

~ TAG ~
A Galactic System
of Healing and Learning

Evolutionary Blueprint Download Session
New Wiring, DNA, Chakras and More
for the Human Bodysuit



Instructional eBook for TAG Facilitators

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Objectives

Living in integrity and resonance with the truth of your Divine Star Soul Self requires you to transcend cultural misperceptions and limits and heal your own inner wounds.

The purpose of the TAG* process is to facilitate that transition; the goals are:

- To free individuals and our worlds of all domination energies.
- To open and strengthen an individual's connection to their spiritual guides of integrity.
- To restore the voice of authority of all souls currently born into female bodies.
- To restore the connection to the nourishing heart center of those currently born into male bodies.
- To teach awareness and tools/processes that remove that which is false.
- To teach the Laws our Earth Mission is based on.
- To restore sovereignty to all which allows the experience of BEING, a conscious expression of the divine, to emerge.

**TAG: Triangular Angelic Grids*

Evolutionary Blueprint Download Protocol

Keep a journal and write your experiences, your questions, and your ideas. This will be important as you develop your personal way of doing the TAG process.

1. Read this Evolutionary Blueprint booklet to become familiar with all aspects of the Evolutionary Blueprint download process.
2. Practice the download process in TAG class.
3. Activate the download process on yourself, follow the follow-up suggestions, notice the impact it has on you, and record each session in your journal.
4. Practice on 3-4 individuals from within the Sacred Ground Collective Community. As a form of reciprocity for the free session, ask them follow the suggestions for two weeks and set up time and method for their feedback.
5. Schedule a 30-minute conversation with Sharon Riegie to have some laser coaching on questions and/or situations. If pertinent, the information from these conversations will be shared in the weekly class always keeping any personal information of your client sacred. (*[link](#) not with me*)
6. Offer discounted TAG Evolutionary Blueprint download sessions within your community of friends and family. Work with 3-4. Ask them to follow the suggestions for two weeks and set up time and method for them to give you their feedback.
7. Keep notes in your journal. Bring any questions to Sharon Riegie via email.
8. You will be ready to offer the Evolutionary Blueprint download at a discount.

Purpose, Laws, and Outcomes

TAG is *not* based on Belief, or Faith, or Trust

TAG is based on

- Restored knowledge of our Galactic History,
- Reconnection to our Earth Mission/Purpose, and the
- Use of the Laws our Divine Star Families established for the accomplishment of the Mission.

Purpose:

The Earth Mission is the purpose for our lives on Gaia. This Mission is foundational to all that we encounter. There have been many made-up stories to explain why we, Divine Star Beings, are on this physical journey.

Our Galactic History, as revealed to me by the Ancient Ones over the past 30 years, is clear. Our Divine Star Families were deceived in the galactic world regions by soul families whose agendas were to dominate and use others' energy and creations.

These dominator soul families presented themselves to our families as having more experience and knowledge that would be helpful. Our Divine Star family collective invited them into our Life field and discovered not only the lie but that they were parasitic. A parasite becomes the master of the host; they use and deplete the Life Force energies. The host becomes imbalanced, fearful, diseased, and eventually dead. Such was the experience of the Divine Star Families in those Galactic worlds.

In order to free ourselves, our Divine Star families made a plan, what we call *Earth Mission*. The goal was to

- be able to identify all energy frequencies of dominator soul families and
- have them neutralized, contained, and removed from our experience back to their Home of Origin* where they initially chose an agenda to dominate and use others.

With their removal, our Star families would be restored to their Divine harmonics, their original state of All Good and Wholeness. In that sovereign state, we would be free to create unlimited Good and Beauty.

**As of August 1, 2021, they are being taken to their Home Source. This is by the decree of the Collective of Galactic Counsels. In June 2020, the same Collective had declared that agendas of domination can no longer be chosen.*

Laws

Law of Manifestation: This principle states that all constructs, i.e. thoughts, emotions, programs, assumptions, stories, etc., in an energy field, individual or group, will cause vibrations to slow down. This slowing process makes it possible for even the most subtle vibrations "seed" or construct to be identified. Physical manifestation is the slowest vibration. It is identified by the sensing systems of the bodysuit carrying our soul. The information about constructs can come as emotions, intuition, sensations, and thoughts.

