

THE NEW YOU



Channelled By

KI-RA

The New You



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ISBN: 978-1-943784-15-8

PREFACE

I am a channel for the Elohim, the “Orion Star Grids”, (DIY Ascension tools), the “Gateway Systems” from ‘Atlantis’, and “Scalar Energy”. I have the ability to reach beyond the Earth’s energy matrix to bring through information and advanced technology from “Divine Beings of Light.”

This is my sixteenth book. The first three a trilogy in Consciousness, the “Book Of Life”, “Life Essence”, and “The One”, are designed to move us into higher levels of consciousness, using the sacred Ancient energy technology of Light, based upon Fibonacci sequencing.

My fourth book “Communications from the Stars” is a series of channellings from Lightbeings, Galactic Councils, Collective Consciousnesses, and Archangels. There are messages from Yeshua, The Yeshua Collective, Salusa, Archangel Michael and many more. They offer their help, and support at this amazing time of transition in our lives.

My fifth book “Diamond Lightbody”, gives us technical information about energy fields and the lightbody processes that lead to Diamond Light Consciousness. Included in this book are the Diamond Light Key Codes that when used, will activate this Consciousness within us, returning us to our Immortal state of Being.

My sixth book “Atlantis Aurora”, tells us about the changes that will take us into the Golden Age once more, and how we can reinstate this wonderful

high vibrational reality, through the Quantum triggers contained within the words, and the codes that were used in the healing temples of Atlantis.

The seventh channelling is from Max the 13th Ancient crystal skull. He and the other 12 skulls act as living libraries, multidimensional portals, giving us the codes for human evolution, and the crystalline body transition. This book contains the codes which unlock All Realities, returning them to fluidity in order to be reformed to our liking. Connect with Max through the vibration of this book to change your Destiny !

“The Hyperborean Portal” is a channelling from Agartha, our hollow Earth brothers and sisters. It tells us about our connection with them, and how they will resurface to help us to establish Peace and Harmony upon our world. It contains the entry code to the Portal, and the new 5D reality.

“The Infinite Universe” has been given to us by Archangel Ariel. It describes the nature of Universal and multidimensional realities and the species which inhabit them. It explains our role and our subsequent and inevitable shift to the new 5D reality and how this will be achieved.

“Quantum Entanglement Theory-A Handbook For The Gateway”, tells us about the “Gateway Systems”, their purpose, and those who are working to role out these systems. They contain the 'DNA Reverse Program', designed to delete the Anunnaki programs, and genetic modifications which were given to us at the end of the Atlantean

Period. This book invites you to get involved in returning us all to a state of Empowerment.

“The Universal I” from Metatron, gives his wisdom on the nature of the 'Self' and it's innate light, the unveiling of the Soul, the Merkabah fields, and our Soul mission and destiny as beings of light. Our inevitable rise to the higher echelons as more of our 'Self' is revealed. Contained within is Metatron's Advanced Program of Light.

“Crystals - Their role in Our Ascension” is channelled from the crystal consciousness of Antares. It gives detailed information about the crystals that have come here specifically to help us, with our Ascension process, listing those which have not yet been found. Included are techniques that will help to crystallize our energy matrix.

“The Ancient Crystals”, is a channelling from the Highest Light Consciousness to date. They contain a powerful energy matrix that is able to shift our reality and alter the course of our history forever. Connect with their amazing frequency **now**, if you wish to experience the greatest quantum change and growth possible, the STARLIGHT UPGRADE!

“Spirit As You”, gives detailed information about our inner Divine nature, our Lightbody changes, and our path to Greatness. This book contains an inbuilt frequency key which gives access to the Akashic Records, as it is time for All to be revealed!

“Star Crystals in Service”, is a channelling from many Star Crystals, who are connecting with us at this time to help us with the quantum shifts that

are an inevitable part of our growth. They are introducing new programs of light, that are designed to activate our lightbodies. Connect with them now, to shift to the Spiritual Plane of Being, and higher realities.

“Inner Transformation” details our spiritual journey, and current entrance into the Golden Era. It contains energetic codes and triggers that will shift our energies, and expedite this wonderful transformation.

