

From: [The Akurians](#)

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Subject: 0153 - Sunday Training - Bodes of Hades - Powers of Hell

**BODES OF HADES POWERS OF HELL****Part, the Third****15 July 2012 - 25 Tamuz 5772**

**As I said before: We're going to learn to DISCERN our entire body and Spirit beings BEFORE we begin to take on the Demons of the Deep in their own Domain!**

But we are going to do exactly that: **take on the Demons of the Deep in their own Domain;** with the full and deliberate intention of dragging the Demons AND their Domains UP from the Depths and flood all the socialist bastards and THEIR dominions and domains with Hell in its purest form and with all its fury intact.

We're going to cover DISCERNMENT of the WHOLE BODY next week and begin to take on the Demons of the Deep the week following. This is dangerous territory, both of yourself and the Realms we're going to venture into, and CAN be permanently destructive. That you must DISCERN to learn how to do it properly is a matter of PRACTICE! Required PRACTICE. You will never get enough PRACTICE, so don't waste any opportunity. For the mission ahead of us, that will last until Shiloh, Akurians need to be and remain extremely dangerous, both as Individuals and as TEAMS.

**REPEAT:** Akurians, I want each and every one of you to know and fully understand that what we are going to do over the next few weeks and months is *extremely dangerous*: to ourselves as much as to our enemies! Jackass any part or sequence, know-so-much or self-superior agenda, and you will bring the whole Damnation down upon your own head: **and I will not bail you!;** and all the other Akurians combined, **CAN'T! PERIOD!**

This is NOT a parlor game, this is the most exciting time in the history of mankind; and YOU are privileged to be an active part of it. Those who will not attend and train in these Instructionals will be left behind of their own choice and accord. I cannot and I will not FORCE these Ancient Truths and Knowledge, or our fight for the survival of the Anusazi, upon anybody, at any time, for any reason. These Instructionals are freely given, but True and Righteous Akurians will not FORCE one jot or tittle.

At some point, *each of you, and every one of your students after you, will be subject to dealing with Lord Lucifer, Himself!* I want to warn and advise you on firsthand knowledge and experience: *He can appear as anything and everything. Don't delude yourself into thinking him to be an amateur in any category. **HE IS NOT!*** He loves it when know-so-muches, hallelujah halfwits, and idiot elements do that: because in that same instant **HE HAS WON THE ENGAGEMENT!** No exceptions to the rule.

Next, don't think for one instant you can overpower Lord Lucifer on the basis that YOU are an Akurian *or even a Proven Knower*. He doesn't jackass with his mind-set, and neither does any minion he will permit to approach any Akurian, Proven Knower or not. As I said, *he is not an amateur*, nor an incompetent. Especially when it comes to deception or treachery. His deception capabilities are to the extreme degree this side of the Veil. That he is putrid personified evil is of no value to anyone who moves against him, especially with their ignorance or stupidity intact.

It needs repeating: ***Lord Lucifer can appear as anything and everything.*** There are no limitations to his ability to deceive those who WILL be deluded. Thus, the more you KNOW about yourself and the better YOU can DISCERN, the better you can beat him at his own game! He is extremely dangerous, ***but he is not infallible! He is not invincible!*** There **ARE** chinks in his armor. Fools, nitwillies and hallelujah halfwits can't take advantage of them, ***but True and Righteous DISCERNING Akurians can!*** In order to do that, Akurians ***must*** have a far greater ability to DISCERN, and this **Part, the Third** is but one more layer of hard-to-do-but-must-be-done PRACTICE. Fail to PRACTICE as instructed and Lord Lucifer is going to take you apart. I personally guarantee it. The death toll of the PATHFINDERS who went off half-cocked on their own agenda not taking the time to DISCERN is prima facie evidence of that very statement.