Law of Personal Choice: In our galactic regions, we exist in group collectives. We function with consensus. Because the Earth Mission is to *quickly* identify and have parasitic energy removed, group consensus would be too slow. On Earth Mission, one soul can act with authority at the first indication of parasitic energy – most often a sense that something is *off* - and have all of our soul members in the unseen, answer.

Law of Ask and Receive: The authority to speak for changes in our earth experience is held within those in physical bodysuits. There is no greater power for changing, healing, and transforming than that held within the souls incarnated in this lifetime. Beings in the unseen realms (e.g. Angels or Spirit Guides) with integrity, no matter their name or title, honor this law and respond to what is dictated or declared, either conscience or unconscious.

Law of Reciprocity: Our Divine Star families on mission would be sustained on this new platform we call, earth. This is an entirely new experience. The Law of Manifestation assured that the unseen energy would be made into forms. The power of a soul to create from ideas is the basis of our thriving and abundance. It is the idea that comes to a soul from the unseen can be held until a form emerges. Holding the idea of good and putting it into the community is the first step of Reciprocity. Then, opening to the 10-fold return of unformed energy, ready to nourish, to create into form is the law in balance. Give out 1 and receive 10. This unformed energy creates a large lake from which you manifest what you choose. This unformed energy can become formed through the Laws of Personal Choice and Manifestation such as new projects or financial exchange. or flowed into another's 'lake' by donation.

Bodysuits

Female Authority to Design, Discern, and Declare: Once our Divine Star Families invited the parasitic soul families into our group energy fields, their presence became an entrapping ownership. Owned by souls with agendas to dominate in

many forms, our Divine Star family was dying. The parasitic ownership codes had been downloaded into all members of our collective families. We were like slaves with no power to walk off the plantation. (This is explained in more depth in the *Galactic to Gaia Odyssey* program). We needed a way reconnect to our spiritual sovereignty and authority. This was the purpose of the female bodysuit.

Male Mission to Nurture and Inspire/Encourage: Those souls who choose to incarnate/birth in the male bodysuit do so knowing their bodysuit carries two sets of ownership codes – one for their bodysuit and one for a female bodysuit so that she could remain invisible to the parasitic soul families. Those in male bodies were intended to hold the higher frequencies of All Good and move that energy out into their homes, families, and community through their heart. Higher frequencies were not discerned by the parasitics who owned them. The work of the male was to provide unlimited energy frequencies for the female to weave cultures, systems, policies, to bring benefit and good for the Whole.

Outcome of the Evolutionary Blueprint download

We are finally at a time, because of the conscious choices made by those in physical bodies to heal themselves and others, that new codes for the bodysuit have been given by the Ancient Ones and our Divine Star Families in the unseen realms.

The original bodysuit blueprints were first crippled which and soon after were replaced with one of parasitic design. The Evolutionary Blueprint is written with the original agendas to create and experience all aspects of Good as the foundation. These vibrational harmonics are compatible to the changes made within our earth, her ley lines, the deep healing of generational trauma, the multiple changes in our galactic worlds/off planet Star families' regions, and restoration of our secured channels to our Divine Star Families. These codes of new harmonics make the unity and wholeness that we ARE possible to experience.

What the Blueprint Includes

- A sensitive system that quickly identifies energies of foreign invasion, domination, deceit, danger to alert all teams into action. A stronger immune system on all levels.
- New system of energy use. All energy is used for Good with the entropy vacuumed into an organic compost system to be instantly returned to frequencies of Light or removed to HomeSource if foreign domination frequencies. There will no longer be entropy energy trapped or stored; energy self-corrects to Light.
- Frequencies of parasitic, domination vibrations, including codes of ownership we placed in the original male bodysuit, are extinct with the new evolutionary blueprint.
- The mission for the male bodysuit to carry double ownership codes is completed, accomplished well, and all contractual energies of ownership are removed.
- All contracts made by mission volunteers to manifest energies of foreign dominating outsiders as a way of identifying those energies are fulfilled and removed.
- Wiring anchored to secure, clear channels in the unseen fields of intelligence and collective These continue to respond according to Earth/Universal/Galactic Laws.
- An instinctual unfoldment to Divine Star Family connection and agenda.
- All organs, systems, structures within the physical bodysuit are unified and flow with wholeness, balance, and vitality.
- The Divine Star Families' agendas are the standard to which ideas, actions, and behaviors are vetted.
- The programs strengthen the immune system of boundaries, with warning and actions that removes and prevents parasitics type energy.
- Secured channels to the intelligent field of my Divine Star family.
- Codes to neutralize toxic chemicals, medications, additives, etc.

