

SELF MESSAGE TO SUPPORT AND SUSTAIN ASCENSION

The Pinyon Tree Kingdom through Karen Danrich

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Mila and Oa have learned to support and sustain their ascension from the physical plane. This aids them when the field may be in extreme imbalance in not losing too much of their expanded size or information gained over time. Mila and Oa have written extensively of the need to detoxify the body daily through bathes and provide mild exercise in the form of a gentle walk or swim to support and sustain ascension. Mud packs of French green clay or bentonite (white clay) are useful once per week to stimulate regeneration of the entire body. Salt scrubs at the end of each shower also stimulate regeneration of the skin and detoxification through the pores.

The Pinyon Tree Kingdom would like to offer up another massage exercise that will cause regeneration of the entire body by stimulating the meridian trigger points. These points are triggered also in having a weekly mud bath; however sometimes mud can be very drying to the skin, especially in dry climates without much water element. So we offer up another solution that will also moisturize the skin while it stimulates the trigger points of the meridians.

Ascending humans at 3000 strands have 18 meridian trigger point in the front of the body and 18 in the back. Those ascending beyond this and to 6000-9000 strands have double the meridian trigger points or 36 in the front and 36 in the back. These points when united into a single energy flow will cause regeneration of the entire body. This exercise therefore is a good weekly treatment to give unto yourself, or more often in the event of feeling flue like symptoms or ill. In triggering regeneration, the body will rise beyond the patterning at cause of the flue or cold and this will then lead to a recovery.

REGENERATION MASSAGE

We recommend using oil for this massage that does not clog the pores of crystalline skin and can be easily absorbed over night. We recommend doing this massage before retiring for sleep. It is in resting the body that the physical more readily regenerates. The massage will trigger all the points to begin the regeneration process and then sleep will do the rest. You will awaken feeling refreshed and regenerated.

Apricot, avocado, jojoba or grape seed oils are recommended for this massage, or some combination of the above as preferred. You can add essential oils (20 drops per 8 ounces of oil, 10 drops for 4 ounces). We recommend chamomile, pettigrain and lavender for a soothing formula (7 drops each per 8 ounces of oil); or jasmine and ylang ylang for a dry skin formula (10 drops each per 8 ounces of oil). For oily or skin prone to acne or breakouts, we recommend tea tree and lavender in grape seed oil only (12 drops lavender and 6 drops tea tree in 8 ounces of grape seed oil).

The massage will require a bath brush (wood and natural bristles recommended). If you are doing the massage upon yourself, you will require a brush with a long handle so that you can stroke your own back.

REGENERATION FACE MASSAGE

We recommend a 45 minute hot bath to begin the regeneration massage. Before you enter the bath, you can start by giving yourself a short regeneration massage for the face. If you are doing this with a partner, each can massage one another's face before entering the bath. The face massage also can be done nightly before retiring if you wish and will assist in minimizing fine lines and will create lovely clear crystalline complexion over time.

First cleanse the face with a gentle cleanser and washcloth. Take a small amount of the blended massage oil from the above recipes upon your fingers. Begin by making small rotational strokes starting from the left temple, over the forehead and to the right temple. Sweep from the left to the right over the forehead in a rotational manner five times. Add a little more oil to the fingers. Now sweep from the center of the forehead down the nose and around the lips five times.

Add a little more oil and brush the left eyebrow five times gently from the center of the head to the temple. Do the same for the right eyebrow five times from the center to the temple. Now add a little more oil to your fingertips and brush the left eyelid (eyes closed) from the nose to temple five times. Now add a little more oil to the fingertips and brush the right eyelid gently from the nose to temple five times. Now add a little more oil to the finger tips and brush each under eye gently five times from the nose to the temple.

Now add a little more oil to the fingertips and create a circle motion massaging the left temple and down the jaw tracing the jaw line to the chin. Repeat this five times. Add a little more oil and create the same pattern five times beginning at the right temple down the jaw to the chin. Then add a little more oil and create a circular motion massaging the right cheekbone from the nose to the temple five times. Then add a little more oil and create a circular motion massaging the left cheekbone from the nose to the temples five times. To complete, add a little more oil and massage the center of each cheek, right and left, five times. You can also massage under the jaw and neck line with a little oil in circular motions until all skin has been stroked five times..

You can leave the oil upon the face and neck for the time of your bath, and then with a hot wash cloth you can remove the excess oil before going on to massage the rest of the body. The face will turn pink as the blood is triggered to come to the surface by the oil and gentle massage strokes. The face may also pulse following the massage which is a sign that the four to eight trigger points have been stimulated in this region of the body.

