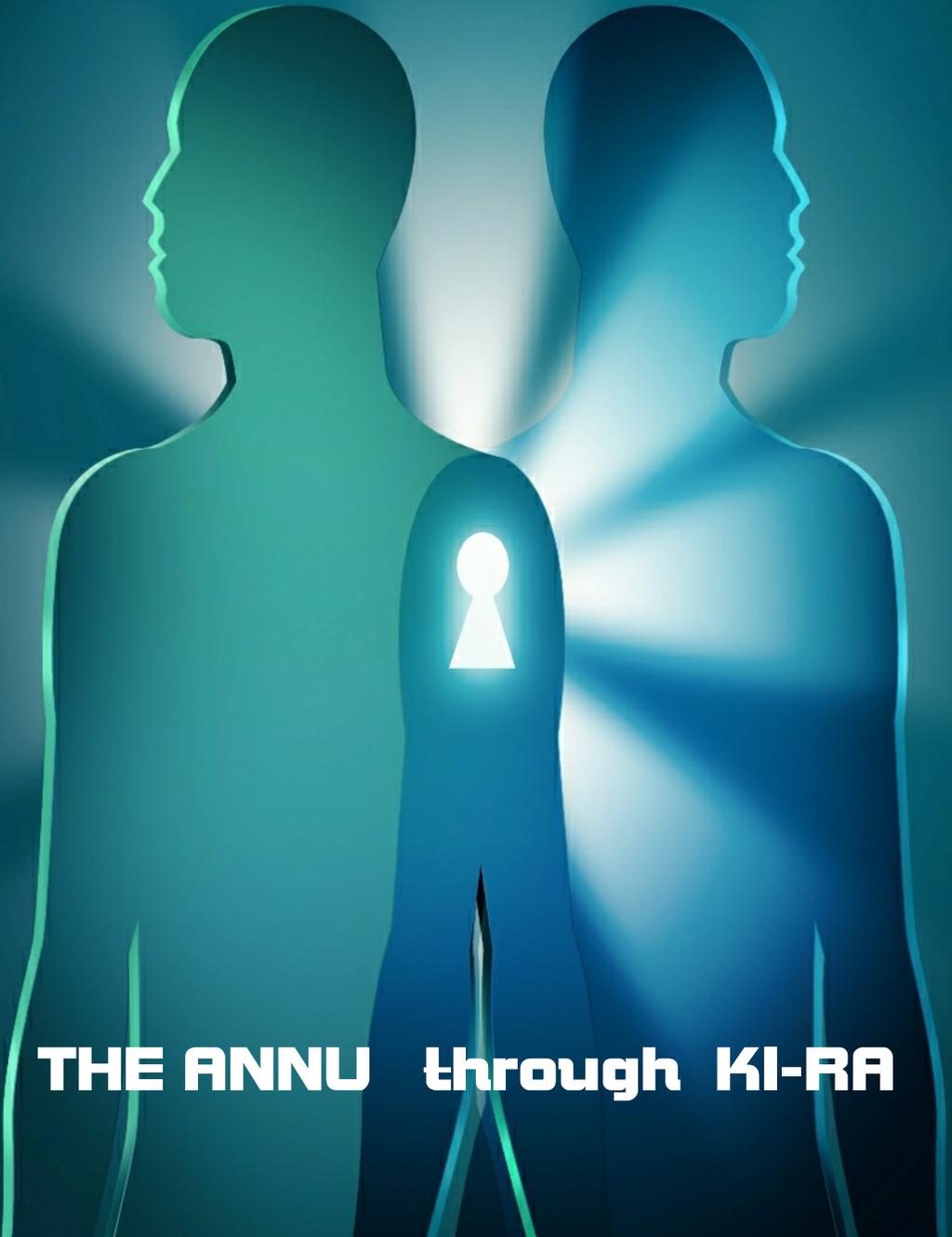


UNIFICATION

&

HEALING



THE ANNU through **KI-RA**

Unification & Healing



Channelled by KI-RA,
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PREFACE

I am a channel of the faster frequencies of Light. I have the ability to reach beyond the Earth's energy matrix to bring through information and advanced technology from Divine Beings of Light and Source.