- The female solar plexus center is anchored and activated as this soul determines needs, receives ideas, designs and births cultures of thriving, and secures their presence extinct of any hint of parasitic energy.
- The male heart energy provides infused light for the female's weaving new forms. *The old system limits and discounts female creations and form. It has locked them into the "free" commodity that parasitics feed on.*
- The 15 basic power centers unfold in correct order. These are the Chakras for our Individual Evolution/Return to our Divine Star Family's Resonance field.
- The DNA is fully stranded for galactic Star families' agenda, Earth mission, and Universal/Mission Laws.

Resources

A fuller explanation than the pdf for sending to the clients after a session. This gives you, the facilitator, a bigger picture.

Now, like never before, the Evolutionary Blueprint moves you into a state of sovereignty with you as the commander for your life.

As you have chosen this download and the new possibilities it offers, it is up to you to learn more, and to feed the design you want for your life.

Think of the shift you are making. You are moving from an energetic box created from survival, from entrapment, from crippled DNA and power centers to energy resonance with a very different song. Take time for one energy system to dissipate while the new one comes online.

Strengthening the Blueprint

What can you do after the download?

1. Repeat your Reality Statements every day for the two weeks using the Reality Shift Protocol at least once each week.
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 your new 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.

Reality Statement:

- I give permission for my brain and neurological system to empty of programmed, old unconscious, automatic responses, to reframe old consciously created stories as brain is 'pruned' to be ready for the evolutionary blueprint download and presence.

Audios, Videos, Website Support

[Audio for TAG session guided journey](#)

[Brain Balance words and video](#)

[Build a Fire for your Life](#)

[Cook's Hookup for Brain integration video](#)

[Deep Six](#)

[Guardian Circle Cocoon](#)

[Reality Shift words and video](#)

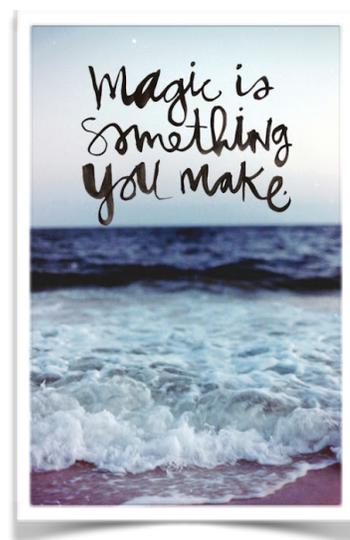
[Reality Statement](#)

She who is the master of energy determines the Outcome.

~the TAG team

You begin by claiming the Outcome with a Reality Statement and Shift.

~Sharon Riegie



Advanced Support

An effective way to remove toxins from the physical organs and tissues is Zeolite. [HERE](#) is the product I have used for many years.

A way to feed harmonic vibrations to your physical body, organs, tissues, and systems is the Apollo Neuro. Information [HERE](#).

Evolutionary Blueprint Download Protocol

I am really excited to be with you at this time of new opportunities. Many names being given to the changes that have brought humanity to this opening. As we are invited to move onto an entirely new energy bio-field, a new world whose landscape is reflective of our original Divine Star families' agendas, a new physical bodysuit is needed.

Instead of trying to walk with the toxic features of the old bodysuit, this design is in resonance with our Galactic and Mission intentions. It is called the Evolutionary Blueprint. It includes upgraded power centers, DNA, and chakras, that support automatic resonance to Home (e.g. vitality, joy, wellness, peace).

Preparing yourself by Claiming Presence:

This is done before a session, whether in person or long distance.

Message to your spiritual team, "My intention is to work with the spiritual teams to download the codes for the upgraded evolutionary body suit blueprint for _____. Get everything in place and tell me with it is "okay".

- Hold vacancy until you hear, "okay".
- Affirm that you have a secured channel.

Setting space with the client

(words in green are to be spoken when you are doing an in-person session. The client can sit or lie in the quiet.)

Sitting together, let us take a deep breath, in through the nose and exhale completely.

Again, breathe into the diaphragm and exhale (you can create your own)

We are held within the triple cocoon of Red Rock, Guardian circle, and Hazmat absorption.

