9, 11 and 12 and Beyond the Vales Workshop 2000 (Floating Buddhas 2009) Azurite Press E’Asha Ashayana ARhayas (Deane) and Eh’Lai-sah flame/wave ARhayas Productions 2013)

14. **What is your HJR Seminar about? And why should I take the class?**

The HJR Seminar is an evolution of the private HJR Session to include the book material from the “Self-Empowerment Principles of Awareness (SEPA) Handbook Re-Embody the Essence of the Law of One." This book is the foundation upon which Alignment In Spirit Inc. was based in bringing back the Essence of The Law of One of you are IT the power that Creates Worlds The All That Is God Source 1st Eternal Ah-yah A’ya (You, Me, We, Us, They, IT).

This program takes from Keylontic Science, Science of Mind, Abraham-Hicks, Seth by Jane Roberts, and many like Mind this program is still unique in and of itself. This biweekly six-month excursion is well worth the investment as you develop who you are as the all that is God Source 1st Eternal mindfully and not by default, becoming the powerful Gridkeeper that you are.

The SEPA material is down to Earth simplified version of complicated ancient texts of knowledge made into manageable, digestible chunks to explore both personally and within a group session the mechanics behind the Law of One. You will work closely with your unique clan family in combination with your personal Buddha team and Guardian Alliance team for both personal and planetary shifts.

The only requirement on your part is an open mind and willingness and courage to explore who you are as the All That Is God Source 1st Eternal Ah-yah A’ya (You, Me, We, Us, They IT). This tends many times but not limited
to healers, spiritualist, KSers, Abers, Sethers and Grid Workers / Gate Keepers.

15. **When is the next HJR Seminar?**

Currently the next 6 month class will begin Sat Sept 5th. Please check out link below and sign up for Q & A on Sat Aug 8th to answer any questions that you may have and learn more about the class.

Harmonizing Journey & Re-alignment Session Purpose & Background

This Journey is to connect and Re-align with the Internal/ Eternal Core of your Being that some may call Inner Being or Higher Self of The All That Is God Source 1st Eternal. You are working with the mechanics of the Law of One, Keylontic Science. You are going back to the core realm upon which you had birthed into the outer realms of Creation.

This session does not take the place of a private HJR session with Katie O'She Wha Nitah, who combines Hypnotherapy with Keylonta Technology to navigate your way through your neural Network pathways of the Eternal Mind. But you can start practicing on your own exploring this new technology brought initially through by Ashayana Dean (Arhayas Productions). Katie O'She Wha Nitah and HJR Seminars are in no way affiliated or involved with Arhayas Productions. Katie O'She Wha Nitah has applied the technology in her unique style.

(Sanctuary Island, Ah-Ma-ya-san, DhA-ya-TEi planes, Ascension Medium Earth, Net Earth, and Salon or My Pod and Trinity Suns and the 8th Sun/ AL-Humbhra and Floating Buddha Rites are concepts taken from sliders 9, 11 and 12 and Beyond the Vales Workshop 2000 (Floating Buddhas 2009) Azurite Press E’Asha Ashayana ARhayas (Deane) and Eh’Lai-sah flame/wave ARhayas Productions 2013)

Also, this is a time to answer any questions that you may have. Right them down ahead of time, so they are handy next to you, and when the time is right, ask your Higher Self if they can answer any of these questions. Sometimes they can be unwilling to answer when you are not ready to receive the answer yet. You may find at the same time your questions being answered without you even asking as you receive guidance on your own.
You will first travel to Sanctuary Island, which is located off the coast of Ah-Ma-ya-san, Aurora Earth DhA-ya-TEi planes (Eternal/Internal Cave of Creation/Core/ Spirit Body), connecting geographically to Siesta Key and Myakka Lake, FL, USA. Sanctuary Island is a place to connect the DhA-ya-TEi planes (Krystic Core Encryption held in the Aurora Continuum Frequency Spectra blends with the frequency Spectra of the dimensional Domain structure (Cos-MA-ya Planes) to which the “Ah-yah-VA frequency Spectra creates a new set of trans-time spatial Reality Fields literally materialize, linking the domain space-time Coordinate with its Aurora “Perfect” expression” through a set of materialized transcendent dimensional planes.” Page 8 Sliders 11 Handout, Arhayas Productions). Your original Core Reshaic Encryption was stationed there.

