

Table of Contents

Bio-Spiritual Identities.....	1
Dimensions and the Maharic Shield	3
DNA Activation	4
Indigos.....	5
The Freedom Teachings	6
Further Information.....	8

Kathara Healing A Bio-Spiritual Odyssey

One thing that I imagine I have in common with most if not all of the people visiting this website is that my whole life has been a spiritual quest of one kind or other. Life without a deeper or higher purpose than what the contemporary 3D world presents would have felt like merely 'living and partly living', (T.S. Eliot).

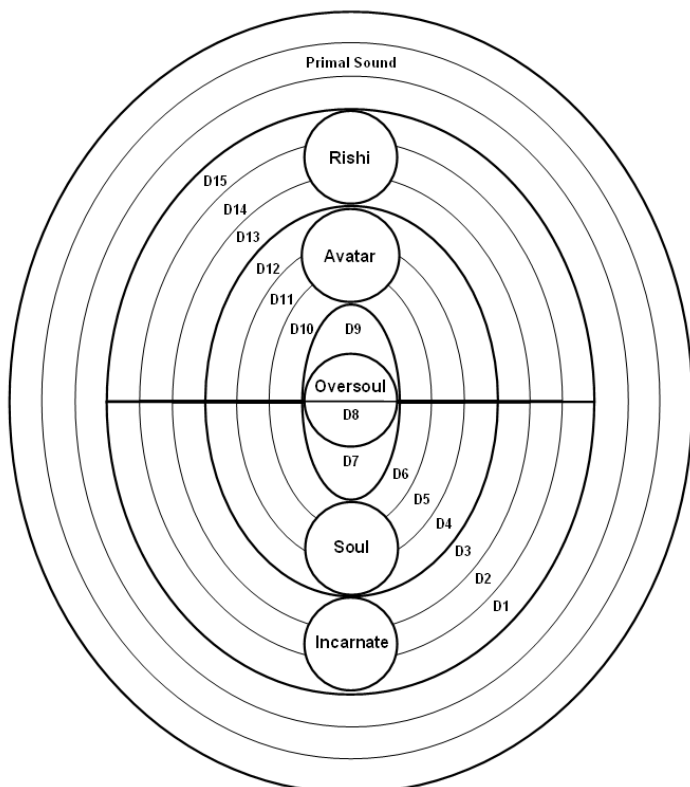
Since the mid-seventies, I have explored many systems, always learning and then moving on, wondering how all the pieces would eventually fit together, with an inner knowingness that the fulfilment and power I sought must eventually lie within. The longing for ONE-ness is possibly the most powerful motivation within all spiritual quests; somehow we have a cellular memory of a deep, intimate, even passionate connection with God or Source or whatever we choose to call this force.

In my spiritual odyssey, I became familiar with many of the buzzwords that do the rounds in most spiritual circles, such as **ascension, merkaba, indigos, DNA, ascended master, angel, avatar** and many more. These words all rang bells for me; I knew they were important, but not always where they fit into the bigger picture. I read everything I could find, attended any workshop that looked promising, continuing to round out my understanding and experience with each venture.

Bio-Spiritual Identities

Kathara Healing came into my life in 2001. My first encounter with this work was in the form of a series of six tapes entitled '**The Tangible Structure of the Soul**', compiled by Ashayana Deane. Each tape comprises a lecture and a guided-type meditation. The very first lecture I heard explained the structure of our multidimensional anatomy in terms which resonated deeply within me. It described the levels of our anatomy all the way from our familiar workaday world self right back to Source, in terms of egg-like capsules, called **Hova** bodies, which could be thought of as expanding out from our physical or **Incarnate** bodies throughout what is generally regarded as the auric levels.

Each Hova body has a corresponding level of conscious identity, and this is where it became exciting for me. Finally, I was learning where some of the pieces fit. For example, the second **Hova body** corresponds to the **Soul** identity (so that's where my soul was! It wasn't just hanging out there somewhere in space where I might catch it if I was lucky!). The third level is the **Oversoul** or **Monadic** level, again terms I had heard of many times, and, again, they didn't seem so elusive now that I had an idea where they were. What was really exciting was the fourth level, the **Christos** or **Avatar** or **Maharic** level, followed by the fifth, the **Rishi**. And then the outer levels, beyond time and space but still part of the anatomy of each one of us, the **Ascended Master** levels.



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Up to that point, nearly everything I had read or heard had implied that only 'special' people were avatars, rishis or masters. I had never felt quite comfortable with such a spiritual pecking order. Instinctively I knew that God-Source was infinitely loving and wise. How could hierarchies and pecking orders tally with the knowing of God within my own heart and being?