This is my twentieth 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 high vibrational reality, through the Quantum triggers contained within the words, and the immortality

codes, that were used in the healing temples of Atlantis.

The seventh book is from Max the 13th Ancient crystal skull. The skulls act as living libraries, multidimensional portals, giving us the codes for our 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 its 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.

“The Journey to Consciousness”, comes from a skull of Light, 'Diamond +', so called because he has a matrix which includes Gold and Silver. He is a powerful being of Light who, along with the other skulls, are helping us to advance to higher light octaves. As you read this book, his energy will integrate into your energy matrix, lifting it to new vibrational frequencies.

“Holding The Light”, is my next book. It tells us about our Divine Essence, and what constitutes Life and comprises our energy matrix, so that we can take steps to shift our vibration to the faster, higher frequencies of light consciousness.

“Unification & Healing” comes to us from the Annu. It sets out our journey and destination as spiritual beings of light. Giving us insights into our experiences through our vehicles of density, and ultimate transition to something

incomprehensible.

I like to stay at the forefront of Spiritual change and am dedicated to bringing you the most advanced spiritual technology, from the Higher Self Aspects. Bless you All !

Acknowledgments

I would like to give a huge thanks to the wonderful Beings that have given us these books!

Go to : ["www.frequencyandlighthealing.com"](http://www.frequencyandlighthealing.com)

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From time immemorial, you have sought to heal your bodies and your minds of the miasmas that beset them. You have battled with the plagues and viruses throughout time, which have dwindled your population, often drastically. These bedevilled energies, are the thought forms of misalignment, which breed readily in a disharmonious environment. The energies are projections of your inner maladies, and distorted ways of being.

You have the ability to overcome these misaligned states of being, that are dragging you down, and holding you in a lower vibration. You can reverse the damage that you have done to your bodies and minds, and restore them to perfect health and wellbeing. Such are your abilities as divine beings of light. Though you are cloaked in density, you have a powerful inner centre of light, one which can be exploited by you, to change your vibration, and displace the negative energies, that you have been experiencing to date.

Your ability to create is profound, and has been largely overlooked by you. This must be addressed, if you are to return to your divine state of harmony and wellbeing.

Part 1. How to tap into your energy.

The alignment of your energy bodies, is a necessary part of the healing process. This alignment can be achieved, in a number of ways. First and foremost it is important to realize that you are energy beings, not solid objects of dense matter. If you persist in seeing yourselves as solid, you will miss the opportunities that are

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available for transcending the flesh, and expressing your truly immortal state.

Within the matrix of your Immortal Self, lies the key. This Self knows no disease or illness, as it is a part of the divine current of life, perpetually renewing itself with this life. Its body is in a continual state of renewal and expansion, drawing upon the life force for its sustenance and nourishment. This Self is the real you. It is untouched by density and the dramas of life, separate and apart from the dimensional fields of expression. It carries its light into all fields, and is to be found within you.

You have an interface capacity with this Divine Self through the Mind, or more accurately the consciousness. The Mind is a tool to be used for the elevation of your consciousness. It is a temporary construct, which affords you access to your present dimensional world. The so called outer world of form, and also your inner world, which is beyond space and time, the constructs used for the galaxies and the universes, to enable you to experience diversity and contrast. In giving you this tool, we have given you the key to creation.

Part 2. Your Divine Module.

The starseed basis of your matrix, is enhanced from the divine fields of energy, thus creating a more intricate system, than that of other beings. You are inherently galactic in nature, with an umbilical cord which connects you to Source. Through this cord, you take your nourishment, the divine fuel for your vessels, the atomic energy which creates the building blocks of form.