REGENERATION MASSAGE IN THE BATH

We recommend that you also include a hot bath before the body massage. The bath will open the pores and clear the toxins before regeneration is stimulated. Add a hand full of salt to the bath along with a hand full of clay to maximize the amount of toxins pulled through the pores. We recommend that the bath last at least 30 to 45 minutes.

While in the bath, we recommend that women massage the inside of their yoni (vaginal area) and mounds pubis gently with your fingertips. There are eighteen regeneration glands that develop just under the labia minor and nine others under the mounds pubis in ascension to 3000 strands. For men, we recommend that you massage your scrotal sac and mounds pubis as well as this is where the regeneration glands grow in the male of your species. As you massage the glands, it will trigger the body to release the hormones necessary for cellular regeneration.

For both men and women, we recommend that you massage each hand and foot while in the bath as well to stimulate the flow of chi up each meridian that originates in the hands or feet. Also massage the cranium with your fingertips to stimulate the ascending meridians in this region of domain. Mila created a lovely diagram of the meridian entry points for the hands feet and cranium. Pay attention to any part of the hand, foot or head that hurts as you press upon it as this is a sign that the meridian associated is blocked or stuck. If any region hurts, intend that the meridian open and focus chi through the region until it ceases to hurt.

REGENERATION BODY SELF MASSAGE

Dry yourself off from the bath with a nice towel. If you are doing the massage yourself, take a tablespoon of oil or more and spread it between your two hands and anoint the entire body, beginning with the bottom and top of the feet, calves, knees and legs; then the pelvis and buttocks; then the torso, breasts, middle back and arms. Add more oil as needed. You can do this while sitting on the side of the bed.

Then take the natural bath brush in your hand and stroke the bottom of each foot from the heel to the toe ten times. Then brush the front of the each leg from the foot to the knee five times, and then brush the back of the calf from ankle to the knee five times. Then brush the front of each thigh from the knee to the hips five times followed by the back of the thigh, also brushing from the knee to the buttocks five times, working your way around the leg so that all the skin is equally stimulated.

Then while standing up, brush the entire buttocks from bottom to top five times, working your way from the left side to the right. Then brush the front of the hips to the shoulders five times, working your way from the left side to the right so that all skin is stimulated. Then brush the arms from the fingertips to the shoulder five times; and then under the arms from the hands to the underarms also five times.

Then place the handle upon the bath brush and brush the back from lower to upper five times, working your way from left to right, and until all skin upon the back has been stimulated. Then lay down. You might like to have some candles burning along with incense you like, and some soft music to listen to now as you rest.

The brushing stimulates the oil upon the skin to unite the meridian trigger points causing the entire body to pulsate. You may notice that your heart rate increases for 30 to 45 minutes following the brush massage and that there is more blood flowing to the surface of the skin. This is a sign that all pulse points have been triggered to cause the regeneration chakras to spin up and allow regeneration in the physical to be triggered. As the heart rate goes down, the regeneration chakras will slow down enough that you will fall into a deep sleep. Deep rest is the best way for the body to regenerate all its cells in the act of ascension.

REGENERATION BODY MASSAGE BETWEEN PARTNERS

Following the bath, have the first partner lay face down upon the bed. Anoint the entire back of the body with the oil as needed from the feet to the shoulders and arms and everything in between.

Take the brush in your hand. Brush the bottom of each foot from heel to toe ten times. Then brush the back of each leg from ankle to thigh five times working your way from the left to the right so that all the skin is equally stimulated. You need not press hard upon the brush as light strokes will be adequate to stimulate the trigger points along the skin.

Then brush the buttocks from thigh to lower back, working your way from left to right and five times until all the skin of the buttocks has been equally stimulated. The brush the back from just above the buttocks to the shoulders, working your way from left to right and five times until all skin upon the back has been equally stimulated. Then brush each arm from the hands to the shoulders also five times until stimulated.

Have the partner turn over. Anoint the entire front side of the body with the oil as needed from feet to the shoulders and under the arms. Again begin with the legs brushing the front five times from foot up through the thigh, covering all sides from left to right and stimulating all skin in this region. Then brush the torso in single sweeps from the hips through the shoulders, working your way from left to right five times stimulating all skin in the region.

Last you will brush the underarms from hands to underarm five times on each side, and then change places allowing the other partner to anoint and brush your body. The brushing stimulates the oil upon the skin to unite the meridian trigger points causing the entire body to pulsate. When you are done, you can lie down and listen to a little soft music and rest until the heart rate and blood pressure calms down enough to go into a deep sleep. You will find that the oil has been absorbed by the skin in a few hours.