Make sure you understand, Newbie or Master, you will NOT be assigned anything beyond your capabilities, but ***FAILURE IS NOT AN OPTION!*** If you PRACTICE as instructed you will rip more Demonic, Anunnaki and Socialist ass than they think is available. Fail to PRACTICE and those same demonic bastards are going to ream you like a fine-polished gun barrel! Like I said: ***FAILURE IS NOT AN OPTION!***

### **ARE THERE ANY QUESTIONS?**

#### **Akurians, prepare to DISCERN!**

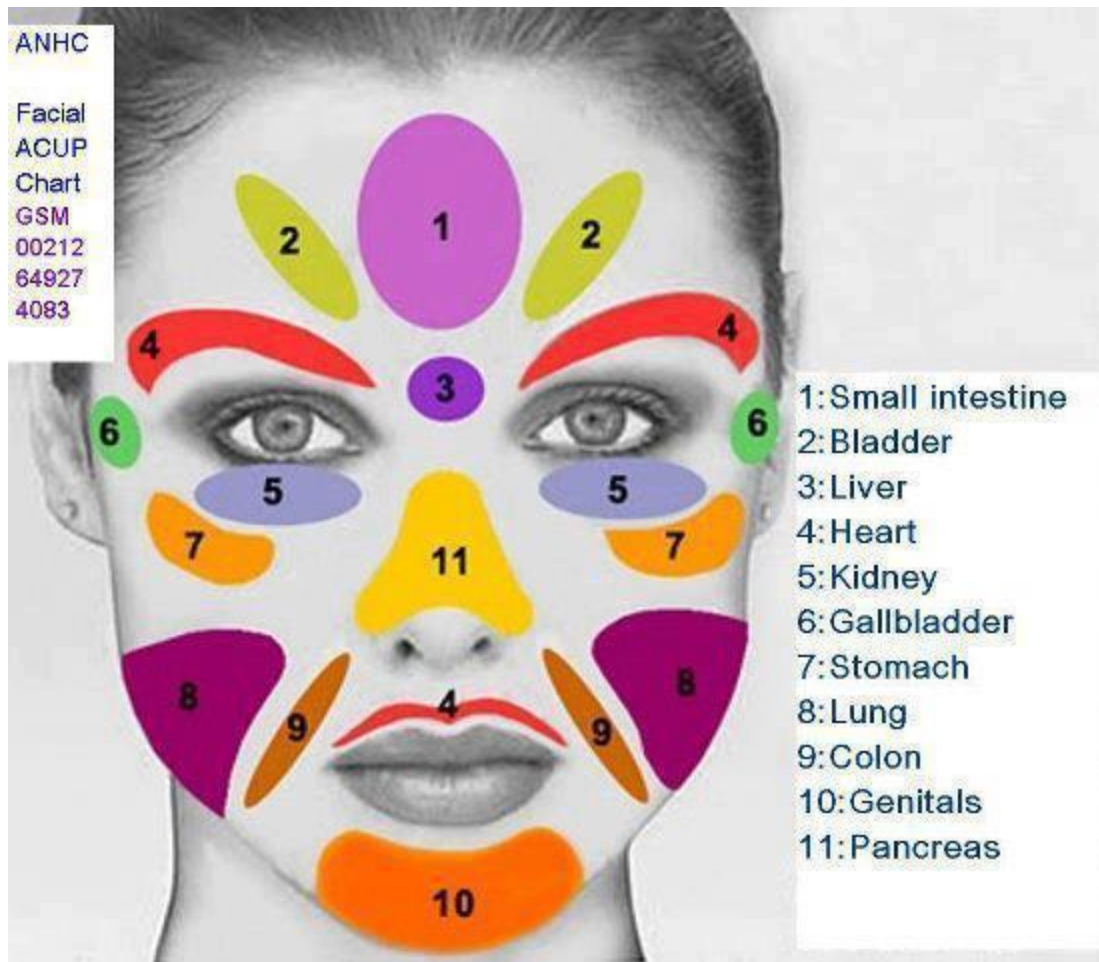
Without ever being told specifically, we come to the conclusion that just about everything we know, do, or consider is a matter of something somewhere in the head. Our thought processes, along with our senses of sight, hearing, taste and smell are all located almost exclusively in our head and how we handle or react to touch, pleasure or pain, is ultimately determined in our head via the brain. We eventually understand that memory, intelligence, skill, expertise, and the regimen of discipline, are all brain-based regardless of where, when or under what conditions they become manifest. Nothing new about that, but it is the setting for this Instructional.

DISCERNING being the ultimate goal, one needs as much prior practice as available, specifically of one's own self, to set their understanding of and about themselves for this most-dangerous next step. The process of DISCERNING the face is the most-dangerous of all self-DISCERNMENTS because the Spiritual Energy connections do not have an off-switch! And, the face connections are the most-powerful and the least understood. DISCERNING the face is also the most-responsive due to those Spiritual Connections and should you get even the slightest hint you're in over your head or not sufficiently prepared: STOP then and there and do not proceed. Period.

