

Anchoring and Strengthening the Evolutionary Blueprint

Now, like never before, the Evolutionary Blueprint moves you into a state of sovereignty with the new possibilities it offers. You are moving from an energetic box created from survival and entrapment to energy resonance with a very different song. Take time for one previous energy system to dissipate while the new one comes online.



What can you do after the download?

1. Repeat your Reality Statements* every day for the two weeks using the Reality Shift Protocol.
2. Track your experiences in a journal. Be in touch with your TAG facilitator with questions.
3. Take 5 minutes daily during the next two weeks, especially as you drift into sleep, to imagine yourself in this Reality and FEEL all aspects of it. How does it feel in your body? What colors and shapes are there?
4. Let yourself REST as necessary. A lot of adjustments can happen as you sleep.
5. Drink a lot of water. The body can dehydrate with such major energy changes.
6. Soaking baths with Epson salts, or equal parts of sea salt and baking soda will draw in heavy energies being released.
7. Eat lightly.
8. Remain aware of any contrary thoughts, feelings, or actions and use your tools beginning with DEEP SIX to declare that these imprints for such emerging forms be cleared and healed.
9. Do a Brain Balance at least once a week to give your brain the message of the blueprint.

*Suggested Reality Statements:

- My energy field gently resonates to the evolutionary blueprint and my life manifests its vibrations in all expressions of Good.
- My body, brain, and neurological systems effortlessly empty of old to align to the evolutionary blueprint codes.
- (add one of your own)

Audios, Videos, Website Support

[Reality Shift words and video](#)

[Reality Statement](#)

[Brain Balance words and video](#)

[Deep Six](#)

Advanced

Removing toxins and heavy metals

A product that I have used for the past 20 years is this liquid zeolite. As a downwinder, I didn't want the low-grade radiation stored in my body to show up in the normal diseases and DNA changes. Zeolite can draw heavy metals and toxins into its field, hold them, and flush them out of the body with your urine. During the de-tox, clearing activated by the new codes, zeolite is a good addition. 3-6 drops three times a day in water is sufficient. Drink lots of water also.

[Zeolite website](#)

Vibrational support, Apollo Neuro

Adding vibrational supportive for the codes as well as organs, systems, cells, neurons of the physical bodysuit is another valuable idea. There are many ways, music, filling the body with colors through your imagination, sounds including your own singing/omming, humming. I have added a vibrational device designed to strengthen the neurological system and reduce stress. Apollo Neuron. I choose a setting and let my body pull in the specific vibrations it needs. I have liked the results.

[Apollo website](#)

Gong Bath Deep Relaxation

<https://tinyurl.com/fmxryw5t>

Books

Learning to Breath, Learning to Live:

<https://tinyurl.com/42djv933>