You can, in essence, link into these planes with your Ma-sha-ya-hana Residential Prayer Salon or lovingly referred to as My Pod (teardrop shape or flame-like shaped energetic sphere). At first, it is like finding a long-lost home. Eventually, it becomes you, and you become it. A bit of the DhA-ya-TEi Planes/Sanctuary Island is brought into your everyday Earth life, which makes life go from being a Net (trapped) Earth Energy to an Aurora (perpetually renewing) “New Earth” World.

In January 2013, Earth had become a combination of Net Earth and Ascension Amenti Median Earth, creating Aurora Earth. At the time E’Asha Ashayana (ARhayas Productions) brought through (data streamed) our connection with this place, The Aurora Continuum was just a state of consciousness. Now it is what we are becoming as a “New Earth” Plane and People every day.

We are reconnecting the Outer domains light body structure with our Internal/Eternal Spirit body original Core Reshaic Encryption Structure through the Seven Suns that are linked into the Central Sun of Creation. Out of the Central Sun, we manifest through the Trinity Gate Suns: Pale Blue, Aquiline, and Pearly White. There was a hidden Sun called the 8th Sun or The Golden Silver One that surrounds all the Suns, and this is where the Al-Humbhra abides.

The Al-Hum-Bhra “The Krystal People” are Eternal Crystalline Plasma Liquid-Sound Consciousness from the Eternal/Internal Core Domains of the DhA-Za-TEi Planes who came in to do Bio-Regenesis (Re-align) and evac when a Universal
Time Matrix has gone down way too many Rabbit holes and are having trouble finding their way back

We have the opportunity to connect with “higher levels” of self to become awake to the **God Source 1st Eternal All’ah Ah-yah A’ya (You, Me, We, Us, They, IT)**. Manifesting is more natural as we live in a Win-Win World, where we experience the interconnectedness of everyone and everything in our existence. From this place, you can experience The E-Lai-Sa Flame energy, which carries the Encryption code to mathematically re-align your personal Krystar Core Helio Plasma flows. From this space, you can connect to your consciousness stationed there, becoming aware of whom you are on your terms and at your own pace. "After All We Never Get It Done and We Never Get It Wrong As The Eternal Beings We Be." (Abraham-Hicks)

**Areas of Focus:**

**DAe Center:** (located 2 inches below the navel) this spot connects us with the **DAe Ya Te Planes** at the mouth, so to speak of the Internal/Eternal Core of The Effi-ah State of The All That Is. We will eventually be going into deeper states. This session is essential in activating you’re my Pod Salon Space for conscious contact with your inner Being for Healing and re-aligning the Neural Network Pathways.

**Floating Buddhas Sha DA Shield Rite for Re-Alignment to New Earth Now:** Once you open a connection with your Floating Buddhas Sha-DA Shield, it will last for 48 hours. You will connect with your "Slider Family," which is a portion of yourself that helps you maneuver through the multidimensional Domains of the Light body structure that will re-align the Neural Network pathway within the Inner Core of The All That Is that You Be. This family will stay with you until they successfully help you to embody Aurora/ New Earth Now fully.

The **Karanadis Seal** is located at the tip of the sternum. This powerful spot connects us into our Eternal/ Internal Core of creation. It holds the Spirit quantum we were birthed in with which embodies our living plasma waters consciousness. This area that we have recently activated is also called the Heart of Effi-mah, which connects us directly into the Core Domains of Creation. For our purposes today, we will go into this space to activate your Floating Buddhas Sha-DA Shield.
The Sha–DA Shield takes the form of a horizontal hierophant in the shape of an 6 pointed Merkaba Star to which each member Orb sits at a corner with you in the center.

KEi’-Sa Ah’-RA Clearing

These particular helpers are working to re-align your Neural Network pathways with your Eternal/Internal Core of Your Being. They are connected to Urtha Plane from the Middle Domains to join you in the Outer Domains of this time-space reality to your Eternal/Internal Core of Your Being as the All That Is God Source 1st Eternal Ah-yah A’ya.

The KEi’-Sa are the Sparkle People from the Shala-3 Eiradhani Healing Temples (Middle Domains) and specialize in Resurrection-Healing. This Sparkle current will run through the spine and the bones so that the biote [attach to spine] cannot re-attach (Biote: a form of Miasms/ Dead Light Chrystals/ 2nd Creation finite Programs). They are Master Councilors. The Ah’-RA are from the Ashalum Edonic Healing Temples (Middle Domains) and are Biological Healing Specialists.