For those fully prepared, open the Reflexology Face.jpg and give yourself a minute or so to familiarize. Note there is a center-line numbered 1, 3, 11, 4 and 10. Note also there are other areas identically numbered on both sides of the face 2, 4, 6, 5, 7, 8 and 9; in that order.

#### **THEY ARE NOT THE SAME!**

Each has a specific function by its Spiritual Connection.



As explained two weeks ago, note that the sensitive areas appear to be exact opposites. And to SOME degree they are, but that is a minor point when the TRUTH is known; and virtually all modern practitioners are totally ignorant of the FACT; and it's a critical point of consideration!

First, there isn't any nerve, blood or bone structure from Point 3, between the eyes at the bridge of the nose, to the LIVER! If there isn't anything a system of some kind linking that Point 3 directly to the LIVER like the bones in your arms and legs attach your hands and feet: **THAT ATTACHMENT MUST BE SPIRITUAL!** Some sort of Spiritual Energy.

The RIGHT side of your face, even if you're left-handed, IS energy-connected to those bodily areas given in the photograph; but with respect to the EXTERIOR to the exclusion of the INTERIOR! Now understand that. Point 7 on the roll of the cheek is energy-linked to the STOMACH. The RIGHT cheek energy-link is to the EXTERIOR, the intestinal wall and any and all connections be they blood vessels, gland-secretion vents, attachments, everything EXTERNAL to the innermost part of the intestine. In short, and very generally speaking, if it's the external of the organ, the energy attachment is linked to the RIGHT side of the face.

The LEFT side of the face is energy-linked to the INTERIOR of the organ. Bodily organs do NOT perform everything they do only on their surface, but IN their INTERIOR which can be extremely complex and are best NOT jackassed with even by experts.

**REMINDER:** We all have the natural and unlearned habit of bumping our head with the base of our hand, as a point of "I should have thought of that" kind of response. Both the center of the forehead and the base of the palm of the hand are energy-linked to the SMALL INTESTINE! Why the SMALL intestine? Because THAT is where your body extracts everything it can from the FOOD you've eaten: and if it fails, YOU WILL DIE! Most deaths from a blocked-bowel are blocked IN the small intestine! You hit yourself in the forehead, energy-linked to the small intestine with the base of your palm, also linked to the small intestine, in a natural habit to RESTORE the normal balance of digestion!

There is another natural trait, covering the face with both hands as in embarrassment or one side of the face with one hand as in a point of sudden acknowledgement. These are ANCIENT and natural responses, having more to do with applied metaphysics as opposed to social graces.

### **ARE THERE ANY QUESTIONS?**

Now, the big reason WHY the necessity of DISCERNING the hands and feet BEFORE taking on the face proper. As the hands have ONE tendency of energy layout circles and the feet another squares at least in general practice, the face doesn't respond favorably to either. Get that! The face doesn't properly or favorably respond to either circles, squares, triangles, trapezoids, or any other 'pattern' or combination thereof. That is an absolutely critical point: the face does NOT respond to any pattern as does the rest of the human anatomy.

To some degree, any part of the Spiritual Energy anatomy will respond to any application, but either you want 100% capability or some lesser percent of usually the WRONG capability. Reflexology as a practice is a pseudo-science at best, but it's built on Ancient and accurate information! The fact that information has been jackassed over the ages into near-oblivion does not change the situation of its solid foundation.

Now to HOW to DISCERN the face and its various Spiritual Energy connections.

**As previous, I don't want anybody doing a damned thing but listening and learning until I direct the application! Jump ahead because you know-so-much and you are disaster bound. NO! I WILL NOT BAIL YOU OUT! You will have deliberately created a problem where none existed that could have easily been avoided.**

If you've PRACTICED the required DISCERNMENT of your hands and feet as instructed, you already have some degree of expertise needed to DISCERN and CONTROL the facial Spiritual Energy Centers: **the energy from your finger tips!**

**With the face, NEVER use any kind of pattern in energy application!**

Let me repeat that: **With the face, NEVER use any kind of pattern in energy application!**

Look at the Reflexology face photo and note Number 1 in the very center of the forehead. That's right, CENTER, right to left, top to bottom. ***That is the actual BROW Chakra!*** Most Chakra Charts include it, some appearing to give it the ultimate altitude of the human body; and most of those erroneous charts can be identified because they do NOT include the **HEAD** Chakra located between the eyes at the bridge of the nose at the forehead.