“The New You”, is a mini book detailing ancient systems of light that can be used to help us with our Awakening, and Empowerment. These are the esoteric teachings of long ago that are relevant now, as we face a huge shift in our reality.

I like to stay at the forefront of Spiritual change and growth, and if like me you are dedicated to evolving and bringing Love, Peace, and Harmony to this world, then you will want to use this book. Bless you All KI-RA

Acknowledgments

I would like to give a huge thanks to the wonderful Beings that have given us these books, and to all involved in their production. Bless you All.

Go to : <https://frequencyandlighthealing.com>

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The modalities that are available to you on your world, are but a shadow of what truly exists. Your modalities are more or less outdated, and need to be discarded to make way for the new systems of Light Technology. Such is the nature of the human mind, that it tends to cling to what it knows, and is used to . This however will not help your transition to the faster frequencies. It is exactly for this purpose, that you're being provided with new technology, to fill the void, and to meet your new requirements, as ever evolving souls of light. The dynamics of the old systems, no longer work in the new energy, and will not benefit you, in this ever changing environment. It is with this in mind, that we wish to draw your attention to what exists, that will help you on your journey. Multiple realities, require multiple systems coming online, in response to your needs. You have outgrown the other systems, and need to let them go, so that you can step into a greater light. This information is being channelled, to help you with this process.

Chapter 1, The Avalon System.

This is a system which connects with the Arthurian period in your history. A period of great light, where powerful forces entered your realms. Power was wielded for the good of the people, and not just for the satisfaction of the few, as exists currently upon your world. The status quo favoured all, instead of a select minority.

Major changes are brought about by this system, as it unfolds a greater part of your light, from within Being. The process is a simple one of activating the light strands, within your DNA

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helixes. The codes that are used for this, are transmitted from your 'Core Self', as binary codes. These binary codes are given in specific sequences, within bursts of energy, or pulsations, from your Core. They have the ability to create major shifts in your energy networks, and can transform your vehicles completely. The awakening that is produced by this, is a marvellous affair.

Many souls have used this energy system in your past, to good effect, bringing great abundance in all things. Celestial forces will come to your aid, as you connect with these energies, and align with the Cosmic Sequences, culminating in a massive transformation.

Sit quietly now, and allow our energies to enter your energy field. This will create a bridge that will connect our energy fields to yours, for the purpose of transference of molecular data. This data will form the necessary linkages and bonds, that will change your chemistry, booting you up to a new resonance and enhanced light grid. Your energy streams will morph, and a new you shall be born.

Chapter 2, The Etruscan System of Light.

Eons ago, your priesthood practised many rituals, those of an intricate nature. They developed connections with the deities and the forces of light, in order to enhance their wellbeing. Many changes ensued. These gave rise to the birth of nations of great light, made up of great souls who embodied their divinity fully in the flesh.

This time has come round again, as all things

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do, within the time loops of manifestation, returning to you, armed with great potential, even greater than before, since things are never quite the same again. There is always an additional burst of light consciousness thrown into the mix, that will fire up the imagination, to create the new.

The Etruscan schools of light captured the minds of many with their teachings. These have been lost to humanity over the years, and all apart from a select few, have been rendered unconscious to these truths. This must inevitably change, with the dawning of this new cycle, and the awakening that is occurring.

In order to go more fully into this, we will need to take you on a journey, a journey into the Akash, and into the sacred vaults of hyperspace. This will open your eyes to the wonders of the Universe, and allow you to see your true nature, as beings of light. Many things have been covered, or hidden in plain sight, and have only been available to those who have eyes to see. We wish to change this state of affairs, to allow everyone equal access to the divine truths..... Stay with us now, and we will open your eyes....

Chapter 3, The Mayan System.

The Mayan System developed out of the old ways, using ancient rituals to light their way. This was a system of servitude, service to the light of 'Source' being paramount. Express functions of the system were engineered to speed up their awakening. This led to waves of souls becoming fully conscious of all realities simultaneously.