The Healing Re-alignment time: Your Healing team in concert with your Inner Being Collective will send a wave of Love-Light that will release the Karmic Core Imprint for your Density-1 Probable Selves as well as Density-2 and Density-3 selves) – It will clear the Core Imprint. It will assist you so that you are not taking on 'stuff' from your other simultaneous incarnate selves. It will also clear more of this lifetime, like the Fetal Imprint and the pain associated with childhood and those types of things of your Holographic Template and whatever else you were guided here to do.

The KEi’-Sa Ah’-RA Healers are willing to come and comfort you, if you ask at any time and will assist you whenever you need help re-connecting to your Inner Being.

Preparation: It is good to be wearing comfortable loose fitting clothes, be well hydrated, and have mineral water or filtered water close by. Also, include any crystals or other items you traditionally use in a ceremony that you are guided to
use. **Review all the attached Appendixes** before starting the session. Have any questions you have lying next to you.

Again you will be connecting with your own Eternal/ Internal Core of your Being in this session, so remember to breathe and allow the flow if your Authentic Self to communicate through you. So whenever you feel any tension or anxiety or “I cannot do this,” stop and breathe into your Eternal/ Internal Pillar of Peace that we will define later in the session. Relax again with each breath as you feel yourself back into your safe My Pod Space you sense feel the ebb and flow of your breath moving with the aquifers.

Remember, this is a Journey of Joy, so have fun with it allowing your imagination to be a vehicle upon which your spirit can soar.

So relax and en-joy!
Part A: The Journey

Setting The Space For The Journey:

The following Prayer is a Suggestion to do, for it acts as a "homing beacon" to help make sure you get to where you want to go without interference. Particularly for those who hold a lot of fear and resistance. You can say it to yourself or out loud. There is an excellent selection of psomms in this link, so follow your guidance on what you want to do before you start.

Also, include personal prayers that you utilize in a ceremony to help you prepare. The first Paragraph and Part II have updated Guardian Team added.

The Krystal River Prayer sequence by ARhayas Productions:


The Krystal River Prayer sequence by ARhayas Productions:

Krystal River Prayer & Invocation of the E’Lai’-sah Silver-Seed Councils & GA-ETYC-EAAC AMCC-MCEO For Silver Seed Krystal River Plasma Host Activation & Amplification

Part 1: The Prayer of E’Lai’-sa

Ur-A ShU’-du E’Lai’-sa AL-Hum-Bhra
DON-et’-ta-Lai, SUUN-jha’-dra-due
E-sta-en-taO Du-Rhu jha-Mei-Na
Aah-La-sa SUN pe-ta’ A-Lah-VA
Los-TE-La E’Lah-Ho
Khu-mah-na en-LE’Ta jha’-DU

E’Lai’-sa Sun-ta’-A Ah-Mei-Ta jhen-TU (3xxx)
Part 2: The Prayer of AL-Hum-Bhra

In the Kristiace name and action of God-Source First Eternal, the Eternal Kryst, E-Lan’-Ya To-Pel-Yah Yhu-RhA’-Yah, Krystar ARI-Yon-Yah-ARhAyas-Cosminyahas-AL-Hum-Bhrs, the E’Lai’-sa Silver Seeds Councils and the AL-Hum-Bhra Magistracy Councils of Cosminyahas

Part A

Oo’ta et’A
E Ra’-shra-DU
Un Ah’-LA E’ta
Jhet’ AL-Hum-Bhra
AL-Hum-Bhra
AL-Hum-Bhra
AL-Hum-Bhra
AL-Hum-Bhra
AL-Hum-Bhra
AL-Hum-Bhra
AL-Hum-Bhra
AL-Hum-Bhra
AL-Hum-Bhra
AL-Hum-Bhra
AL-Hum-Bhra
AL-Hum-Bhra
AL-Hum-Bhra
AL-Hum-Bhra
AL-Hum-Bhra
AL-Hum-Bhra
(ALHUMBHRAH)

(inhale, hold to charge/spark focused in your heart area/ tip of Sternum, repeat on the exhale)

AL-Hum-Bhra!

Part B

Urr-en’ de So-Hur’-a
E-La’-trA HE’mu (HE’-moo) sen AurorA
Dur-la’-jhos en-DE-na-VA
Cum-sa-A’-ho Dur-A TA’-Ta jhet AL-Hum-Bhra
Cum-sa ah-DE’-La urr-en-Tur-a A-La-VE
Cosminyahas AL-Hum-Bhrs Dur-E’-shwa ah-VE!

