

CRYSTALLINE CELLULAR CHECKLIST

See "Ascending into Regenerative Biology" for more information

<p>MEASURING THE CELLULAR STRUCTURE FOR BIOLOGICAL AND BIOCHEMICAL ASCENSION</p> <p>Utilize muscles testing or pendulum to accurately gage one's current level of biological mastery. It will be useful to synthesize and ground before doing this exercise to move out the energy of all others from one's field so that one is getting a read of only oneself. Also intend to lift all veils of illusion and ask the body for the "truth".</p>	<p>Overall Percentage of Cells that are Crystalline in one's Ascent to Date?</p> <p>General Guideline: 30% for mastery at 1024 40% for mastery at 2200 50% for mastery at 2600 60% for mastery at 3000</p> <p>Understand that the body may be at variant levels of evolution, and the key to a complete ascension is to bring all parts of the body to the same level.</p>
HEAD	
Cranium and Skin (The cranium will expand in the ascent to 3000 to allow for the new glands. Often this will cause ascending humans to have a larger head and rounder face as 3000 is mastered.)	
Brain Stem	
Pituitary and Pineal Glands and other Glands in the brain. (As the biochemistry of the nervous system modifies to the crystalline form, the body moves to a new system that if not founded upon "flight or fright". The end result is a greater level of internal peace and a calmer way of relating to the world by 3000 strands.)	
The Blood Vessels in the Brain or Brain Stem	
Ducts in the brain stem (It is these ducts that allow the chemicals for ascension including HGH to travel into the body to trigger conversion to the crystalline structure.)	
Space between the cells in the head	
Eyes and sight (Eyesight can improve in ascension as one alters the shape of the eyes. Poor sight is a result of an eye that is either too flat or too curved; create the right curve and one will have 20-20 vision.)	
Ears and hearing	
Teeth and jaw	
NECK AND CHEST	
Skin (Crystalline skin becomes buttery smooth and youthful in appearance. Wrinkles will begin to disappear upon the face by 3000 strands.)	
Muscles and Ligaments	
Bones and Spinal Cord	
Thyroid	
Thymus (The thymus expands up the sternum and neck connecting to the brain stem by 3000 strands and becomes the master gland that monitors the chemistry of the body)	
Blood Vessels and Lymph	

Nerves and Nervous System	
Space between the cells of the neck and chest	
SHOULDERS AND ARMS	
Skin	
Muscles and Ligaments	
Bones	
Blood Vessels and Lymph	
Nerves and Nervous System	
Space between the cells of the shoulders and arms	
LUNGS, DIAPHRAGM, RIBS AND SPINE	
Skin	
Muscles and Ligaments	
Blood Vessels and Lymph	
Nerves and Nervous System	
Bones and Spinal Column and Ribs	
Spinal Fluid (The spinal fluid alters to be able to gather photonic energy by 3000 strands)	
Diaphragm (The diaphragm grows outside of the ribs creating a bulging "Buddha belly" by initiation 3000. The more pockets that develop, the more that the midriff bulges).	
Lungs (The lungs expand in size causing the entire chest to grow in ascension. Many women will notice the increasing bra size due to this expansion. The crystalline lungs have an increased capacity to gather oxygen and convert it to blood sugar to feed the crystalline cells.)	
Space Between the Cells of the diaphragm, ribs, lungs and spine	
ORGANS AND GLANDS OF THE BODY	
Heart and Veins (The circulatory system strengthens as it is converted to the crystalline form. Often older ascending humans find that they develop high blood pressure according to current medical measurements. The high blood pressure is a symptom of ascension and the veins if adequately crystalline will handle the higher pressure. Why the higher pressure? The goal of the circulatory system is to be able to feed all cells; this requires enough pressure to push blood throughout all arteries and veins.)	
Pancreas	
Spleen	
Liver	
New organs that filter decay (New organs grow around the waist and under the diaphragm that are about the size of two livers; these glands further filter the blood for decay and also add to the size of the midriff region. These glands develop as 3000 is mastered.)	
Reproductive System (The reproductive system grows 18 new glands in the labia of the female and balls of the male by initiation 3000.)	
Gall Bladder	
Kidneys	
Lymph System	
Space Between the cells of the organs and glands	

LOWER BACK AND LEGS	
Skin	
Muscles	
Lymph and Veins	
Nerves	
Bones	
Space between the cells of the lower back and legs	
HANDS	
Skin	
Muscles	
Lymph and Veins	
Nerves	
Bones	
Space between the cells of the hands	
FEET	
Skin	
Muscles	
Lymph and Veins	
Nerves	
Bones	
Space between the cells of the feet	
<p>GENERAL ORDER OF ASCENSION EACH CYCLE:</p> <ol style="list-style-type: none"> 1. Bones 2. Muscles 3. Circulatory System 4. Lymph System 5. Major Organs and Glands from Weakest to Strongest in Order 6. Nervous System 7. Skin and Sensory Organs 8. Space Between the Cells in the same order as above <p>Most humans in the ascent from 1024 to 3000 master one full cycle in a given calendar year. For some who are older, it may take a 1.5 to 2 years to complete a full cycle of ascension, the reason being more decay requiring more time in certain regions of the form to resurrect the cells to the crystalline structure</p>	<p>ABOUT THE SPACE BETWEEN</p> <p>It is not enough to bring only the cells to the crystalline form; the space between the cells goes through it's own modifications and becomes more permeable. More permeable space between allows gases to be detoxified through the body. One sign that this has come to be so are small bubbles of gas that form upon the skin as one bathes or swims.</p>