This was a period of great knowledge, especially

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star knowledge. These were a people who were attuned to the great Cosmic Cycles, and lived their lives accordingly. Their advanced technology benefitted everyone. This system of light, surpassed all previous systems, and was able to generate a wealth of abundance, from the creative energies of Mother Earth and Father Spirit, combined. These combined forces are powerful indeed, and lead to an awakening of the sleeping serpent within you, your Kundalini. Once the Spiritual Mind is open, there is an influx, or what you call a download of information, pertaining to Life. This download shifts the perspective permanently, as it aligns all bodies with the Spiritual Mind, forever changing the consciousness and perception of the Mental Body. Once this door has opened, it cannot be closed, and a permanent connection with the Higher Self results.

In order to embrace this system, you will need a key. This key can be received as a download, whilst you sleep. During the sleep state it is easy to bypass the guardian of the conscious mind, that vets and filters incoming information. If you would like to receive this key, please state your intention before retiring to bed. Be assured your request shall be heard. Pay attention to your subsequent dreams, as they will hold vital information for you to digest and process, at the conscious level.

Chapter 4, The Franciscan System.

This system was followed by the monks who derived their name from it, in the early part of the nineteenth century. They studied the ancient

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scripts, and discovered much wisdom therein. Being remote from the rest of civilization, they were able to forge strong links with Spirit, which were untainted by the consciousness of the masses. This cloistered community of men, were thus able to hold a high vibration, one that would surprise you by today's standards. Their devotion to the light was an essential tool for their growth. Having prioritized their intention, their focus was trained continually upon the higher realms, thus making it easy to connect. This was a practice of great discipline, hence the term disciple, as this is what they truly were, disciples of the light. Many of your populous would benefit from such a practice, if they could put their minds to it. Application and dedication, are the key words here. Such a practice would revolutionize your lives forever.

However time is of the essence here, the Ascension energies are in full swing, and need to be aligned with, the sooner the better, as you say. The Franciscan System, will connect you with these energies, these faster vibrations of light, and help you to integrate them. For this purpose, it will be necessary to link up with the Franciscan Template. Making your intention to do so, will form the connection, that will serve you in this process. The energies will subsequently flow naturally into your Being. Do not delay dear ones, timing is important!

Chapter 5, The Sumerian System.

In ancient times, Sumer was a great land, one that flowed with the Divine Energies giving extraordinary life to it's people. The race that

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dwelt therein, were giants, both from a physical and spiritual perspective. Their DNA was vastly superior to yours, giving them enlightenment. The success of this way of life, spread to other races, increasing the light on Earth many fold. These beings were of a different star lineage to you, with enhanced genetic material at their disposal. The technologies that they employed, led to huge advancements, making them a great nation, a nation of star dwellers. Their dwellings on the Earth, were citadels to the light, drawing huge and powerful forces to them, for both renewal and abundance. This was a time of prosperity and success in all things.

The Light has returned, and you have broken through this dark cycle. It is time to anchor the light within your vehicles, and fully express it's radiance. This system of light, will advance you further on your journey to Oneness. If you wish to connect with this system, we can take you through the process, linking you with the star elements and fundamental geometries, that will fire up the energies, creating a massive shift in your energy bodies. This is best achieved at night, during sleep. Just request our assistance in this matter, as you drift into sleep, and it shall be done for you.

These five systems comprise the main light systems, that will help you to achieve your goal of at-One-ment. These same systems, have been used many times by your race in other timelines. The success ensuing from this, since all timelines are active now, has propelled you forwards as it were, to your current Awakening Cycle. The activation currents are very strong

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now, tipping you into the Greater Consciousness of the 'One Self'. This time of great unprecedented change, will awaken many memories within you, and will open new doors simultaneously, to the higher realms of Being. Use this time well dear ones.

The Mayan Truth.