Ta A’jha in’ta DOr-A
Ta A’jha in’ta DOr-A
Ta A’jha in’ta DOr-A
Harmonizing Meditation:

Breathe in and breathe out deep belly breath into the different areas of the body as you are mindful of them. You have hands breathing in and breathing out, arms, shoulders, neck, head, spine, hips, and pelvis, legs, knees, ankles.

Feeling connected to the floor, breathing in and breathing out, and being aware of where you are lying down, how the bed supports your body, how the floor supports the bed, Floor supported by the Earth all the way down into **Aurora Earth Core/Field**. Breathe into Aurora Earth core Field then sense the energy come up, up, up to the bottom of your feet.

Breathe into the bottoms of your feet then breathe out six inches below your feet. Breathe into six inches below your feet, then breathe another six inches below your feet, making a total of twelve inches below your feet. Feel a popping sensation as a pale silvery rainbowish energy moves up through your central body current and up around you all the way up into deep space above you.

Breathe into the deep space and out and feel the energy come back down into the top of your head and down into your heart areas. Breathe into your heart area and hold to build charge, then release breath filling the cells of your body and all around you.

Continually breathing in and breathing out. Each breath, you feel more relaxed. Be mindful throughout the Journey of your breathing and whenever you feel any tension, then breathe in and hold the breath and then slowly release the breath into the area of tension, feeling even more relaxed and at ease. Observe the sounds, smells, and sensations around you and then let them go as you go deeper into the flow of your breath, breathing in and breathing out.

We will now build your personal Sha-DA Shield

**Floating Buddha Rite:**

Elemental Orb Call Command:

Ah-ShA’-ah   NE’Ra-   O’cha-   Sa!!   Repeat 3xxx
Now breathe easily as your Sha-DA Cloister Family Members orb in to take their positions in a hierophant configuration around you with you being in the center. When you sense them all settled in around you, then we will move on to the next step.

**Building Your Sha-DA Cloister Floating Buddhas Shield:**
Take a breath it into your heart then release the breath, moving it down about 2 inches to the tip of the sternum into the Karanadis Seal.

Take another breath, breathing it directly into this area. Hold breath then release. Take another pillar breath into this area hold, and when you release a six-point breathe horizontally out to each cloister member sending each member a streamer of Plasma living water vapor.

Sense the Cloister shield building in frequency, sensing the counter-rotating circulation of energy building charge.

**Now breathing in and breathing out, you will chant the rising command:**

E’Sta   en-ta’-Ro   DE-A’-SU   NA-Va-Ro

As you continue chanting, the shield will begin to rise, carrying the six Cloister-Member Orbs with it. When you sense the shield above your head, the six cloister members de-orb becoming a bipedal form. They are now the Floating Buddhas as you continue breathing In and Breathing out, you will sense the counter-rotating spin –speed increasing.

**The Union Command:**
Breathe once again into the Karanadis Seal hold to build charge, then release the breath slowly as your body rises to join the Sha-DA Shield then release the last bit
of breath into the shield. Hold the exhaled breath for a moment than on the
inhaler say:

Ah’-TU       Se-TA’       UM (Just one only)

Now you have become the 7th Buddha

They will be a supportive influence throughout the process and help out in the Re-
Aligning Process.

**Siesta Key Beach connecting with your Crystalline Travel Vehicle:**

As you gently breathe, feel this connection to your Sha-DA Shield and how that
also connects with the Aurora Earth Core/Field.
Imagine you are standing on Siesta Key Beach, FL, right at the shore’s edge. You
can feel the warmth of the sun on your face and the breeze lightly blowing
through your hair. The waves are gently lapping against the sand. Up in the Air,
about 10 feet in front of you, is this very large Crystalline Travel Vehicle
(Appendix A). This Crystalline Travel Vehicle that will take you to Sanctuary
Island. You will sense it opening up receptively to your thought intention to
enter. Breathe holding the intention of entering into the Crystalline Travel
Vehicle. You will sense love, peace, and respect as you sit within the Crystalline
Travel Vehicle as it waits for your command.

**Travel to Sanctuary Island in your Crystalline Travel Vehicle:**

Command the Crystalline Travel Vehicle to go to Sanctuary Island (Appendix B).
Swiftly but smoothly, the Crystalline Travel Vehicle makes its way to Sanctuary
Island. The Crystalline Travel Vehicle is clear so you can see all around you. You
see way off in the distance this tiny spec, and as the structure moves closer, the
spec becomes bigger and bigger until finally, the spec becomes a very large Island.
This island has a large mountain-like structure with cascading waterfalls, trees,
grass, Crystal trees, and healing pools.

