

# Preface

## How It Began

### **Leni Morrison – A Personal Story**

I was in Australia teaching academic English to Third Level Asian students at RMIT University in Melbourne. I was 24, had pillar box red hair and not a care in the world. I was absolutely thriving in this city! I was renting a penthouse, earning top dollars and, I was so incredibly happy that I was seriously considering moving my life ‘Down Under’.

One evening, out of the blue, my brother Michael called me. He pretty much convinced me that I needed to get on the next plane out of Oz and head over to Brazil. He was staying at a healing retreat in Brazil experiencing some amazing results with his own healing journey. It was here that he met a powerful medium from New York. Her name was Julie and she insisted that I get down to the center and leave Australia immediately. She spoke to me on the phone and left me with little doubt I had a life changing adventure ahead of me in South America. So next thing I know I am navigating my way through the dusty windy mountainous terrain of Goias Brazil. Goodbye penthouse and ‘hello donkey’ tied to the side of a tree.

The healing center was located in the Crystal Mountains of Abadiania. As soon as I touched base with my brother, I was shown to my Pousada (hostel) where I finally met Julie. She was a “Daughter of the Casa.” Her role was to mentor new arrivals. After eating a feast of feijoada (Brazilian black bean

stew), I was advised to go to bed early as I would need sleep for the big day ahead of me. Julie told me to meet her at 5:30 am. She informed me to be dressed all in white and be outside my pousada at that time. She would then take me to the healing center and advise me on all the rituals.

I tried to sleep that first night, but I kept hearing the voice of a man speaking loudly in what I assumed was Spanish throughout the night. The voice was so real. I was certain he was in the room with me. Every time I turned on a light there was no one there. I put my overactive imagination down to jetlag.

Julie arrived in the morning to escort me to the healing center as planned. There were hundreds of people from around the world queuing to meet the healer. As I got closer to the healer, he popped his head out to look through the line of people in front of him to look directly at me--and pointed. Julie turned around and in her thick Bronx accent said "Oh boy, he recognizes you. This is going to be fun!" I panicked. To say my heart was racing was a huge understatement.

The remarks from the healer to all those ahead of me were of a loving, gentle nature. But as soon as I passed before him he started shouting at me in anger in a language I knew to be Spanish. Was this the same voice I had heard the night before? Suddenly I was placed beside him and instructed to sit on a bean bag on the stage. I was told to stay there with my eyes closed until the morning session had finished. This was another four hours.

While on the stage in my personal silence with my eyes closed I had a complete life review. I witnessed times in this life that I nearly died through my own misadventures. I also reviewed what I now believe were my past lives. I was aware at times of being on what I presumed were other dimensions and on other worlds. While all of this was going on internally, I was intrigued that I could smell what could only be described as anesthetic. I could also feel what I thought was a constant trickle of perspiration running down my chest. It was summer in Brazil. What else could it be?

The morning session had finally ended. I still had my eyes closed as instructed. The room emptied, except for me, Julie, the healer and two of his team. Julie informed me that during the time I had been seated next to

the healer I received what was called “psychic surgery”. It was explained that my heart had been broken so many lifetimes that it was necessary to remove depression and ancestral pain from previous life insults. Julie told me not to freak out when I opened my eyes, as my previously white dress was now streaked in blood. The psychic surgery was painless. Interestingly, the surgery was performed by a Spanish doctor. Could the voice that kept me awake all night have been that same doctor? My mind was completely blown, and I’m Irish! The Irish are steeped in faery folklore, Celtic shamanism, and the odd banshee—but this—this was brand new territory.

The healer told me I too was to become a “Daughter of the Casa,” and my new role at the age of 24 was to inform people from around the world about sacred divine and cosmic healing power. He also told me that one day I would be doing this type of energy work. I would go back and forth over the next few years and learn much from this miracle worker and the countless incredible shamans and teachers in that community.

During this meeting I was gifted with two large powerful crystals from the Abadiania Mountains, which I work with to this day. This profound experience began a deeply exciting lifelong journey into the unknown worlds of quantum healing, as well as a deeper connection and understanding of the crystalline pathways of mother earth.

## Jilliana Raymond

I find it interesting that some of the greatest channelers and spiritual leaders began their spiritual exploration as extreme skeptics. Prior to embarking on their own spiritual adventures, these incredible leaders held positions as engineers, scientists, contractors, and medical researchers, with many coming from two schools of traditional thought: religious or agnostic beliefs. Most had no exposure to spiritual anything. In fact, most attendees participated in a spiritual event at the encouragement from a trusted individual's insistence. Many were thrown into the realm of energy having no idea what that meant. Few, if any, had any previous awareness of some latent intuitive ability or ability to connect to any spiritual force. Again, their thoughts could at times seem like "nonsense," even downright scary for the new initiate.

My first encounter with anything other worldly began following the death of my mother. I remember waking one night to visualize her floating form enter my room, expressing to me that everything would be alright. There was no audible sound heard but a deep "knowing" this was the message she was delivering. She wore a mint green chiffon gown, appearing to me as she might have appeared around the age of 30. (I have since learned the age of 30 seems to be a popular presentation for those who have passed and return to the physical realm to visit loved ones.) I am a rather logical person, so this presentation, although very real, seemed extraordinarily unexplainable. I might add I came from a staunchly religious background. I am also the type of person that needs rational answers. Certainly, this experience was anything but rational. Thus began my research into the unfamiliar "spiritual" side of things.