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This atomic energy is fuelled by consciousness, operating from within the dimensional fields. The strata of growth is layered by this energy. One form building upon another, continually perfecting itself, as it grows nearer to its divine blueprint of form. Wholeness is an inescapable conclusion of the workings of this energy. The divine matrix is restored ultimately, within the expression, and perfection is realized.

The motivation for the energy comes from the mind of Source, directing and navigating it to where it is needed. It is the construct of the mind which performs this task, in accordance with the wishes of Source consciousness. The essence of Source expresses itself through consciousness, energy, and matter, eternally appearing and disappearing from the dimensional fields, which are its reflection.

Part 3. Systems in the making.

The tools for realization are presented to you, through the many different galactic systems. These systems operate at different frequencies, each one having niche encodings contained within it, and designed to engage the star matrix pertaining to that system. The systems are elevated by the energy of Source, to new levels periodically, as all in the universe undergoes expansion.

The dimensional tools are available for the upgrading of your individual matrix, from within each system. This includes all the necessary DNA codes which are presented to establish the matrix. The absorption and assimilation of these codes, brings life, renewed life and vigour to your

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existing templates, thereby transforming them to a new creation, one of immensely greater light. A new being is thus born from the old defunct template, which no longer serves the highest good of the soul. Progression is made through the dimensional fields in this way. This is what you term growth.

Many advancements are currently being made within your energy fields, to create a growth spurt of significant proportions, to fuel the engine of great change for the Cosmos, of which you are an infinite part. The many seedling universes, owe their birth to this process. Since they exist within you, as well as outside of you. Your own inner expansion adds to their growth. Mighty forces are at work within you, ones you are as yet unaware of.

Part 4. The Inner Sanctum.

The tools for change are presented within codes. These codes owe their birth to Source consciousness, which is ever seeking to establish a more improved form, to reveal its infinite nature through. These forms are vessels of light, and are powered from the atomic core of life. This core lies deep within you, at the heart of your soul, and is responsible for all phases of your life. It is your power cell or battery if you will, which energizes your cells, and keeps the currents of life flowing through you.

The currents of life flow in accordance with the original template design for your bodies. However over time, the templates can become distorted by your experience as incarnating spirits. These distortions disrupt the flow of life

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through your energy bodies. Blockages are created within the energy pathways, which result in new channels being formed. A whole new circuitry is developed as a result, to accommodate the energy flows. This however feeds into the fields of expression, altering the way your vehicles appear, creating disease, infirmity, and a general disharmony. It is time for this situation to be rectified. Time for you to return to your original design of health and wellbeing.

Part 5. The Awakening of your Mind.

As a spiritual being you are endowed with great abilities. The ability to see beyond your space/time limitations and into the quantum field of potential, is a gift you have been given. Your dimensional awareness can be increased significantly, through the construct of the mind and its facets.

Your spiritual body has an interface with your Spiritual Mind, just as your physical body interfaces with your consciousness. There are huge benefits to be gained from a connection with your Spiritual Mind. This mind knows only harmony and wellbeing, and the infinite potential of its Source. The Spiritual Mind is where your treasures are buried, and where the great wisdom and knowledge of Source lies dormant. Each one of you is a key holder of the vault of inner wisdom and power, the sacred vault of all knowledge. Knowledge which empowers and frees, knowledge which transforms and enlightens you all. This is what is destined for you.

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The receivers of the golden chalice of light, are anointed with the sacred light of Source, illuminating their being, and transcending them to the higher echelons. At this stage of your evolution you are Gods, beings of light and formless density, unencumbered by the flesh and its restrictions. This sacred state awaits you all in the fullness of time.

Part 6. Your Evolution to Oneness.

As unevolved souls, you are attracted to the light of Source within you. This light is ever growing in intensity, as it reveals itself to you. Your dimensional veils are thinning, and as a consequence of this, more light is pouring through into your vessels, illuminating them with Source radiance. The light is like a drug that is addictive to you. It is your life essence. By nature it is atomic, existing at the heart of all things. This unity of essence, provides you with a connection to all beings, though you appear to be separate and apart from them. This separation is an illusion of consciousness, operating within the lower frequencies, where all things appear in their individual nature, giving the illusion of space.