You see now at the top of the mountain a dome-shaped building. You know something is there of yours. You
direct the Crystalline Travel Vehicle to enter the domed building.
Finding your Salon My Pod:
You enter the domed building to find many Tear Drop Shaped Salons/pods (Appendix C). You float until you see a place to land. The Crystalline Travel Pod lands softly in the sand. The door opens, allowing you to depart the Pod. Your foot lightly touches very refined crystal sand soft and pleasing to the touch. You look around, gaining your bearings standing firm on the ground.

Looking around for your Salon, you spot one that you know without a doubt is your Pod. The feeling is so strong beckoning you to come. You make your way step by easy step to your Pod. The door opens, emitting a soft, warm light.

Entering Your Salon My Pod:
Tentatively you step into your Salon onto a very long narrow platform that runs to a central platform. Beneath you are running aquifers of the Cos-MA-yah "Dream Stream" Ah-Yah (God Source Field), which is direct access to the power that creates Worlds God Source 1st Eternal ah-yah A’ya (You, Me, We, Us, They IT). All along the walls are cascading waterfalls. Carefully you make your way along the narrow platform all the way up to a large circular platform that looks a lot like a large soft, comfortable doggy bed.

Stepping onto your Manifestation Template:
You now take a step onto the circular doggy bed like structure; this is your Manifestation Template. As you stand on this Template, you breathe in sensing the Energetic Template/Ray Rug/Dimension 12Mahoric Shield Manifestation Template that connects you into the DhA-ya-TEi planes (Internal/ Eternal Cave of Creation/Core). This is your private space where only those you invite can come in.

Connecting Into The Trinity Suns Vapor Currents:
As you feel the connection of your personal energetic Manifestation Template sense, the movement of the aquifers below you. You will begin to see and sense cloudy vapor of the Trinity Suns: Pearly White, Pale Blue, and Aquiline moving up into the manifestation platform and up into your body. Breathe it into your DAe
Center, which is located 1 inch below your navel then release it into this area. Take a few more breaths into your DAe Center.

Building the Sun 8 Al-Hum-Bhra Golden Silver Internal Structure Pillar of Peace:

Next, you will sense the Ay’a opening at the top of the Salon/pod to open up to receive from deep space the Krystar above, where we all came from, the Sun 8 Al-Hum-Bhra Golden Silver Internal/ Eternal Structure Pillar of Peace energy. To move with Golden Silver Snow like Flakes moving down through your central body current Pillar and connecting with your Manifestation Template.

Bringing in The E’Lai-Sah Flame wave into your Internal/ Eternal Pillar of Peace Aka Pillar of Peace:

Next sense/Imagine the E’ Lai-sah Flame Wave ignites flowing through your body (Appendix D). Take a moment to move with the wave as you breathe in and breathe out. You are finding yourself relaxing and going even deeper and deeper into the Eternal/Internal core of your being. Feel and sense your circular Manifestation template beneath you as the Trinity Sun vapor Aquifers are circulating beneath you and cascading down the walls around you. You are becoming even more relaxed and at ease as your breath ebbs and flows in and out with the flow of the waters.

Going Deeper into the Eternal Core as you spark pulse your Plasma flows:
As the energy moves through the body, feel it pulsing in your palms as you gently squeeze your hands into fists, causing the palm chakras to spark and pulse as you continue breathing in and breathing out, going deeper and deeper into the core of your being. Feeling the Pulsating Plasma Pillar of Peace energy moving throughout your body sensing once again that you have hands breathing in and breathing out, Arms breathing in and breathing out, shoulders breathing in and breathing out, neck breathing in and breathing out, head breathing in and breathing out, Spine breathing in and breathing out all the way down to hips and pelvis breathing in and breathing out, Legs, knees Ankles feeling the connection to the Earth again and feeling the life of Aurora Earth (New Earth) circulating throughout your whole body.
As the Trinity vapor sun's energy, the AL-Hum-Bhra Golden Silver flakes and the E’Lai’-sa flame frequencies oscillate throughout your body within your pod space. You will become even more relaxed as you will now want to sit down on your comfortable Doggy Bed like Manifestation Template Breathing in and Breathing out. Ah, how comfy and cozy you are as all tension completely leaves your body breathing in and breathing out.