I enrolled in any class I could find that would provide any kind of answer to satisfy my natural curiosity. My religious training had not prepared me for anything so unbelievable or so enticing. My first experience with energy occurred after enrolling in a Reiki class. Reiki was a popular area of study at the time, and I had a previous experience with the teacher, so I decided to explore this modality. I followed the instructions carefully, musing over the excited outbursts from participants marveling as they felt the energy. I felt

nothing! Not one to give in, I enrolled in the same class again. I had a medical background so I was interested in anything that had to do with healing. I was determined to experience the sensation many others were exclaiming delight in. Again, I felt nothing. And again, determined to discover what so many were experiencing, and at the urging of the instructor, I enrolled in this Reiki class a third time. There is a saying “third times the charm.” And so it was. I felt the energy, what everyone else was so excited about. The energy was faint at first, nevertheless definitely detectable. This encounter was nearly thirty years ago. I would spend the next four years studying with the class instructor who as it turned out was a healing master. Today I am considered an intuitive energy channel, spiritual adviser, and alternative therapy master. I tell this story to my audiences to demonstrate that your inherent talents exist within you, even if you are unaware of your hidden abilities.

I have been privileged to experience other dimensional realities that to most would be unbelievable, yet mesmerizing and awesome beyond belief. There is nothing extraordinary about me other than my innate curiosity and tenacity not to give up. You possess the same ability to experience the spiritual dimension as I do. It is my wish that all could begin to experience some form of phenomenal energy that would awaken their curiosity to explore the dimensions I have been privy to. My encounters are personal and yet very real. My discoveries are proof of life beyond any physical existence. It is my belief all will experience some encounter with energy awakening and begin their personal exploration into their own personal accumulative life experiences. I can only promise that if you are open to new presenting concepts you will be wildly intrigued to begin your own cosmic exploration into who you really are. Once you begin your exploration you will learn how you can utilize energy to your advantage and become aware of a cosmic connection to spiritual resources that will assist in optimizing your physical journey during this life.

# Ancestral Healing

Leni Morrison

IF YOU THINK ABOUT IT, NONE ENTER THIS LIFE WITHOUT AN ANCESTRAL background. Everyone on this planet has ancestors. We all carry generational heritage that is woven deeply within each strand of our DNA. When you acknowledge the lives of your kinfolk, it helps you make sense of your own blueprints. For a moment let's explore how an ancestral life can influence a present one.

## An Unsolved Mystery

Most of us are familiar with the endeavors of paranormal researchers. Many investigators attempt to scientifically validate the essence of some presence lingering in homes; abandoned buildings; historic landmarks; and any areas where violence, death, and extreme trauma have occurred. No matter what is unearthed or discovered through the scientific lens, many logical or rational attempts to solve such metaphysical occurrences can never provide a doorway or a portal for the trapped soul to return home. By home, I mean the soul's spiritual dimension. Every soul enters this physical life from a spiritual house, and at the end of each soul journey, each one returns to their spiritual domain. We all have an ancient spiritual lineage, and in truth everyone has a mystical origin. And while all souls will eventually return to their transcendent birthplaces, a traumatized individual's return may take many, many years.

Some souls linger in an etheric dimension caught in an endless loop or bad memory. These “lost” souls generally remain close to the land and environment associated with their traumatic ending. Some of these “trapped” souls are unaware that they are disconnected from a physical body, and most are unaware still that all they need to do is summon spiritual intervention (a guardian angel or a deep ancestor) to assist them in crossing through the dimensional veil.

This is where ancestral healing can come into play. There is an uncanny thing about family histories: they yearn to be healed. And if a family mystery involves the emotional misunderstandings from personal tragedies, then the souls of those carrying unresolved mysteries within their DNA need to be ameliorated sooner rather than later.

## Ancestral Lineage

Just for a moment consider the life of your great-grandparents, grandparents, parents, siblings, and extended family. All these entanglements can impart residual influences into your current life history. To unravel some of the lingering beliefs that may be trapping an energy in an environmental portal, try to also take into consideration the social conditions of the era.

If you have researched your family history, you may be aware of your genealogy and therefore what physical ailments you may potentially be genetically predisposed to. If you notice recurring themes and patterns that continue to replay throughout your life, this could be an indicator of a certain blueprint in your ancestral lineage. (In a future chapter we are going to investigate the age when a particular life trauma surfaced, taking into consideration the unknown factors at that specific time surrounding the insightful event.) Therefore, it is important to be aware of the defining life characteristics that may have been the social customs of the day. This awareness will greatly assist in providing any information necessary when appealing to a wayward spirit and helping the soul release from its physical boundaries.

Always ask yourself, whose life are you living? Knowledge of a family’s history can greatly assist in clearing any unconscious or unresolved issues

that occur in your daily life. If the soul lesson is not fully healed, continued family stress can create additional trauma further down the family line. This trauma can manifest as dis-ease or other debilitating behavioral patterns.

In my own family, sadly, my great-grandmother's body was never returned home. She developed tuberculosis in the early 1930's. The family doctor suggested to my great-grandfather that she go over to the Swiss Alps so she could benefit from the pure air. She left County Wexford around 1931 and subsequently died in November of 1932. My great-grandfather tried desperately, against all odds, to bring her remains home. But heartbreakingly, it was a near impossible feat. Her body could only be retrieved within a limited timeframe because of World War II. Because of the wretched conditions, this time frame could never be met. Sadly, despite many trips back and forth to Switzerland, none of my family has ever been able to discover what happened to her.

On a physical level, you could say it will forever remain a mystery. I know this has had an enormous impact on my own life, as often as a teenager and then later in my thirties, she would appear to me in dreams. I have since done ancestral healing with her soul and have had extraordinary confirmation of her soul's freedom through the appearance of a butterfly.