Cataclysmic events that have been prophesied, are but a shadow of the Divine Truth. This Awakening Cycle does not have to be born out of pain and suffering, that is the old Earth way. It can be achieved through a great expansion of the Light, resulting in the shifting of all souls to a new frequency. This is the more agreeable way to proceed. If everyone of you were to make the intention for this to happen, you would set into motion the forces that will create this event, leaving behind your old timeline, in a more comfortable way. The choice is yours dear ones. Nothing is set in stone, all is fluid, because all is energy. If you can grasp this truth, it will serve you well through these changes. Change is inevitable, but the way it occurs is not. Bear this in mind when you hear your brethren speaking of disaster. Turn away from those words, and do not allow them to seed in your consciousness. Your Reality will then be a completely different experience. There are only potentials, and possible outcomes. It is your choice which potential outcome you wish to activate.

The Sumerian Giants.

Long ago in your ancient lands of Mesopotamia,

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there dwelt a race of giants. These giants were enormous by your standards. They were marvellous physical specimens. Because of their size, the indigenous people viewed them as Gods, that had descended from 'on high', and became subject to their will. Their spaceships appeared in the skies regularly, reinforcing their supremacy.

The peoples readily succumbed to the wishes of these giants, and obeyed their commands. Thus it was that a new society came into being, one which greatly enhanced the lives of the indigenous tribes, providing them with sustenance on all levels. Greatness had arrived amidst them, and was to prove to be a catalyst for great change upon the face of the Earth. Earth culture had stagnated, and required an injection to fuel growth, so the arrival of these giants, was a timely experience for humanity.

New social structures were created, reshaping society as a whole. The energies on the Earth were elevated to a new bandwidth, enabling the original tribes to undergo spiritual change. One that became ingrained into them from an early age. This was a much needed awakening stimulus, and proved to be an effective tool for growth. You have all benefited from their wisdom and knowledge to some degree, enabling the Divine Spark to reignite within you.

The Order of St Francis.

St Francis of Assisi, patron saint of the animals, is known throughout your world, as an elevated soul of great compassion. His life was a testimony to the indwelling Divine Heart of all

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things. He led an exemplary life, devoted to the service of others. It was through this service, that he was able to tap into the enormous life currents of the 'Divine Self', and to use them wisely for the benefit of all. His inner wisdom was shared with groups throughout the land. Various sects arose, that dedicated themselves to the practise of the highest truths and spiritual wisdom, in keeping with the Universal Laws of Life.

Groups sprang up over the centuries, in honour of his work. One such group consisted of a number of men, who chose to live a cloistered life, remote from the masses, unlike the other orders, who held a very public profile. It is for this reason that you will not have heard about these private individuals, who lived in solace and quietude. Their purpose was to raise the consciousness of Humanity, by first raising their own. Their very presence in your world, elevated it's vibrations towards the higher octaves, creating a shifting effect within the mass consciousness. Just a few men, with an exceptionally high vibration, were able to successfully raise the consciousness in this way. The impact of their lives and their dedication, can still be felt to date. Their legacy has contributed to bringing about major change for you all, such was their blessed gift. The monks to this day, strive to emulate these ideals, and continue in service to others.

The Mystery Schools of Egypt.

Long ago in Ancient Egypt, after the darkness of Atlantis, some of the survivors of that darkness

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who retained a significant degree of spirituality, decided to keep the flame of Spirit alive for humanity. As a consequence of this, they came up with the idea of establishing various schools, that would promote the Ancient teachings, passing on the wisdom that they themselves held, to the populous, to help to re-establish the Great Golden Light once more upon the Earth.

These schools have been known as Mystery Schools, because of their esoteric knowledge and advanced teachings. The founders were the priesthood, who remained on Earth after the cataclysmic events of the Atlantis disaster. They were charged with the mission to bring a new cycle into being, to birth a new cycle that would lead to Great Light, the intensity of which, had never before been felt.

Their work is coming to fruition now, as the old cycle completes, giving way to the Cycle of Great Light. Many of you who are reading these words, have been working tirelessly within these schools, to help return the Light to your world. Your great work and dedication has paid off, as you now enter a new cycle, one which you have helped to create, out of love for your fellow man. This will be a wondrous creation, taking you into the realms of the magical, lifting you into a state of empowerment that you have never known. This is a well deserved gift for you all.

The Arthurian Legend.