This first tape was a revelation to me, not a revelation in the sense that its essence was totally new, because that was in tune with my own deepest perceptions and feelings. This, however, was the first time I had encountered any system which gave such dignity, equality and worthiness to every being in creation. The basic premise of the structure of our anatomy was outlined in terms which acknowledged that everything in

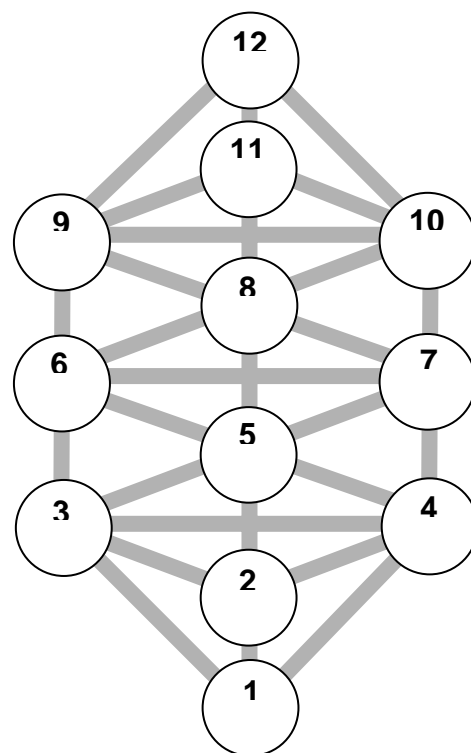
creation, be it amoeba, ant, cow, human being or planet, has an indisputably direct link to Source. This does not mean that everything embodies equal levels of conscious awareness in its currently manifest form, but that everything is an expression of Source, which in turn is expressing itself in infinitely creative ways. It is as though God-Source is 'dressing up' as each manifest thing, exploring, learning, loving, rather than creating something 'lesser' than itself over which it could then hold dominion.

The meditation on this first tape was one in which I was assisted in connecting with the **Rishi** level of my being (the fifth 'egg' or **Hova body** level). This was not some lofty or remote higher being whom I was encouraged to see as more important or significant than myself-as-incarnate, but rather as a valid part of my own identity which regarded me with the same love and respect with which I was ready to approach it. This love and respect was the over-riding impression that this meditation made on me. I had done countless guided meditations where I connected with angel or master energies, but the difference here was both extremely subtle and extremely important. This **Rishi** was a more expanded expression of my own being, not an authority figure who expected homage or worship. It was more a question of our mutual *worth-ship!*

Dimensions and the Maharic Shield

The **Kathara** system provides a very coherent overview of the structures of creation, including the phenomenon of **dimensionalisation**. Before I encountered Kathara, I had heard references to the fourth and fifth dimensions, but, like many people, I wasn't entirely clear about what this meant. Kathara defines dimensions in very precise terms, and the detailed information on this and all the following terms and concepts, is available in the Kathara Manual and presented in Kathara classes. Kathara presents a paradigm of a **15 dimensional Time Matrix**, based on a manifestation template of a 12 point **Kathara Grid**, which looks like a 12-point Tree of Life.

For reasons explained in the materials and courses, each dimension is linked to a colour, a chakra, a DNA strand and a level of conscious identity. Each Hova body, or identity level (such as **Soul** or **Oversoul**) comprises three dimensions. Kathara explores the original human DNA template or blueprint, which is based on a **12 strand DNA** pattern, also the reasons why our template has become distorted and what we can do about it.



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The core technique in Kathara Healing is the **Maharic Seal**. The word '*Maharic*' refers to the **Christos** level, or fourth 'egg' level, of our identity, which is stationed within dimensions 10 – 12. This is the level of our original point of manifestation, the creation point where we stepped down from the levels of pure sound and light into individualisation; it thus holds the imprint of our original intention in stepping into manifestation. Through very specific uses of colour, symbol and sound, one can begin to reactivate this dormant part of one's being. With regular use of the Maharic Seal technique, a pale silver pillar of light progressively builds in the energy field, healing the tangible, energetic distortions in both consciousness and biology.

The Maharic Seal has a wide range of benefits, the most significant of which are field integrity i.e. protection from chaotic or intrusive energies, and reconnection with our Christos self which is the first step in re-affirming our own direct connection with God-Source.

A very attractive aspect of Kathara is the use of sacred songs or **Psonns**, also affirmations, symbol codes and movement. The emphasis is always on empowerment, on self-healing. It is also possible to learn how to conduct a Kathara Healing session for others, with the understanding that one is acting as a **healing facilitator** rather than a healer.