One afternoon on a winter's day, after hours of praying for her soul's release, "she" literally flew through the middle of a closed door to land on my lips as an Admiral butterfly. Any shaman will tell you this symbol heralds transformation. I knew the work on a soul level was done for my great-grandmother. That evening, in front of a roaring fire, while I was playing guitar and singing, a song for her came rushing effortlessly through the ethers and the strings. No more work was needed; my ancestor was honored, free to soar with all the other butterflies.

## Creating Emotional Clearing

I hope this experience, shows you how important it is to honor your past ancestors with deep love, compassion for their suffering and absolute forgiveness. It is important to acknowledge that you are not changing the

event that initiated the stress from the past; rather you are healing the emotion connected to that time. Once the emotion surrounding the event is fully cleared, the consequences for any future lineage are also cleared. You heal one family member through the realms, which allows all family members to release any residual overlays and imprints in their physical lives.

**For example:** The emotional toxicity of a previous lineage can be released with the expert help of a medium, shaman, healer, minister or simply by the healing power of prayer. As I pointed out earlier, this is an area I have gained much experience and insight into over the years in my own practice. Once the ancestral clearing has taken place, a genetic disposition eliminating any similar future experience with respect to that family trauma can also be finally released. It always amazes me to see how extended families respond to this healing.

Forgiveness can be understood as a moment in the present whereby toxicity and trauma from the past can finally be set free. This type of healing work allows you to create a more harmonious future without carrying the latent emotions from past generations. Forgiveness is the key to freeing both the residual energies of those who have passed before you and those still holding onto pain in the present.

Too often families carry the guilt and shame from past family events. What if your role in this life is to release and clear those past life traumas? The undertaking of this challenge can be as simple as invoking intervention from spiritual guardians or from past ancestors (if known). Solicitation should ask for release from the associated trauma or from a current scenario connected to an evolved lineage. You can acknowledge the incident but also help the residual soul to comprehend the misunderstanding by removing any emotional charge or psychic wound associated with that life drama.

When you deliberately change the thoughts surrounding the past you can massively influence the present. When you pray for the past to be healed, you completely transform the present experience. By changing the present, you therefore alter your current and future lives. This is referred to as quantum consciousness, understanding that all timelines co-exist in the present, the eternal *Now*.

Here is a simple reference that can help to explain this quantum ideation. Consider there are multiple channels available on a radio. All channels exist simultaneously. One channel can be dialed in at any given moment, but changing the channel allows access to a different frequency. This is similar to accessing quantum fields. Quantum fields exist simultaneously with each corresponding to a different frequency; the higher the frequency, the higher the reality.

## The Power of Prayer

Stress in the family line can create separation from a sovereign source, especially when love has been denied. Separation from Source can lead to unresolved generational patterns in the future if left unresolved. Through acknowledgment, understanding and forgiveness it is possible to heal any family crisis from the past. When you can release the past with love, you free future family lineages from engaging in intergenerational trauma.

Life experiences can thus become teaching elements for the soul. If a chosen lesson is ignored, the lesson repeats, each time presenting with greater intensity until the lesson has been fully realized. Many challenges can be imposed when hidden vows, curses, or karmic issues from a past life are unresolved.

In an effort to clear compromising life patterns and emotional challenges, I conduct interdimensional sessions with my clients. Through ‘opening up’ the presenting soul-picture and allowing higher guidance to flow through, I can engage with ancestors who step forward to assist in clearing past traumas, imposed injustices and pain. I am always in awe at how quickly past grievances, anger, and repressed feelings are lifted through prayer, invocation, divine intervention, and an openness to release surfacing issues with love, meditation and a soul language of codes and symbols. The resultant response is a greater sense of freedom and renewal. The power of heart-centered-prayer can never be underestimated when clearing generational imprints. So, if you are feeling the burden of family overlays, perhaps today is the day to release the past with love. You may simply ask yourself, if not now, then when?

## Jilliana Raymond

### Suicide

I want to address the topic of suicide. Many religions disavow a soul that has ended their life prematurely. Too often this stigma shrouds a family with the shame and guilt associated with the accumulative events that may have led to the individual's inability to cope with presenting life issues. More than likely the soul carrying this ancestral scenario is attempting to clear something from a "soul family" perspective. (We'll discuss soul families in a future chapter.) From a spiritual perspective this has *NO* bearing on the record of the soul, nor from the perspective of the parental family, or from the viewpoint of any associated individual emotionally attached to the individual.

In my family's history there have been four suicides during this lifetime. This unfortunate history provides me with many significant details I need to be aware of. First, I carry the family scenario of premature death through suicide. This means I must be mindful of the predisposition so when emotional compromising situations present themselves, I must dig deeply into my own psychic composition to overcome the scenario of a premature departure. Secondly, I need to honor the lives of those who found the only solution to their internal suffering was to find a way to end their mental anguish through suicide. I can appeal to the higher consciousness of the individuals, acknowledging the difficulties each encountered, provide them with a deeper understanding of the life lesson they chose to overcome, and remind each they are divinely loved. I ask each what is necessary from their mental perspective to help them release the trauma they have endured. This releases the scenario from occurring in future lineages. In essence, those family members who chose to embody the lesson of suicide carry a high vibrational frequency to be confident enough to want to physically absolve the experiential scenario on behalf of their soul family. Only a master would choose to explore this challenging emotional life compromise. Presenting and reminding the individual embroiled with the emotion of failure, the non-acceptance that their life mission was to overcome the emotional negativity

of this scenario, and then remind them of their master status is usually all that is necessary to release the compounding trauma.