We are in the space of Sacred Ground of Sovereignty and connected to all you love.

We call in through secured channels of love, to your higher self, to your causal team, and all who are holding you in guidance for you Highest Good.

(You hold silence as vacancy of mind. Ask these questions internally)

- are we connected?
- anything more to do?

Speak this short, guided visualization out loud to your client:

In this quiet, secured space, there is place for you to be held and nourished.

Look around. There may be a path to take you, or you will sense the spot just ahead. Knowing that you are safely held, move toward the place that is drawing you.

Notice the colors and fragrances as you move.

There it is, just to your left. You may feel to sit or to lay down. As you settle, know that you can relax. I will come to bring you back when the work is complete.

If you have any sensations of pain or discomfort during the session, mentally repeat, "TAG and Transform and Deep Six the cause of my discomfort in _____ (area of the body)". Remain calm.

Be in the quiet and I will call you back when the download is complete.

Clearing Chaotic Energies

Gather all chaotic energy to be transformed to one point, usually on the body. Hold focus over that spot as the TAG and PTO come to help.

- Call in the PTO and TAG teams and use DEEP Six inwardly as a mantra, i.e. "deep six, deep six, deep six, deep six, deep six, deep six." Pause and repeat.
- Ask what symbol or color you could use to bring the entire field into balance through that spot.
- Do the corrections, holding the focus until you hear or sense, "complete".
- When complete, ask that work be sealed with a team to continue the work as you move to the blueprint download.
- Sense, "yes" there is a connection, and you can move to the download step.

Download

Ask for the download to begin. You are like an empty channel, directing the download codes through you by knowledge and authority to your client.

- Notice what you are sensing, words, pictures colors, etc. Move them to the side to be written down later.
- When you hear, "complete", inwardly read the Reality Statement on behalf of your client.

"The codes for the upgraded evolutionary body suit blueprint for _____ have been downloaded into her/his first dimension, and anchored in the 5th dimension, hard drive for this lifetime. These codes resonate through her/his entire field of live to restore Divine Star Agendas for All Good."

- Sense an energy flow through the crown down the spine, into the roots, up the front of the body midline to crown and into the spiritual worlds.
- Ask inwardly, "Is there more to do?"
- If "yes", hold space for them to do what is next.
- When you sense or hear, "it is complete", thank the TAG teams. Ask that they remain with the client. Then speak to the client,

Stay in your quiet place. Sense what feelings arise as I say, "The upgraded evolutionary blueprint from the Divine Star families is downloaded, anchored, and activated as the core harmonics for all of your bodies.

Allow a pause,

With your breath, move the energy up and down the midline of your body centers.

Pause,

These codes awaken new transformational and healing actions. They open the automatic path of evolution to your Divine home and all experiences of Good.

Pause

Sense a smile or inner calm as you affirm, "Yes, this is mine!"

Pause

Breathe. Let your imagination create songs of new possibilities as you move down the path from your quiet space to the present moment here with me. All of those in spirit who have designed and downloaded your evolutionary blueprint will remain with you as it strengthens.

Its vibrations will love you back to wholeness.

Pause

When you are ready, gently move back to your body, rest until you feel complete and then open your eyes to be back.

Welcome to your new body and world!

Hold space until your client is present. If you need to call her/him back again, do so.

Read the Reality Statement aloud within the Reality Shift protocol to anchor the download.

Reality Statement and Shift

The codes for the upgraded evolutionary body suit blueprint for _____ have been downloaded into her/his first dimension, and anchored in the 5th dimension, hard drive for this lifetime. These codes resonate through her/his entire field of live to restore Divine Star Agendas for All Good.

Move my/his/her consciousness and the consciousness of all to whom she/he is connected in Love, into this Reality.

Say to the Spiritual team, "Please align every aspect of my consciousness and the consciousness and all to whom I am loving connected to this chosen reality and experience."

Pause

I ask your Causal, PTO, and TAG teams, to "DEEP SIX every energy imprint that would sabotage or prevent this reality and experience, whether the beginning was, Galactic, Group, Genetic, Personal, Inherited, Contractual, Outsider or Other created."

Pause

I call to my Spiritual teams of all in this field. "I and all the Galactic Council Collective declare all contracts made to manifest Outsider's energy for its identification and removal is complete. The Shift to Outsider extinction in our Living Bio-Field is complete."