As you lay there, you feel yourself expanding as a portion of your self is connected directly to your Manifestation Template. A portion is expanding into your Sha-Da Floating Buddhas Shield around your body. As you also embody the E'Lai’-sa flame wave is flowing through the great Central Pillar around you within your pod space that is connecting you to even deeper levels of your Inner Being breathing in and breathing out. Continue for a moment or two to breathe into the core of your Being and breathe out, expanding into deeper levels of your own Inner Being of the All That Is God Source 1st Eternal Ah-yah A’ya. There is a deep stillness in this space.

Sense you're A'ya open at the top of your pod space expanding, opening to connect on a deeper level with your neural network clan family pathways of the Eternal Mind of the All That Is God Source 1st Eternal Ah-yah A’Ya. Just breathe into it as you expand into this space, still staying connected to your Manifestation Template beneath you within your pod space. Periodically breathe the Pillar of Peace breath you activated earlier in the session to amp the charge.

You can stay in this space and answer any questions that you may have or go on to Part B for clearing and re-aligning as you so choose.
Part B: Re-Aligning

Now that your Pillar of Peace is activated and running within you’re my Pod Salon space prepare for Re-aligning your Template:
Staying connected with your Inner Being sense again the connection with your Manifestation Template and Sha-DA Shield as you breathe in and out, sensing the energy pulsing through you, in your My Pod Space. Bring your attention back to your Floating Buddhas who have been loving peaceful support throughout the whole process. Sense feel and or see them surrounding you as you breathe in and breathe out.

Now Call in the two Healers KEi’-Sa Ah’RA Ah-ShA’-ah NE’Ra O’cha- Sa!! repeat 3xs

Again they are here as an added supports to work with you and your Higher Self. They act a lot like the Archangels. Only they are at a much higher realm and are personal to your own Individuated Template. One of the Healers will come to hold you from behind, and one of them holds you from the front. When in a bipedal form, they are rather large beings, so they will be coming out of the floor to work with you.

If tears come, let them because behind the tears, there is a release of Joy. Be open to what comes to mind to be healed that is connected to the pain that you are feeling now… if it is someone from this lifetime say, “I accept forgiveness now, I will forgive, I will give away the pain. It is gone. It is done. I release it.

***Area of Tension Focus:
Once you find an area of tension, then breathe in a “Pillar of Peace” Charging Breath flowing it into your body. Then breathe this energy into the area of the body that holds the tension and/ or just imagine the Pillar Energy moving into the tissue to re-Align/ balance the area. The healers will assist you as necessary, but you are the one in control. You and your Higher Self, which is your Authentic Trhu’ah Self, is guiding the process. Breathing in and Breathing out. Ahh, yes, settle into the peace and joy of your Authentic Expression of Being.
***Focus on a specific Issue:
If you cannot sense the tension in your body, but you have an issue or person that you're focused on, then hold your attention on the issue sensing/seeing the Pillar of Peace energy filling the space of the situation. Really use your imagination and see the colors and any sounds you sense re-aligning the issue. Seeing with clarity and a peaceful heart, a more expanded whole view of the situation. The Healers will hold space and help with the clearing releasing process with you.

As you Re-Align you begin to see how everything fits together releasing the Phase lock 2nd Creation finite thinking:
As the Pillar energy re-balances the area, you can then see the situation with a new awareness as your Core God Source 1st Eternal Ah-yah’ A’ya (You, Me, We, Us, They, IT). Knowing that everything all fits together in the whole of existence as we learn to sit with the situation and just breathe into the stillness of the now moment, you gain healing and clarity about yourself and the world around you. You start seeing glimpses of how the events are all Conscience Aware Energy, and you see how we all flow through each other and the areas where there is resistance, then there is "Phase Lock." “Phase Lock” means no expansion and no contraction, which means no breathing, which means no renewal, which means eventually living the illusion of 2nd Creation Mechanics of finite death and stagnation. In the stillness of the now breathing the life of our Being into the resistance life is renewed.

Continue to Breathe and re-charge Pillar of Peace Breath in the clearing Re-Aligning process:

Sit with the resistance and breathe the Pillar of Peace energy, continue breathing the Pillar into areas of resistance sitting within the space being the space in your God Source First Eternal Ah-yah’ A’ya (You, Me, We, Us, They, IT).