Usually, if a soul has prematurely exited before mastering a soul lesson, they return to the physical dimension bolstered by countless years of star-lit guidance with greater determination to overcome the challenges that may present. Once again to be clear, there is no condemnation from a spiritual perspective for any soul that has prematurely departed. While that soul may need to re-enter a physical domain to overcome the life scenario, there is no shame or failure label associated with the initial traumatizing event.

One final note on the subject is that while sorrow may linger for the grieving family members still exploring the physical realm of learning, their family member is renewing their spirit. The burdens and challenges of their life may have become too compromising to master. The renewed soul will return with more determination and greater resilience to overcome future challenges.

## Soul Assignments

Leni has been talking about family healing and how this could contribute to your present journey. Kryon (an angelic group whose assignment is to coordinate earth magnetics) says that as you continue to raise energy frequencies, you can alter your DNA. From my point of thinking—with the current infusion of higher energy frequencies beaming towards earth from the sun and other universal frequencies-- the ability to alter or embellish DNA sequencing is possible. It does take mastery of re-patterning subconscious patterns to successfully accomplish this. Once harnessing reprogramming of frequencies occurs though, anything can change.

Some years ago, one of my soul assignments was to participate in healing the land--specifically surrounding battlefields. At that time, I resided in the Washington, DC suburbs and had access to many battlefields, including the Civil War Battlefields of Manassas, Antietam, and Gettysburg. I also lived near the colonial battlefields around Williamsburg, Jamestown, and

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the Rappahannock regions where early settlers were caught in conflict with Native American tribesmen.

Those who live in battle-scarred regions know that the energies from ancient battles can linger on the lands for centuries, especially after a particularly volatile engagement. Ireland has seen many ancient conflicts, as has much of Europe. In fact, much of the world has known conflict at one time or another on some level. Those tasked with healing the land become gateways, (portals or vortices) that allow souls trapped in a volatile timeline to transition back to the spiritual domain.

I will try to paint you a picture of what this might look like or how it looked to me. Early 2000 I lived on the outskirts of the Manassas Battlefields. An ancillary resident in my home was a Civil War Union Major. His presence brought me comfort, as I considered him a protective resource, especially doing soul crossing work.

Walks through the Manassas National Park would produce a volley of experiences. In certain high drama locations, I would see a creek turn red with blood. I could see confederate and union soldiers pointing muskets at close proximity at one another. I could smell the musket fire and hear the boisterous charges of the soldiers in conflict. One home on the battlefield outskirts became a field hospital. This site was located at a major juncture that crossed through the battlefield. Each day as I drove to my office, I could see the wounded laid out on the lawn. I had to convince a Union surgeon guarding the wounded I was there to help the injured return home. It took nearly two years to complete the soul crossings here.

On another adventure, a day trip to Gettysburg would invoke a different experience. The Gettysburg conflict was a particularly bloody engagement. Twenty thousand soldiers died in one day's fighting. The fields today still cannot be plowed because of the number of bones strewn across miles of battle lines. To commemorate the soldiers, monuments were erected to honor the fallen providing their names and battle regiments the soldiers fought in. The monuments now hold the energies of many of the soldiers still trapped in time. One of my assignments was to see if I could free those trapped. This

did not come without complications. A good friend accompanied another minister and me on that day. My friend unfortunately experienced a total personality change because of the energy she absorbed during this outing. Confused over the day's events, she would understandably defer from any further adventures of this nature.

My guides would often remind me I needed to clean my house (my physical body) to eliminate the resistant residual energies of those soldiers not ready to leave the timeline they were locked within. The residual energies from an ancestral soul can leave behind side effects that can linger for weeks. By the way, I should extend a disclaimer at this moment that those performing soul release work should have some formal training in the endeavor. This work is not meant to be performed by anyone not pursuing a "soul calling."

It did not matter how many angels I called in, it seemed that familiar family members were better at convincing the lingering soldiers that their families had long departed. The ancestral family could be very persuasive in coaxing their departed loved ones to join them. I remember one evening returning home from one of the soul transfer engagements to find my house glowing silver and gold. This was interpreted as a thank you from the numerous soldiers' 'soul lights' who were released from their timelines.

I am pleased to say that after repeated attempts to release trapped souls from multiple battlefields, the residual energies have largely returned to their spiritual homes. Even at Auschwitz, the many prayer groups that have come to the historic site have done much to transmute the energies of this devastating conflict. While the historic site is still extremely difficult to visit, much of the residual energy of the tortured souls has been released. While visiting one of the barracks where the workers were housed in unbelievable inhumane conditions, pictures were hung on the wall of that unit's residents. I reached out to one of the souls and asked if there were any remaining there. Her response was that none of them ever wished to return there in a physical embodiment or in a spiritual one.

Each time you send forth a focused thought/blessing to honor those who have fallen, you transmute the energy of that location. Every step you take

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with your higher frequencies is healing the land. Do you see how important your energies are now?

## Chance Encounter?

I had just returned from my European tour. I had heard from three independent sources that I needed to attend a Kryon conference being held that year in Cancun. I had little intention on going, one because I would be traveling alone, two because it was an expensive trip and three; I have followed Kryon for nearly twenty-five years and familiar with most of the presentations. Included in the conference agenda were some phenomenal presenters and after all, three trusted consultants urged me to consider going. That has never happened before. Leni and I have told you to look for synchronicities as affirmation you are listening to higher guidance. I try to listen to spiritual direction, so I booked my trip.