DNA Activation

Many people have a sense that the energies coming into the planet have intensified over the last few years, or, one could say that the earth is experiencing infusions of higher frequencies. These higher frequencies have a direct correspondence to our own interdimensional structure, DNA strands and levels of conscious awareness. For example, there is a direct link between, say, the fourth chakra, the astral body, the fourth dimension, the colour green, the fourth level of the auric field, and so on.

Most people on the planet are functioning at around what is termed third strand DNA activation, which means that they will see as physically solid the **Incarnate** levels of themselves and others. As higher frequencies enter a planet or a person, higher DNA strands begin to activate, with a corresponding increase in perception of higher dimensional levels of reality. This is actually part of the process of **dimensional ascension**, where one progressively re-integrates with one's own higher frequency identity levels such as the **Soul**, Oversoul or **Avatar**.

The first level with which we will begin to integrate more fully is that of the **Soul**, the second Hova Body, which is stationed in dimensions 4, 5 & 6, and therefore linked with the fourth, fifth and sixth chakras, auric fields and DNA strands. In terms of the auric levels, the fourth is the **Astral**, the fifth the **Archetypal** and the sixth the **Angelic**. With the influx of higher frequencies, many people have begun to activate their fourth and fifth DNA strands, which means that their awareness is now opening to the levels of creation that exist in the fourth and fifth dimensions. Without a rationale for understanding the symptoms of DNA activation, some of these symptoms can be disturbing or worrying, especially if people have bought into the prevailing cultural paradigm of discounting anything that cannot be measured or accessed by our known senses or scientific apparatus.

For example, as our fourth and fifth strands begin to activate, we will become more aware of realities that lie beyond the range of the five known senses. We may begin to dream more vividly, to the extent that we begin to have conscious dreaming. If you dream even occasionally, you have begun fourth strand activation, also if you see auras, are intuitive, psychic or can communicate with beings who 'aren't there'! These and other symptoms of DNA activation are most likely familiar to many of us, but we can be of tremendous service to others if we understand the processes and can assist them in handling these activations safely and smoothly. They may ask us: 'Am I losing my mind?' We could answer: 'No, you're not losing your mind; you're finding it!'

Kathara provides many safe and extremely effective techniques to assist us in smooth DNA activation, as well as giving us the intellectual understanding of what is happening. Integration of the mental body, or 3D mind, as well as our more 'spiritual' bodies, is an essential step in true **dimensional ascension**.

Indigos

Kathara also provides us with a clear understanding of the concept of **Indigos** or the **Indigo Children**. The latter term might seem to imply that all Indigos are children; this is not the case, as many adults also came in as Indigo Children. The human DNA strand template is based on a minimum of a 12 strand potential. A being with such a template is described as an **Angelic Human**. The **Angelic Mind** corresponds to the sixth DNA strand and chakra and forms part of the Soul level of identity. This means that every human being has an angelic self. Our 'guardian angels' are often our selves at the sixth dimensional level!

There are also beings who incarnate with a higher strand or consciousness potential, usually because they incarnate with a specific planetary healing service contract. Because of the distortions that exist on the earth at this time, most people who incarnate here have access to about 3 strands of their template, or 3 dimensions of consciousness (not the full shilling!). **Indigos** are so-called because they come into incarnation with some level of activation of the 5th and 6th strands; the colour of the 6th dimension (and chakra etc.) is indigo, hence the name **Indigo**.

Indigos are here on earth because they have come to play their part within a huge evolutionary mission. They have a higher DNA strand template, which means that they are like high-powered anchoring rods, and can act as powerful transforming stations for incoming energies. Their higher DNA coding means that they can handle huge amounts of frequency in their bodies. Their special genetic coding can be used to access **Star Gates** and to help stabilise Earth's **Planetary Grids** during pivotal times known as **Stellar Activation Cycles** (all these terms are explained and explored in Kathara classes and materials).

Most **Indigos** know at a very young age that they are here for a purpose. Because they have cellular memory of societies that are built on **Christos** principles (**the Law of ONE**), they often have a sense of not belonging in contemporary earth culture; they instinctively know that things are not supposed to be this way. They often feel different from those around them. They can be very sensitive, intuitive and psychic, and tend to be misunderstood by adults and peers who are not as aware as they are. One of their greatest challenges can be their naturally trusting nature, an innocence that, at times, appears as gullibility. Because they are usually idealistic and well intentioned, they find it hard to believe that anyone else could be otherwise. As a result, they can often be easily duped or manipulated.