The space/time continuum has been created for your use. It serves the purpose of unification ultimately, as an experiential field for awareness, providing both the tools and the opportunities for growth that are needed by you. Evolution moves swiftly onwards, taking you with it. The denser states give way to the light, returning you to the Oneness of your Being.

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Part 7. The Transcendence of Form.

The purest forms are those that are divine in nature, those that obey the universal laws of harmony and wholeness. The light they carry is supreme, the very life of the Creator itself, in action. These are the templates of the Great Souls, those who choose to express their highest light, within a vehicle. To them, all knowledge is given. The doors of the sacred vaults are opened wide to them, nothing is denied.

The inner sanctum of wisdom, reveals its bounty to the seeker of the light, giving divine sustenance. The forms they inhabit are continually changing their expression, in order to reveal more light. As the finest forms of life appear, they are virtually translucent, with little or no resistance to the light. As this form evolves further, it becomes a transducer for the nuclear currents, ultimately merging with them. From this point onwards, form ceases to exist, as a carrier of the light, it has merged back into the divine cauldron of life, from whence it came.

Your blueprints have been designed with transcendence encoding. This feature allows you to grow and to evolve beyond limitations, to break through all barriers that define and confine you. To become your Greatest Self.

Part 8. The Alchemy of The Heart.

The wonders of the universe lie within you. These are the gems and jewels of the heart matrix of light. This matrix holds profound wisdom, and esoteric knowledge about the metaphysical nature of your Being.

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Transformation takes place here, through the fires of alchemy. The base self is transmuted and transformed within the cauldron of life, to become its highest expression. The alchemical tools are many, providing the necessary changes in your energy fields, that will lead to enlightenment.

The transitions are many, that lead to the perfected state. Evolution through the forces of nature and spiritual law, helps to mould the Being into its many templates of form. The die is cast, and a new Being emerges out of the old. The dross begins to drop away, and the Being takes on more light within its vessels. Transformation is complete, and the vehicular changes are expressed fully, until the time comes for the next transition to be embodied. The Heart knows the way to freedom, and how to drop density. It knows your innermost processes. It is your guide to the Light.

Part 9. The Wonder of You.

Your energy matrix is a culmination of many changes within your auric field. These changes have occurred over time, to consolidate your growth, to put you onto a firm footing, giving you a strong foundation, upon which to build the new templates of form. This building process is continuing, and is achieving results within the microcosm. This is the inner world which establishes your reality, and projects it outwardly, into the fields of expression. The many vehicles of Self attribute their nature to the microcosmic laws. They hold the light of the Cosmos within them, reflecting its wonderful diversity.

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The challenge, is in unification of the Selves, into one module, whilst preserving the individual characteristics of each. So that each Aspect enhances another, adding more knowledge, information and wealth, to the overall matrix. The energetics are currently in place, to aid you in this unification process. Major photonic waves are due to impact upon you shortly, to help expedite this change. The merging into Oneness, is an inevitable part of your evolution, and will reveal the Self in all its glory.

Part 10. Acclimatization.

Powerful energy surges are reaching your world, these have the ability for great change. Cycles are closing, and new ones opening, for the benefit of mankind. This process is in continual flux, as the energies shift and change, and rearrange your firmament. Cataclysmic events are a thing of the past. This is a new model for Ascension, which involves less trauma and stress for the soul.

The past has seen many dire events, which have left their mark upon your souls, requiring them to be expunged from your memory, such as the Atlantis debacle. The inner memories of those events are still with you today, and are still having a negative impact upon some. To avoid a repetition of these incidents, the whole Ascension model has been altered, to cater for a more sympathetic way to achieve these goals. However this new model, will contain elements of turbulence which are set to occur over a period of time, rather than in one fell swoop. This alleviates loss of life on a grand scale, and

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grants more souls the opportunity to to experience Ascension from the Earth Plane. This in itself is a major feat, which will not need to be repeated again. Once you have fully established your 5D crystalline matrix, there will be no turning back.