Single conference attendees were encouraged to search for someone to share a room to defer costs. You know how that goes, I really was not sure how sharing a room would work but at a cost of \$400 per night and a five-day conference, I was highly motivated to find a roommate. Since I was late to register for the conference, roommate selection was limited. But one individual stood out and responded to my inquiry.

Leni had received a similar spirit nudge and she too was looking for a roommate. Leni would arrive the day the conference started. I told her I would be wearing white slacks and a zebra top and added she could not miss me. And she didn't. Our initial meeting was as if we had known each other for ages. Conference attendees remarked how much we would miss each other when the conference was over. (If they only knew.) Some months later both of us realized the only reason either of us attended the conference was to meet each other. What if spirit knew all along that our meeting would lead to us teaching a series of webinars and writing this book of knowledge?

Both of us come from differing yet complimentary backgrounds. Leni is Irish born while I am American born. Both of us are involved in healing endeavors. Leni is a galactic shaman capable of clearing ancestral energies

as well as being a healing practitioner. I am a spiritual teacher, spiritual life consultant, energy channel, and alternative therapy instructor/practitioner. Both of us have years of accumulative spiritual training and have similarly conducted years of research into the complimentary practices we present. Both of us are committed to assisting a global band of “light weavers.” Both of us know the individuals who seek our specialized intervention will become a powerful group of “light weavers” who will in turn take what they learn from our teachings and pass it on to others. This is part of our soul assignments as we have both agreed to be in service to a galactic light force.

How will all this awareness affect real change in your life? How will it change the life of another? Leni and I both play instrumental roles in the vibrational healing of our clients and the earth. We are both sharing our stories to help others explore their own source light and make this life as meaningful as possible. It is important to be cognizant of the ways your spiritual alliance integrates in your life to provide you with information and interactions to allow you to capitalize on the greatest opportunities possible.

# Meditation - Ancestral Healing

Leni Morrison

During this meditation, using focused energy and spiritual guidance will help you let go and clear lower ancestral energetics associated with painful familial stories.

Find a quiet space. Provide soothing background music if you like and prepare to go into deep meditation. You should be able to feel the energy infusion, even if you are reading this information, by placing your intention behind releasing the residual energies from a lingering past. If you prefer, you can record this meditation to listen to it time and again. You might even consider presenting this meditation to a group of friends and taking turns reciting the meditation to others.

Begin clearing by taking three deep breaths, breathing in through your nose and expelling your breath through your mouth. With each breath you will find you are going deeper into a reflective space. With every breath you will relax deeper. Outside noise or distractions will fade away.

Call in the four healing angels. (It is not necessary to know their names.) Your intention will be all that is necessary to summon them. Call in St. Germain and the angels of the violet ray.

Call in the higher consciousness of your mother and ancestral grandmothers. State inwardly that you have called in their energies to release anything that does not represent a loving bond between you. Ask to increase the light between you. If you sense any unwanted connection, use a sword of light to disconnect an unwanted tether.

Ask that any contract, agreement, or vow of suffering be released and incinerated through fire. Your higher consciousness will now clear your Akashic record (soul record) needing to be released from your maternal line.

Call upon Metatron (God's messenger on earth). Metatron will guide you to the healing golden temple of light. If any maternal ancestor steps forward, ask that any unwanted connection be released or any difficult past encounters be forgiven in love. If you are able, look for any earthbound soul trapped within the bloodline and release these energies as well. Ask that these souls be greeted by their guides so they may be released back to the multiverse.

Become aware of your energy body noticing if there are any lower frequency memories, energies or cords still lingering. Call in Archangel Michael to cut any remaining cords and sever any energetic connection to this pattern NOW. Ask your higher consciousness to make this pattern change.

Hand over your ancestral lineage to your spirit guides. See all past traumas now being destroyed in the violet fires. If there are any residual promises, agreements or vows you no longer wish to maintain, rip them up and throw them into the violet flame. Clear all lives, all dimensions and collapse all timelines that represent any conflict with your maternal ancestral lineage.

Now ask for an empowered healing symbol from your ancestors to replace this old ancestral conflict. This could be a flower or crystal. Allow this symbol to dissolve into your DNA to provide remembrance and eternal healing throughout your physical body. If you feel the need to speak to your mother, here is an opportunity to do so. You may say anything without any concern for retaliation. Clear the maternal ancestral line completely.

Now call in the ancestral father lineage. State that you have called in the higher consciousness of your father's ancestral lineage to increase the light between you. Notice any unwanted cords or threads linking your energies together.

Call upon Archangel Michael's sword of light to break any contracts, agreements, or vows of suffering to be disconnected and throw these into the violet flame. Ask for clearing from the ancestral father line through the Akashic Records. Release any trapped emotions related to your father's ancestral lineage including any judgements or karma. Feel extended light coming into you now representing the cleared energy fields.

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Notice any residual energy fields that linger representing unresolved family trauma. Ask now that these traumas be healed and released with love and forgiveness. Ask that your higher consciousness fills you with love, harmony, compassion, understanding, and release you from all fabric of traumatic consciousness.

When you feel your tasks complete, take a deep clearing breath thanking your ancestors for coming forward and your spiritual guardianship for assisting in releasing any tethering to any ancestral lineage. Feel refreshed, energized with a renewed spirit. Feel empowered and renewed as you walk forward upon your life journey.

# The Emerald Codes

Leni Morrison

## Activating the Emerald Codes:

ONE MORNING IN 2017, WHILE MEDITATING VERY EARLY, I SUDDENLY felt a powerful surge of light activating within my solar plexus. I watched as my entire center expanded outward like a warm sun. The energy, descending, brushed and enfolded me, with such pressure that I felt like I would implode. This sun-energy was like a radiant flash of photonic light—massive and unending as it poured into my body from high above. Then an almighty surge of energy began from the opposite direction; it pushed upward into my heart chakra and, with this activation, my whole being lit up like a million flashing stars of diamond light.