Additionally, most so-called Chakra Charts are limited to seven Chakra Centers, when in

fact there are NINE!

**CROWN**, at the very top of the head;  
**BROW** , center of the forehead;  
**HEAD** , between the eyes proper;  
**THROAT**, at the thyroid;  
**HEART**, center of the chest;  
**SOLAR PLEXUS**, at about the navel;  
**SPLEEN**, center of your lower stomach;  
**ROOT** , at the sexual organs.

And one of the most-powerful of all, **CRANIAL!** Located access is at the **BACK** of the skull, where the head attaches to the spinal column. It's easily detected, there is a small bump on the **BACK** of your head at the base of the skull; take either hand and locate that bump just to know where it is; and then remove your hand. That bump is the **ACCESS** point to effect the **parietal** lobe, that manages sensation, handwriting, body position; the **temporal** lobe, that manages memory and hearing; and **occipital** lobe, that manages visual processing whether your eyes are open or closed.

Access the **CRANIAL** and you're effecting all three, **parietal, temporal** and **occipital** lobes at the same time! That's almost like giving a baby a rattle filled with room temperature nitro-glycerin! Sober and with common sense, **CRANIAL** access is a god-send. And you're going to learn how to do that in this Instructional. Jackass with either know-so-much or more than a drink or two and you have guaranteed a living disaster. It won't kill you immediately, and **THAT** is part of the disaster.

**Again, with the face, NEVER use any kind of pattern in energy application!**

First, a bit of trial. **WHEN** and **NOT UNTIL** you are instructed. You have to know the exact **WHAT** we are going to do; and the **EXACT** sequence. I will explain it, **THEN** we will do it, all at the same time like a competent **TEAM**. Rush ahead of the **TEAM** and you are going to jackass the **TEAM** energies. Simple as that. If you're not up to doing the procedure, then do **NOTHING** but listen; and that will **NOT** create a problem where none exists.

**Background:** Kirlian Photography: a photographic process using high voltage, is capable of filming spiritual energies despite all the pooh-pooh disclaimers by **GUESS WHO** against it; has shown clearly that with a proper breathing and hand-placement, there are extensions of spiritual energies that emerge from each finger, the hand as a whole, and toes and feet in proper sequence. The same spiritual energies we experience when throwing energy between our hands, at traffic light systems, or some worthy victim. If we couldn't feel it ourselves, we might consider the whole spiritual energy scenario to be bogus; but because we can and do feel it, witness and experience its end results, et cetera, we **KNOW** for a fact such energies exist and we **KNOW** how to use them to some degree. It is those spiritual energies we are going to use in this Instructional and from now until Shiloh.

Just for the fun of it, throw some spiritual energy from one hand to the other. As all of you know, this energy is detectable even if thrown through a barrier, table top, chair back, wall or anything else. It exists and all Akurians have some degree of experience with it.

Next, comes the breathing exercise.

It's simple, and I want you to do **EXACTLY** what I command **WHEN** I command it, and not before or forever after. I'm going to instruct you to take some deep breaths in a specific



manner. Panting all over the landscape will not work. Once you have the breathing done as instructed, you'll be instructed to throw that spiritual energy from one hand to another and note the difference! It's the correct breathing that will make the difference.

Here's how I want you to breathe WHEN instructed and NOT before. Take a deep breath and fill your lungs to capacity. Hold that breath for a count of FIVE. Then exhale and without leaving your lungs empty, take in another breath and hold it for a count of FIVE. We're going to do that until I read a sufficient-for-the-purposes of those participating and then I want everybody to throw that hand energy again.

Akurians, on my command:

**Exhale, empty your lungs ...**

**Breathe in, hold: ONE ... TWO ... THREE ... FOUR ... FIVE!**

**Exhale ...**

**Breathe in, hold: ONE ... TWO ... THREE ... FOUR ... FIVE!**

**Exhale ...**

**Breathe in, hold: ONE ... TWO ... THREE ... FOUR ... !**

**Throw your energies!**

**Exhale. Breathe normally.**

**Throw your energies again. Note the difference between full-lung and empty-lung impact.**

THAT should have changed the impact! Some felt a decided difference in temperature than before, others a heavier impact, and others a bit of both. But a decided increase in FirePower in any case. It doesn't matter if you get a harder impact with your lungs full or empty and long as YOU know which is which; and you will ALWAYS increase your FirePower with this breathing exercise. And, one of the best parts, each time you use this exercise you RETAIN a bit more FirePower in your normal energy-throw and the rest of your body. You'll need all the FirePower you can get over the next few years, so PRACTICE, PRACTICE, PRACTICE!