Periodically breathe in a Pillar of Peace Breath to recharge your Fields. Eventually, you will notice the energy is releasing and re-Aligning as awareness and cognitions of what to do come to you. This time is an excellent time to answer the questions you wrote down. The answers might come as dreams, or as you are going about your day, things will just come to you. You may want to start a Journal with the guidance you receive. You will find as you release one area, another area may come to light. Write it down for future sessions.
After a while of doing this and feeling awake and aware energy, there will be a movement where once there was just stuck energy as you come to know your true **God Source First Eternal Ah-yah’ A’ya (You, Me, We, Us, They, IT) Self.** You may get a name, but even if you do not get a name, you will still feel this very aware all-knowing peaceful presence that is your true identity.

**In Summary, As You begin to Come Back to Your Physical 3D World:**

Be mindful of being both in your Pod Space and in your physical body. Next, put your attention on your physical body and be in that space again. You can practice throughout the day going back and forth between your Pod space and your physical 3D space.

Follow your guidance to incorporate Yoga, dance, song, art, and other forms of movement and expression to bring out your Authentic Expression of Being.

**Periodically it is good to go through all the steps again.** Still, you will find you can hold the intention of being in your **My Pod Space**, and you are there connecting to your manifestation template beneath you and feeling that connection all the way down to **Aurora Earth** core and back up again.

You will sense the Trinity Suns: Pearly White, Pale Blue and Aquiline vapor Frequencies circulating through the aquifers below your **Manifestation Template** as they then flow into your Template clearing any dis-harmonic energy than moving through your Central Body Current flowing all the way through the opening of the **Pod** mixed with the pillar energies of the **Golden Silver Snow like Flakes** moving through your pillar and circulating the energies throughout your template / Pillar/ Fields then feeling the **E’ LAi-Sah Wave** move through your **Pillar of Peace**.

In this unique space, remember the experience from your session reconnects with your Eternal/Internal Core of your Inner Being. Enjoy the connection, and follow your guidance. Write In a journal, recording, dance, Yoga, or do whatever you’re inspired to do.
You now stand in your power of Being. In this place, there is no need for control, manipulation, or aggressiveness or anxiety. Yet, when you find yourself in those dark places, then breathe in your Pillar of Peace to dissolve the disharmonic discord away. For all those perspectives mean, there is a belief in lack.

How can there truly be a lack when you are the Source of everything. So now, take this presence of being with you as you move throughout the day being aware of being in your physical body and in the core of Source itself at the same time.

In this space, we can relook at the tough issues of today such as Earth Disconnection, Religious Extremism, Greed, Economic Exploitation, Racism, Sexism, and environmentalism to see with clarity and spirit new ways of healing and change for you personally. Within the holographic World, you create around you.

**Coming Back to The Present Waking Up Fully:**

Become aware once again of your physical body. Now stretch and move different parts of the body as you look around your surroundings being fully present to the here and now; drink some water to help ground you to the now moment. Feel refreshed and joyfully ready for the day ahead. If you have any grounding Crystals, hold on to those for a few minutes.

Thank you very much.

Namaste, Much LUV, Peace and Joy, Ashalum De Echasha Dur,

Katie O’ She Wha’ Nitah, Owner and Facilitator of AIS

Helping you navigate your way through your neural network pathways of the Eternal Mind of The All That Is God Source 1st Eternal Ah-yah A'ya for the purpose of awakening fully into your authentic Source Clan Self to embody living Aurora New Earth Now.

Please follow the link for the Alignment In Spirit Inc YouTube Audio Version of this session read by Katie O'She Wha Nitah:

https://harmonizingjourney.com
More About Harmonizing Journey To Re-Alignment (HJR) Seminar Series

HJR Sessions takes you back to your innocents of knowing that free spontaneous self-expression you had as a child. In this space, you connect at a very deep level within your Authentic Multidimensional Beinghood to connect into Aurora/ Authentic New Earth Now.

Space is created for clearing and re-aligning your Divine Soul Blue Print back to its original Reshaic Core Encryption within your Eternal/ Internal Core of your Being as the All That Is God Source 1st Eternal Ah-yah A’ya.

Once again you re-member who you are and especially for those who have never felt like they belonged here will once again feel at home as they re-align the Neural Network Pathways of Mind.

Katie O’She Wha’ Nitah with the Krystal People aka the AL-Hum-Bhra in combination with your own Unique Buddha Team will support you in Navigating your way through the Neural Network Passages of Mind to re-align with your true Authentic Clan Family which all harmonize together as what we popularly call our “Higher Self”.