This was not the first time I'd experienced subtle energies. Ever since I was a very young child, I have learned how to be discerning. I used to experience how the room would fill up with energies. So much joy was felt in this special visitation (in 2017) that I had no doubt as to its original source: that of pure love and benevolence—so blissful and intensely magical that it suffused every subatomic particle of my being with the solar Christ consciousness: pure light. I experienced in this exchange a light that is clear and radiant, the diamond and emerald light, which can be called 'solar plasma light'.

Through the light codes, a message arrived instantly: 'You are completely safe and you are never alone. We are with you always, and we are helping

you to heal'. During this light activation, I was shown my entire DNA structure and toroidal fields (spherical magnetic fields). Each strand of my DNA was being rewritten and recalibrated throughout. In later years, I knew this light infusion to be the activation of the crystalline chromosomes in my DNA.

Not long after this experience, I spent some time in Glastonbury Tor. It was only after I arrived there that I realized the purpose of my visit: to connect with a very powerful being of light. I somehow found myself meditating at a fountain and later praying within a small chapel and rose garden. It was here while praying, on an Easter Sunday morning in 2017 that I received the message to remember who I am. I was now to watch out for signs and to remember all of the signs that spirit had been sending me throughout my life. I received the message, too, that I must always follow my heart.

The divine feminine emissary of light is known as Mary Magdalene. It was she who communicated with me in the chapel and garden. The Magdalene revealed my life work and divine purpose to me, too. It was explained that a lot of women would be coming to me in the future. These women would share a similar karmic anguish as my own—carried over many lifetimes. She then imparted to me knowledge of the emerald codes. It was explained that they contain great wisdom and impact.

The emerald codes can be likened to a crystallized support system that runs through the whole of creation. This system is giant, universal, cosmic, elemental, biological, and ecological.

In the beginning of creation it is said that all humans incarnated with an emerald light, shining out from deep inside the secret chambers of their hearts. Did the Almighty and supreme Source of all that is place this emerald light there? And is this perhaps why our heart chakras are green? When awakened, these emerald codes play the role, I believe, of assisting us in healing, in a profound and transformational way. This healing penetrates every layer, level, and dimension of our being. And these codes are ubiquitous. They emanate from the new-earth grid of ascending Gaia. They can be found within waterfalls and mountains, as well as lakes and rivers.

The emerald codes are also found within the crystalline DNA and awakened hearts of the new human template. They stream, too, from the Great Central Sun, otherwise known as the 'God Star'. By 'new human template', I mean that our very nature and being is changing from a carbon base to a crystalline base energy. This is happening through the re-awakening of the 'God-particle' or Christ-conscious strands lying dormant within our DNA (as ascension markers). Once activated and embodied, the emerald codes assist in helping us to remember who we really are and what our divine purpose is, here on earth. We also realize that our main purpose, here, is to reunite with our Source again, with Mother-Father God, and with the light.

This reunification process, which can be felt by some, may be experienced as a rush of light and as ecstatic bliss, which immediately releases trauma, addiction, pain, and suffering from our cellular memories, as well as from our Akashic records. The codes also help to purge Mother Earth of her traumas, such as war and disease, held within her mantle. So, the codes also, therefore, greatly assist with healing and balancing planetary karma. The codes manifest in many ways—for instance through plasma transmissions from the cosmos and through photonic light waves and solar flashing from the Solar Logos. They also vibrate and travel via the frequencies of the electromagnetic field of Gaia—and within the crystalline chromosomes of our DNA. When we work consciously with these codes, we can be of divine service and assist with collective healing; we may help raise the earth's vibration by anchoring the cosmic Christ consciousness. So, you could say that ultimately the emerald codes assist with our spiritual ascension.

These next few short stories will outline how the emerald codes work in magical and compelling ways. As you will see from these stories, the codes can manifest in myriad ways, such as by symbols, signs, blissful internal rushes, or waves of light. You may experience an actual sensation of the crystalline chromosomes waking up inside of you. Messages from spirit and from the company of heaven will likely happen at the same time. Perhaps you will realize that you too are part of the great emerald awakening on Gaia. The idea behind these codes is very simple: As you clear and heal yourself, you then clear and heal the earth. We then ascend together in harmony.

As we are all one, and therefore, all connected, we participate in a unified intelligence and consciousness that exists all around us and at all times. I hope that these next few stories will show you clearly, that the emerald codes are like universal glue which binds by an attractive force. The codes allow the higher consciousness to evolve and greatly assist humanity. These stories will illustrate, in an enjoyable way, how the emerald codes are both very real within us and very present within all of creation. (The names have been changed to preserve their privacy).

## John: Ask and You Shall Receive

John was going through an extremely agonizing time. The company he worked for was under fire for in-house bullying (the human resources department was involved). As one of the main victims, and as a sensitive empath, the harassment was crushing John's spirits. He worried that leaving this job would leave him and his young family homeless. In his city, you were only ever one pay-check away from such a fate. He couldn't sleep most nights; he felt that the world was crashing down upon him and ruining his lungs. His physical state was weak and anguished.

One night, while trying to sleep, he called out to Archangel Michael to send him protection. He meditated and visualized a huge diamond and sapphire shield all around his chest. The next day, he was overwhelmed, as usual, by the toxic energies in his building. On his lunch break, he went outside to sit in the park, where he felt utterly depressed. This was not the first time that he had faced unemployment, homelessness, eviction, or bullying. He was quite simply worn out.