If any of this rings a bell for you, it might be worth considering if you are an Indigo. The many Indigos who are not aware of their true identity might be described as '**sleeping**' **Ascended Masters** or **Rishis**. And the structure of our contemporary society is largely designed to make sure they never find out! Any indigo living in core integrity – whether working consciously or not with higher frequencies – is a living gift to earth at this time. Indigos who can awaken sufficiently to the truth of who they are, and their purpose for choosing embodiment at this time, can give a gift of almost unimaginable magnitude to Earth and this Universe by running Christos and higher frequencies (such as are activated by the **Maharic Seal** and related Kathara techniques which enable us to access even higher energies from what are known as the **Primal Light and Sound Fields**).

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The Freedom Teachings

At the core of the human experience lies the quest to regain the full empowerment that is our birthright as direct expressions of Source, of the Life-Force or God. For many, the search for meaning is fuelled by the intuitive knowing that, no matter how locked in time (our current "hologram") we find ourselves to be, there is an Eternal Force behind and within all Creation and that, somehow and in some way, we are intimately connected with that Beingness.

The Freedom Teachings offered by the APMCEO provide a comprehensive framework within which true Freedom can be explored and understood. They demonstrate, in substantial detail, that the connection between Science and Spirituality, the relationship between Energy and Consciousness, between Light and Sound, is the basis of all Creation (Keylontic Science). In this paradigm, the intuitive recognition of our Oneness with all Creation is taken out of the realm of wishful thinking into the realm of an accessible and clearly delineated road-map of our connection to Source. This road-map traces the entire manifestation process from the first impulse of Source to create, within itself, a structure through which Consciousness could move out into manifestation, to the outer levels of Creation which appear as our "3D" hologram.

This process is presented with the clear implication that each one of us is not merely a product of the act of Creation, but is an active, and ideally, conscious participant at every level of Creation. Without a paradigm to demonstrate the precision of this Creation process, it can seem haphazard and arbitrary. The true Freedom with which Source creates can return to us when we become reacquainted with the "why" and "how" of Creation and realise that this process is not remote from us. The Freedom Teachings demonstrate how Creation starts as a thought in the mind of God-Source and how this same creative power is imbued in every thought we think. Even if we do not remember this on a conscious level, we, as expressions of that same Life-Force, are still in a constant state of Creation through the power of our thoughts and intentions.

Genuine Freedom emerges when our understanding of this process enables us to choose more consciously how we direct this creative power. The greatest benefit that the FTs offer is the gift of uncommon knowledge, through which some of the mysterious aspects of reality can be understood and, through this, the majesty of personal experience can be re-discovered. In utmost respect to the Principle of Oneness, or Omni-Love, this is how we can understand the workings and manifest expression of God-Source, of Energy as Consciousness.

True science has a spiritual core and true spirituality has its intrinsic translation within the laws of energy that govern the manifestation of universal systems, including what we experience as our external "hologram" or manifestation arena. A contemporary analogy might be to think of how a "hologram" is encrypted within a DVD disk. The disk holds the programming or mathematical signature for a specific hologram or movie. If we wish to change an aspect of the story or characterisation, we need to know how to translate our creative thought into the correct programming. Freedom to choose how our movie unfolds lies in understanding how the disk is made up. If we understand this, we can change the programming rather than trying to change something on the level of the hologram. We have many comparable structures, such as Shields, in our subtle energy anatomy. These hold the mathematical signature for various levels of our multidimensional experience, for example our Soul and Oversoul levels. And this signature, or encryption, is directly influenced by the process by which our thoughts are translated into energetic structure.

The FTs explore, and provide a coherent context for, concepts such as dimensional structure, interdimensional anatomy, merkaba and the divine blueprint, as well as templates of Creation such as the Kathara Grid. Re-acquaintance with these structures makes it easier for to access the parts of ourselves that “live” in other stations of existence. By becoming familiar with the light (or symbol codes) and sound (tones) of different levels of Creation, we can use these tools to realign our conscious Selves with our original Divine Blueprint, our original intention for stepping out into Creation.

True God-actualisation enables us to be fully conscious co-creators, to be fully engaged in Creation while maintaining the detachment which comes from simultaneously knowing ourselves as eternal. Once we feel our eternal, internal connection with the Love that is the driving force of God-Source, and become more in tune with the original creation process through understanding how it works, genuine Freedom can become a living reality.

The Freedom Teachings are a precious and profound gift, presenting us not only with the philosophical and scientific basis of true at-one-ment with God-Source but, equally importantly, providing keys and inner technologies whereby we can reclaim the true Freedom that is our divine birthright.

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Further Information

The above is only a small sample of what The Freedom Teachings, Kathara Healing and the Azurite Press have to offer. More information, including the texts of several techniques, is freely available online at www.azuritepress.com.

For details of upcoming courses and Kathara sessions in Ireland or for information about Azurite Press publications and materials, please contact azuritepress@eircom.net