In ancient folklore there exists a legend, one of greatness surrounding a King named Arthur. Though this is your distant past, this period still evokes powerful memories within you. Memories

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of a time when life was magical, and power was wielded mightily through the sword known as Excalibur, a sword blessed with the power of Spirit. This sword was created in the furnace of the Cosmic Fire, and could only be used by one who held resonance with it, namely Arthur. Arthur was born out of a magical alliance between Igraine, his mother, and the Cosmic Forces.

The moment he entered the world his presence was felt. He was accompanied by powerful elemental forces, that had chosen to serve him, and the mission he was embarking upon. People were drawn to his magnetic energy, including the Seer you called Merlin, in order to help fulfil his divine destiny. Various energies sought to thwart him on his path, and to throw him off balance. But he never lost sight of his goal, through all the trials and tribulations that he faced. His was a soul of consternation and determination to the end, a true servant of the Light.

You have all witnessed this Light in your lives in some measure, and continue to feel it's presence ever more keenly, now that a new chapter in your lives is being written, by the finger of destiny. Your Soul is choosing it's own fate, consciously, within the physical vehicle. What an exciting time, this will prove to be!

The Raising of Awareness.

In this time of great change, many things are coming to light, things that have so far, been hidden from you. The veils been realities have been thinning, causing distortions in your perceived world. Much mayhem has ensued for you all.

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Life has altered course, like a great river that changes direction, flowing through new lands, with new vistas and appearances. At first the appearances may be uncomfortable for you, as you witness events from the Past, playing themselves out in front of your very eyes. These are the miasmas of a time long forgotten, that are rising to the surface, to be released from the Collective Memory, so that it can be cleared of all dross, and be prepared to receive the Light.

This river is taking you on a journey of truth, as it unveils the different realities, and courses it's way onwards towards the Light. Many potential realities are beginning to surface, that are capable of transcending you to an Era of Peace and Prosperity, hitherto unknown to you. As this drama unfolds and plays out, you will see these new realities emerging simultaneously. As you view these images side by side, you will clearly see the better option, and will have no difficulty in choosing the Reality which represents your highest expression, at this time. Hold fast to the Light dear ones.

Your Multidimensional Reality.

As a living being, you hold many facets within you. These are the elements of your nature in totality. They are born out of consciousness and matter in unity. This is ever the Divine model for Creation. Your divinity encapsulates many parts, which form the Whole, serving all of them simultaneously. The active ingredient here is consciousness. Consciousness is the driving force for change, the innate aspect of Life, which continually expresses itself through form.

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The totality of your Self, represents who you truly are. Many lifetimes, suspended in one field, one unified field. Consciousness chooses each one, in accordance with what it seeks to explore, what potential it wishes to unveil, to demonstrate it's supremacy. All parts serve the Whole in some way, and although there are perceived boundaries between them, these in truth, do not exist. The variety and diversity of life that you see around you, is but one ultimate expression. The dimensional fields are your creations, to play with, to try out different vibrations. Your body suits likewise, are chosen for the purpose of experiencing different vibrations, through the medium of density.

At the molecular or atomic level, you are energy, a powerhouse of many forces that are at your disposal, when you become conscious of them. It is through conscious awareness that you expand your Being, and flex your creative muscles, in order to reveal more and more of your infinite 'Self', throughout Eternity.

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Your energy fields are expanding, along with your conscious awareness. The activity from within 'Source', is dynamic. The engine of 'Source' is firing up, causing a firing of the codes within your DNA. Your lightbodies are being activated by these energy sequences, triggering the birth of new forms, new templates for an advanced hologram. Your reality is shifting continually throughout this process, to one of greater refinement and enlightenment.

Substantial forces are at work, both within and

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around you. This is the great machinery of 'Source' at it's best. The great engineer is at work, redefining Life, and it's many expressions. You are an eternal part of this continual creation, eternally changing, trying on new forms, and trying out new experiences, for the good of the Whole.

This next phase of your evolution, will be markedly different to what has gone before. Substantial changes will lift you to new heights, creating a life which far surpasses your existing one. The birth of a new Being is under way, one that knows no boundaries or limitations, one of immense potential, within the quantum fields of Life.