The next thing that happened was incredible. To his absolute amazement, through his tears and pain, a crow swooped down and left an earring on his lap. The earring was a faux diamond and sapphire piece of jewelry in the shape of a miniature shield. John felt a 'rush of light' move through his whole system, accompanied by a blissful feeling of 'pure love' (as he described it). In this moment, his heart burst wide open and his emerald codes flashed awake! Help came quickly to his side.

John's anxiety completely disappeared. Then money came for his rent from various unexpected sources, and a new job followed the following week. The emerald codes, awakened through the prayer to Archangel Michael, gave him renewed hope and faith.

This is a powerful example of just how important it is to ask for help and to know that you deserve it. The universe wants to step in. The help may not come in the ways you would expect or at the exact time you call out for it, but it is coming. The more you let go of the human struggle and hand over your problems to the beings of light, the more easily and efficiently healing can happen. Just as water flows easily through and around an open hand, so does energy. But when you try to grab the water in your closed fist, it can neither flow nor be fully felt. Healing energy can be likened to water. So, once you ask, let it go and let it flow.

## Marina: Past Life Healing

Marina was seven months pregnant and on holiday with her family in the Canary Islands (formerly known as Atlantis). It was a special time for them, as very soon life was about to change with a new baby coming. Marina was about to be a single mum. She was nervous about motherhood and often worried about her future. Most nights she wept silently while praying to the stars above. Her prayer was for her soul energies, once again, to restore her to her natural vitality.

One morning she was guided to leave her apartment and to find a church. She suddenly found herself (weirdly) in a shopping mall. She then heard the most incredible angelic voices singing within the mall. She followed the sound, which led her to a small church full of stained-glass windows. She timidly stepped across the threshold of a small evangelical church. Immediately, a million dazzling rainbow lights started streaming through the stained-glass windows. The combination of the angelic voices and the prismatic light shining onto her body immediately filled her with the most incredible 'rush of light'. Tears of ecstatic bliss were rolling down her cheeks and her entire body was bathed in this rainbow of illumination.

Leni Morrison and Jilliana Raymond

Marina was momentarily transported to a previous lifetime in Atlantis, where she had been a crystal healer. That life flashed clearly before her as she stood, once again, on the ley lines where her soul had splintered off many, many lifetimes before. Her DNA was immediately activated as the Akashic records opened. She remembered who she was! In that experience of light, she awakened the emerald codes within her. The part of her soul, which had once been left behind in Atlantis after the Great Fall, had now returned eons later to be reclaimed.

Marina had been crying out to the stars, requesting help for soul retrieval, for many months that year. But it was in this experience in a little church on the Canary Islands that her emerald codes flashed within her to reunite her with God and connect her back to her divine purpose: to be a crystal healer. She was meant to be an amazing, self-sufficient, empowered spiritual mama—and that is who she is to this day.

## Leni: Soul Healing in Special Lands and Places

As a child, I had a recurring dream of being killed in the mountainous area of Sedona, Arizona. I always instinctively knew that I would, one day, go back to that location and reclaim that part of my soul that had split off and fragmented that day. On a cellular-spiritual level, I needed to return to make peace with the land where my DNA had undergone severe trauma. Upon opening my heart and initiating song and prayer, I could feel the emerald codes activating within me; now the karma had been released and undone. When I opened my eyes, to my amazement, the most beautiful Lemurian quartz crystal was waiting for me under my palm as I prayed. Sometimes, I like to imagine that an aspect of myself from the future left that gift on Cathedral Rock—just for me to collect once my Sedona soul work had been done.

## Breda Morrison: Jesus with Diamond Eyes

When my mother was making her first confession at the age of seven, upon walking into the confessional she was unexpectedly greeted by Jesus. He

exuded his Almighty presence and filled her energy field with light as they sat in the dark little box (which was the style of the confessional in those days). She recalls that Jesus had long hair. 'His eyes were shining like diamonds'. My mother was expecting the local priest. So she was kind of miffed that it wasn't him actually! Years later, when she finally met the actual priest who was supposed to be taking her confession, she was very unimpressed by how lacking he was in light and presence! I guess after meeting Jesus, it would be hard to hold a candle to Him.

My mother lost her own father when she was very young. Two sons passed away prematurely later on. She firmly believes that Jesus came to prepare her for the great pain ahead and to let her know that no matter what she would be okay. The company of heaven is always close by and, ultimately, she would always be watched over.

If in your life a great being of light comes to you, filling you with the light of God, the emerald codes are flashing and being activated. If you receive the blessing of heaven, it could be that your great inner strength is being shown to you. The message is that you are not to be afraid. Whatever happens to you in life, you will get through it with the grace of God.

## **Jim and his Mother: A Rose from Heaven**

Jim and his mother were very devoted to St. Theresa of Lisieux and used to frequent a certain chapel. One day while praying alone in this chapel, in the front of the church a red rose came out of the tabernacle three times. Jim and his mother recalled how they were filled with light and their hearts opened. Not long after this experience, Jim's mother died, but Jim knew not to be sad, for she was in the rose garden with St. Theresa.

## **Molly and Maria: Akashic Records**

Molly was a singer, doing a show in Las Vegas. She was getting her hair styled for the big show. Her assigned hairdresser was an Italian/American punk in her mid-50s. Maria was striking in appearance. As the two talked

about the best style for the event, they felt a bond as if they were old friends. At the moment when Maria put her hands on Molly's head, they both 'left' the salon.