Harmonizing Journey to Re-Alignment Sessions utilizes Keylontic Mechanics to traverse the multidimensional Neural Network Pathways of The Eternal Mind of Creation in combination with Hypnotherapy technology (Trans-state) to create an opening upon which one can pass through playfully exploring and clearing any blocks in the way and making a strong link up with your Divine Authentic clan family.

I, Katie O’She Wha’Nitah, am committed to the creation of an expansive, LUVing New Earth that we each create through inner-standing how the vibration of our Thoughts, Feelings and Actions guide, mold the World we live around us. Through my own individuated connection as God Source 1st Eternal All’ah, Ah-yah A’ya (You, Me, We, They, Us, They, IT) may I support and be an inspiration in bringing people in alignment with their own inner Being: God Source 1st Eternal Ah-ya’ A’ya (You, Me, We, Us, They, IT).

This is a key time in our evolution as we make amends with the old Net Earth, Templar Masonic controller Bloodline World View we created to develop our 3D Mental Intellect as Creators. We are now in the process of re-acquainting ourselves with our inner Dreamer God Source 1st Eternal Ah-ya’ A’ya (You, Me, We, Us, They, IT), who dreams the World into Being with every breath we take.

The HJR Seminars blends the Harmonizing Journey Re-Alignment sessions with the Self-Empowerment Principles of Awareness (SEPAs) Handbook Re-Embody The Essence of The Law

https://www.youtube.com/playlist?list=PL9ib3U0-MAXg5wxQ9ZwKceQIrbMoYETi3
of One to actually make the shift to live as your authentic Expression here and now. Whether you are a Grid worker or a regular normal everyday person you will fit right in as long as you have an open mind to expand your preconceived limits of self.

We came forth on this Leading Edge of Creation to expand and evolve for the joy of expansion (Abraham-Hicks). We did not come to learn any lessons for we are IT. We already have the knowledge of Eternity within us. We have just forgotten. IT is time to Re-member as we are then able to expand out of the bounds we have entrapped ourselves within.

The SEPAs are designed to move and flow with our own individuated Self Expression, which in turn strengthens our own innate sense of Self-identity of Being IT or “I AM”. Once this awakened awareness occurs than the virtues and “The Right Way of Living” can be of true benefit. In other words, we will be able to take what we like and leave what does not feel right to each of us.

For we have been sifting and sorting through these changing times of contrast that our Bio-Spiritual Vibratory-Oscillation rhythm of living life has brought us to this current Age of Civilization. As we stand firm on the Earth Plane of existence, we review where we have been and look to where we as individuals and as the collective Earth Plane want to go.

These Seminars give a framework to see the World in a powerfully metaphysical yet down to Earth way that honors all Self-Sovereign Bio-Spiritual God Source 1st Eternal Ah-yah’ A’ya (You, Me, We, They, Us, IT) of the Universal Planes of existence.

There is no right or wrong there is only what “Feels Right” to each manifesting Individuus of the One where no one’s “Pie” is taken from so another can succeed. But with that said, we are so powerful that we can create living in bondage if we are not mindful of our thoughts feelings and actions.
Links to Follow

For those who want to delve deeper into the mechanics behind how “you create your reality” as a Grid Keeper within your pod space check out our HJR Seminar Re-Embody The Essence of The Law of One 6 month biweekly class starting in September 2020 of this year. Please check out the links below.


Or if you just want to keep it private here is the link for a private session.

http://alignmentinspirit.com/beingaispub/being_ais_product_page/harmonizing-sessions-appointment-page/

Please check out what others have had to say:
http://alignmentinspirit.com/beingaispub/harmonizing-sessions-appointment-page/harmonizing-journey-to-re-alignment-testimonials/

Much LUV and Peace,

Katie O’She Wha’ Nitah,

The HJR Navigator helping others to connect with their God Source 1st Eternal self to remember who they are as powerful multidimensional beings.
Appendix A: Crystalline Travel Pod
Appendix B: Sanctuary Island
Appendix C: Aurora My Pod Space

Aurora My Pod Space

Aya opening

Al-Humbhra
Golden Silver
Pillar of Peace

&
Flame of E' Laisa
See Appendix D

Door

Sun 1, 2, & 3 vapers
Pearly white, light aqua
&Aqualine

Aquafers

Aurora Earth Core
Appendix D: The Flame Fields of Eh’ Lia-Sah

The Eh’ Lia-Sah Flame video

https://youtu.be/JbZlr2Zxe1Y