Part 11. The Newness of You.

The escalation of your energies, will create the need for a new vehicle for your soul to inhabit. This vehicle needs to be structured from finer light filaments, and an expanded consciousness matrix, in order to serve your needs. You are ever evolving and pushing the envelope of your expression. More of your true nature is revealed as a result of this. As heirs of the Light your diaphanancy is increasing to a new threshold. The spectrum of opportunity is increasing for you. The available templates are coming online, to house the new forms. These are the high frequency geometrical codes. Once these are established within your energy matrix, a new version of you is born.

The quantum shift is occurring now. Escalations increase, and you enter new territory. Your reality is becoming vastly different to the one you have known to date. Dramas are decreasing as the Peace returns, and stability inhabits your world once more. Adjustments are a necessary part of this change. Re-calibrations of your energy vehicles, to allow the assimilation of more light within them. It will soon feel as if you have entered a new phase, one of Self-Expression and Enlightenment.

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Part 12. The Awakening Process.

The inner corridors of your nature, hold many surprising elements. Your sensory perception is a vast network of neurons and electrons, which send their messages through chemical transmitters. The brain instructs, and the transmitters comply, sending signals to your physical interface, which allows you to interact with it. The responses account for your perception of reality.

In an altered state of consciousness, these chemical transmitters change, thus your perception is changed. The resulting interface is renewed, and your responses alter. The information which is fed back to you, is therefore different, so your understanding of reality changes. These are the mechanics of a consciousness shift, and an apparent change in your reality. Nothing has actually changed in truth, your receptors are just picking up new frequencies now, and the view of life appears to be different because of this. New vistas are revealed to you in this way, upon your journey to Self-remembrance.

The infinite wonders of life are revealed in stages, through the many different states of consciousness, leading to a grand awareness of all things, and their interrelation. The cohesiveness of life, is thus presented to you.

Part 13. The Immaculate Expression.

The betterment of life is its purpose. To improve the nature of its existing forms, and to increase their existing potential, using the tools of the

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Quantum Field. Tools of expansion and enlightenment, which exist for your use, to lift you out of heavy density, and place you back into the light. Tools which peel back the outer layers, to reveal the divine fruit within, the nourishment for the Soul upon its journey through life.

The inner and outer realms of polarity, are presented for your growth, as an expression of the light. These are merely time/space constructs, which give you the opportunity for advancement and mastery. Believing you are free is different to knowing you are free. In truth freedom itself, is yet another construct, since all are inextricably linked, within the Being that is Creator.

The different stages of awareness are presented as you open more fully to the Light. Each one brings an improvement in your expression, culminating in the ultimate expression of the Creator's Light. This is your perfect, immaculate Self, the Being beyond all dimensions, all realities and sub realms. Separate and apart from the dramas, which lead to the Awakening. Everything has its place and its purpose.

Part 14. Summing Up.

As your inner and outer realities merge, many wonderful experiences await you. The growth of your Soul is a steady process of unfolding, to reveal your true nature, the Divine Being of light, consciousness, and energy. The all pervading all present life within the Cosmos. The destiny that awaits you is unfathomable to man. The mind construct is not sufficiently developed, to be able to comprehend the advanced states of being. As

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more doors open for you, you will begin to see glimpses of these states, and breathtaking views of life, at these levels. Never before have you been able to view these things from a third dimensional reality.

Your dimensional veils are thinning, allowing you to witness the expansions that are taking place within and around you, the expansions that are making you whole. Your true self is unlimited in its infinite capacity, as a source of light. It is beyond all things, beneath the temporary constructs of self, emblazened with light of a staggering magnitude, far beyond the reaches of density. You are coming to know yourself as this light, and its greatness. Soon you will be forever changed. We the Annu thank you. We wish you all Love and Peace, blessed be.