### **ARE THERE ANY QUESTIONS?**

Now we're going to apply a bit of that energy to a DISCERNMENT application of the face. Again, wait for me to order, DO NOT jump the instructions.

Akurians, on my command:

**Take either hand a point it at the other, palm, back, wherever is easy.**

**Extend, rather than throw, your energy and note its presence with the other hand.**

**Hold that position.**

**Now, empty your lungs and breathe IN and hold for a count of FIVE!**

Note the subtle increase in that energy exchange. Note the change again when you exhale. You're not out to break bones, rip flesh, burn or destroy, especially on yourself; but you CAN do all that with PRACTICE! I suggest you continue PRACTICING on jerk-elements wherever you find them, radio, television, highway, shopping centers ... you get the idea ... Use it, and use it often. You're going to need the PRACTICED FirePower!

Using the SAME process, when I command, CLOSE YOUR EYES; take your hand and place the fingers across your brow just above your eyebrows with your middle finger in the

center; your thumb and little finger should be at the outer corner of your eyes, the index and ring finger being at mid-point. If it's comfortable, you're in the right place, it not move any finger that needs correction. DISCERN it and you'll be perfect every time. When I command it, and NOT before, you'll do the deep breathe exercise: **and the fun is going to begin.**

Akurians, on my command:

**Close your eyes!**

**Place your fingers!**

**DISCERN correct placement!**

**On my count: Exhale, empty your lungs ...**

**Breathe in, hold: ONE ... TWO ... THREE ... FOUR ... FIVE!**

**Exhale ...**

**Breathe in, hold: ONE ... TWO ... THREE ... FOUR ... FIVE!**

**Exhale ...**

**Breathe in, hold: ONE ... TWO ... THREE ... FOUR ... FIVE!**

**Exhale ...**

**Breathe in, hold: ONE ... TWO ... THREE ... FOUR ... FIVE!**

**Exhale ...**

**Breathe in, hold: ONE ... TWO ... THREE ... FOUR ... FIVE!**

**Continue the pattern:**

Some of you will see color changes ... these are normal.

Some of you will see very defined sharp, clear, edges to those color patterns. This is an advancement. Attempt to envision anything, and you'll note this is the best vision you've ever managed, and for some of you 3-Dimensional or close to it.

Some of you will sense a very-stable light headedness. It's almost as if you're flying without the sense of movement; and you are very clear-headed! You could take on the most complex problem or situation imaginable and without the slightest need to mentally focus. And that part is the edge of self-delusion and very dangerous as I warned all from the very beginning of this series of Instructionals.

**Akurians, relax.**

For those of us who are also physically tired, this little rehearsal can be both a blessing, giving us immediate mind energy and a detriment, making us take things on we ought to ignore until fully rested. Over and above your PRACTICE necessities, apply it as your own common sense directs.

Now, and on my command and NOT before; we're going to do a mind-meld, and with a whole lot more achieved FirePower than Dr. Spock in Star Trek. **YES!** This can be used between Proven Knower Akurians and nobody else. A PK can read or insert into a non-PK mind, and would be a damned fool to extract into themselves. **NO!** A PK cannot insert The Great Testimony into anybody, nor verify it to anybody via this process. **THAT IS SACRED GROUND OF THE FIRST ORDER! DO NOT EVER ATTEMPT TO DEFILE IT!** This Instructional is for DISCERNMENT of yourself; and that is exactly what we are going to do

next.

Everybody, when I give the command, take your index finger either hand and place it in the exact center of your forehead: the BROW Chakra. You want the tip of your finger pointing straight back through your head, not up, down or sideways, as straight back as possible even if your finger is bent in the process. That bend in this practice doesn't mean a thing.