The two were immediately transported to a type of medieval courtyard. Maria suddenly noticed an unusual style of royal crown on Molly's head. Molly just felt the whole room change, as light came rushing through her body. Her heart burst open, and she was transported to another dimension. It turns out Maria is a very gifted medium and channel (as well as a part-time hair stylist). She understood from that experience that Molly had been a queen in Medieval Scotland. Molly really rocked her show that night, as she channeled her inner rock goddess and queen. The emerald codes, which carried their Akashic records, were activated as soon as Molly and Maria met and touched.

## Saoirse: Angelic Heritage, Divine Purpose, the Visit of a Saint

Saoirse was on a holiday with a group of friends in Tuscany. As soon as she arrived she noticed a very strange atmosphere in the old farm house. This was later confirmed that very first evening when she spent the entire night communicating with a man who called himself Padre Pio. Saoirse vaguely remembered the name from childhood. In this visitation, he spoke to her as if they were old friends reconnecting again. They chatted long into the night.

Padre Pio told her all about his life. He had been a healer but no one believed in him and, as such, many doubted his gifts. He went on to tell her that he asked Jesus to help him in his plight. In answer to his prayers, Jesus Christ sent him his stigmata. This was to help Padre Pio prove his gift to the masses, and of course, this not only generated more popular interest but also, sadly, huge controversy.

The next morning, Saoirse got up to ask all her friends about Padre Pio and of course, they all knew who he was. She herself had hitherto forgotten about his existence. Besides explaining the power of healing, Padre Pio also talked about all the persecutions he went through after his stigmata experience.

For the rest of the holiday Saoirse and her friends happened to see Padre Pio reliquaries wherever they went. At the time of this appearance Saoirse was at a huge crossroads. She was uncertain whether to stay in the corporate world or to seek a new path. The visit with Padre Pio was a deeply healing experience. While Padre Pio was speaking, an intense rush of light ran through her and, at the same time, her heart burst open. Did this light from her heart mean that her emerald codes were flashing awake? Ever since this visitation she has allowed the gift of healing to flow through her naturally.

This event also triggered an old buried memory, which served to remind her of her own angelic heritage. Throughout most of her infancy and childhood, she had, in fact, spent her entire life with two angelic companions, though she kept this a secret. Two very large angels were flanked on either side of her. It was only after meeting Padre Pio many decades later that this memory rekindled.

Saoirse now remembers that she came to earth as a very pure being, and she firmly believes that Padre Pio appeared to remind her of her healing abilities. His role was to get her back in touch with her angelic presence and the codes within herself. Padre Pio was clearly a messenger directed to her from her angels. From that point on, Saoirse has continued to acknowledge their presence and to ask for their protection, guidance, and help.

Perhaps this story will remind you that you, too, have a deep bond to the Beings of Light and, in the knowing and trusting of that memory, you will once again allow your inner healer to shine on and reconnect you to your divine purpose on earth.

## **Peter: Forgiveness and Surrender**

At nineteen Peter went through a harrowing, life-changing experience that left him scarred for decades. The horrific events unfolded after he was drugged by a group of idiotic teens. This painful episode led to his incarceration. This atrocious college ‘misadventure’ caused Peter to spend the next decade or more running away from people. He never stayed too long in a single place for fear that his dark secret would be exposed. But when a

family member died he had to suddenly leave the remote island to which he had escaped and return home. It was at the funeral of his grandfather that a distant relative noticed his scarred appearance and battered soul. She said to him, 'Have you forgotten who you are? You were always so connected to the other side of the veil'.

In a moment of complete surrender and emotional release, Peter was suddenly reminded of his direct line to God and the angels. His heart burst open, his codes flashed, and his soul filled with the pure joy of forgiveness and purity once more.

This healing exchange with his long-lost cousin allowed for all his pain to suddenly wash away. Her words literally decoded his pain, and he finally remembered that he could surrender. He could just hand this pain over, as he was so weary of carrying it all on his own shoulders. In that instant, his once-fractured soul was reunited with his spirit and body, and it was by activating his codes that he could finally forgive his perpetrators for all the rapes and the abuse of the past. This cathartic clearing happened at the deepest level.

Through forgiveness, Peter healed not only himself but also the collective. This is how the codes work on a universal level. As you heal your pain, you heal it for others. Peter healed the abuse miasma for the world. The activation of the codes leads to a mass clearing for the earth and for all those who are ascension bound. The codes therefore reveal the truth: You are an angelic human and, as such, you are doing a divine service when you heal yourself. This is what unity consciousness is about on ascending Gaia.

The simple truth is that we are all connected, and once we release the trauma within us, the whole of creation gets a spiritual boost, too. By our own unique healing experience, our DNA gets upgraded and sends out waves of purity through the vibration of our toroidal waves. This spinning energy vortex out of our toroidal waves affects the electromagnetic fields within the crystals of the earth, too.

You could say that the emerald codes are here to help us ascend with Gaia. Through our compassion and forgiveness, we are set free and, in that freedom, the earth sings her song once more, because the divine feminine

is once again re-birthed on earth. Through the heralding of the divine feminine, we finally get to release eons of sexual abuse and trauma on this planet.

I hope these stories have uncovered for you a basic new foundation for hope. We don't need to suffer anymore. The divine feminine is awakening through focused intention. We can be liberated from the false matrix. The message is clear. When you lead with the heart, you trust the light within you. By respecting the calling of your emerald heart, you and all of us get to ascend. In essence, we can bring heaven back down to earth. As angelic humans, our ultimate spiritual purpose is to assist this cosmic reunion.