Pause

I ask your Causal Design team to, "Create the programs for the Highest Expression of this Reality and download the codes into the 1st Dimension of

your Earth fields, anchor them into your 5th Dimension the plane for this Earth life and Activate their resonance into the entire 64-dimensional energy fields our Galactic Families."

Pause

This download is accepted, codes downloaded, anchored, activated, and so it is.

As I complete my part of this download, those committed to you in the spiritual worlds will be with you as long as needed.

Hear and share experiences.

Facilitators

A career in which you are healing and teaching one client at a time, helping one family at a time, or working to assist large groups

You are a participant in an extensive network of physical and spiritual healers, evolving healing principles from channeling we are co-creating. The foundation is our clear designation of the qualities we hold as our presence and require of those we work with in the unseen worlds.

We encourage each to follow spirit. We are a network of co-creators who are choosing to learn, grow and support one another with honesty and love, compassion, integrity, and self-responsibility to reach out and empower others.

Facilitator requirements:

- You complete each TAG Level before offering that Level TAG session.
- You give TAG sessions under supervision until accepted to facilitate independently. This will occur during each Level (*3 months*) of classes and practice, and then one month of practice with feedback and a Q and A class.

Standards for TAG:

- Client confidentiality, the information that is shared within sessions it kept in confidence
- There is to be no speaking about a third party who is not present except to get the message in the interaction for the client.
- Facilitators are to use anonymity when discussing cases for educational purposes
- Watch for dysfunctional patterns within yourself, within your client, and what the client is there to teach you.
- Speak truthfully and tactfully about those you observe
- Use Laws, Earth Mission, and TAG processes while teaching an integrated protocol rather than a 'magic key' approach. TAG is to be used with other techniques, not as the magic key to transformation.
- Utilizing additional tools, other professionals or support groups, always encourage and empower your clients to bring, forth their own knowingness and strengthen.
- It is essential to be aware of fear-based emotions, thoughts, and behaviors, and situations in our lives. Our commitment is to use TAG and other tools to heal them, beginning always with ourselves.
- Maintain the integrity of the TAG processes as you develop your professional practice by using the TAG name to only the TAG work.

- Spiritual healers bring the TAG Facilitation work through individuals who are prepared and living their life with integrity.

What TAG offers clients

- a very powerful way to change their lives, end genetic family trauma, and BE a presence of Change for our world.
- Clearings to remove lifetimes of distorted energy.
- Ability to identify and remove the parasitic energies that have been controlling our lives.
- Processes to expand their capacity to move from pain and survival to freedom and thriving.
- Options to learn as much as they would like of our Galactic History and Earth mission.
- Understanding and processes to move quickly through blocks, i.e. emotions, thoughts, situations.

For the Client

This is the email I will send to those choosing to be a practice client

Evolutionary Blueprint Download Session

This is not a session for addressing issues, or healing/transforming old patterns.

This session reflects the fact that our current bodysuit's blueprint, wiring, DNA, and Chakras, was designed by soul families with domination agendas for entrapping our Divine Star families. Their design cripples our divine energy and traps us in survival. The changes made by the parasitic soul families was done very soon after we, Divine Star family members, first incarnated on Earth.

The original blueprint for the physical bodysuit was designed to accomplish a specific mission and restore us to our sovereignty to create and experience Good.

Because of the massive healing, clearing, and restoration in our galactic worlds over the past 20+ years, we now have an opportunity to move through a portal onto a Landscape beyond domination in any form.

The directive/invitation has come from those in the unseen worlds, that we neutralize the domination blueprint and even go beyond our original blueprint, to download one that our Causal teams have recently designed. This new blueprint reflects our original nature, connections to our Divine families, stronger boundaries, more efficient systems for energy use, codes for natural unfoldment to our soul's song, and more.

The download will become part of a TAG healing session. For now, myself and the TAG students are strengthening this program by practicing on those in the Sacred Ground Collective Community.

What would be required from you?

I will match TAG students with practice clients by assigning and drawing numbers, a random way of synergy.

I will exchange names via email. The TAG student who will reach out to the practice client to set up a time and method of the download session.

The conversation, via zoom, will be 30 to 45 minutes. After the download, both will have time to share. In addition, there will be suggestions as follow-up to anchor and strengthen the work.

Here is an email to send to your client after a session, I will create a pdf file to easily send.

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 Epsom 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>