Akurians, on my command:

**Close your eyes!**

**Place your index finger in the Brow Chakra!**

**DISCERN correct placement!**

**On my count: Exhale, empty your lungs ...**

**Breathe in, hold: ONE ... TWO ... THREE ... FOUR ... FIVE!**

**Exhale ...**

And you should feel what is almost like a very mild headache.

**Breathe in, hold: ONE ... TWO ... THREE ... FOUR ... FIVE!**

**Exhale ...**

That very slight sense is now gathering to the front of your forehead.

**Breathe in, hold: ONE ... TWO ... THREE ... FOUR ... FIVE!**

**Exhale ...**

That very slight sense is now gathered around your fingertip.

**Breathe in, hold: ONE ... TWO ... THREE ... FOUR ... FIVE!**

**Exhale ...**

That very slight sense has picked up a very slight tingling. Note the frequency.

**Breathe in, hold: ONE ... TWO ... THREE ... FOUR ... FIVE!**

That very slight sense has almost instantly disappeared.

**Breathe normally.**

Alright, what the hell happened there? Something very subtle, but also knowingly dangerous.

And what was that frequency? Your very LIFE energy. It has a frequency, and you have just felt yours, many of you for the first time. It's not an earthquake shaking the walls down, but it's damned sure there and a force to be reckoned with. It's also a frequency you want to become very familiar with; and a frequency you damned well better not jackass with!

When Brigadier General Kathryn A. Malone uses this Brow Chakra to send a spotlight like



blast of energy: she's applying forces and energies against which there isn't any defense either in the Heavens, the Earth or the Depths of Hell. There are better and easier to use sources in the vast majority of instances, but when the chips are down this Brow Chakra as applied by General Malone may be your last defense. I suggest you DISCERN it, PRACTICE it, and APPLY it every chance you get.

Now that you have the EXACT PROCEDURE, and as you make the time, perform the EXACT PROCEDURE on each and every numbered point on your face. INDEX FINGERS ONLY!

Pay close attention to any subtle or extreme changes, forces, energies, whatever, with each and every numbered contact point. They will happen, you need to pay attention and recognize them.

And once you energize one point on your face, DE-ENERGIZE the opposite point by PULLING energy rather than injecting it.

Now how the hell can you PULL such energy rather than inject it?

Simple. Place your INDEX FINGER in the opposite spot the other side of your face and suck in a SHORT, QUICK BREATH! And do that SHORT, QUICK BREATH as often as it takes until you feel the injected energies fall to zero.

**AND KEEP IT UP UNTIL THOSE ENERGIES FALL TO ZERO!**

**We're going to continue to learn to DISCERN our entire body and Spirit BEFORE we begin to take on the Demons of the Deep in their own Domain! And you'd damned well better be fully prepared when you enter those Deep Domains of Lord Lucifer or he is going to take you and yours apart like dynamiting a sand pile.**

Now for the best part of the evening. There is a simple PRACTICE, known to only a few, of an almost instant physical and mental recharge that I do NOT recommend for those needing to sleep! First thing upon arising, fine; any time during the day or early evening, also fine.

How to access the **CRANIAL!** It's easily detected, there is a small bump on the BACK of your head at the base of the skull and that bump is the ACCESS point. WHEN you access it, and I do not recommend doing so this late in the evening unless you're on night shift; follow these simple instructions.

Reach over your head with either hand, place your thumb, index and middle fingers together at the tips; locate the small bump on the back of your head at the base of the skull; and make sure the INDEX finger is at the bottom of that bump with the thumb and ring finger on either side. DO NOT BREAK YOUR FINGERS APART THEY NEED TO BE TOGETHER!

With your fingers properly located, slowly take three or four deep breaths, again NOT leaving your lungs empty but breathing right back in. You do not have to hold your lungs full, and can breathe right back out if you want to no harm done.

Within two or three minutes, five at the most, all mental tiredness will evaporate! And it will STAY evaporated for four or five hours; and can be kicked in again as often as you want. I used this process to stay awake and capable when necessary during ALERTS in Korea. It works when used properly, and in such several-days probability, I've often went five and six days without sleeping; making sure to eat very little and NOT to overload on caffeine or alcohol; all being detriments to the process.

**ARE THERE ANY QUESTIONS?**

**RINOs, DINOs, IINOs ...**  
**THROW ALL THE BASTARDS OUT!**  
**Where's the Birth Certificate?**  
**Where's the Constitution?**  
**Where are our Elected Officials?**

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