HAIR AND SCALP MASSAGE

Once per week, giving crystalline hair a hot oil treatment and the scalp a gentle massage is a nice way to stimulate regeneration of the hair and hair follicles. Avocado oil is the most recommended for the hot oil hair treatment. If you have very coarse, dry or brittle hair, add 1 part lanolin (sheep hair oil) to 3 parts avocado oil to an even more luxurious conditioning effect. You will need a plastic shower cap to cook the hair. Essential oils are not recommended for the treatment itself but for the rinse to leave a nice smell to the soft and conditioned hair.

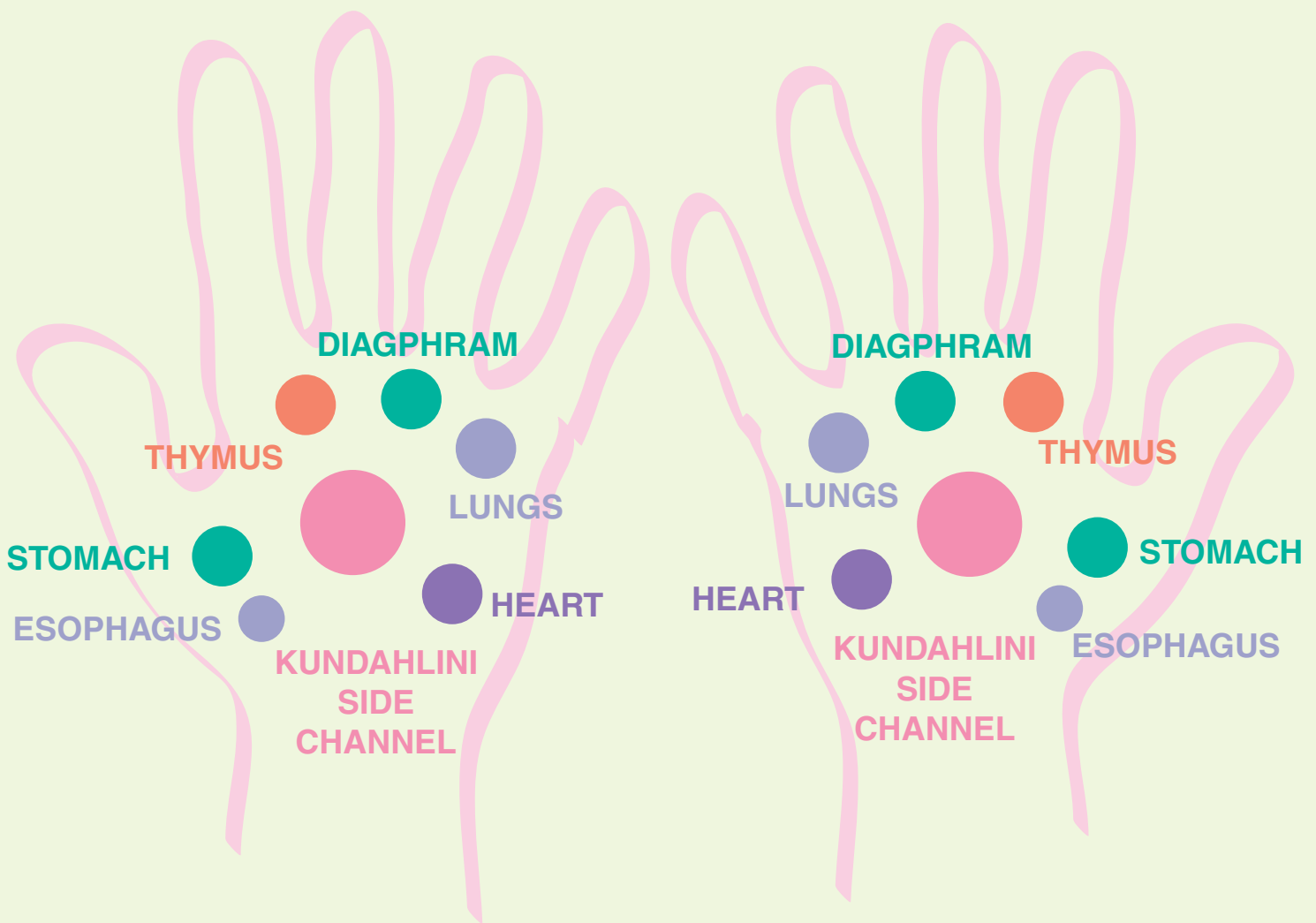
Blend the avocado oil with lanolin or use straight avocado oil. Place a little oil upon the tips of your fingers first and gently massage the scalp, from the occipital region to the top and side to side five times. The massage will trigger the pulse points of the cranium to aid in the regeneration of the hair follicles and color follicles. Following the massage of the scalp, place a tablespoon or two of the oil into the palms of your hands and rub together and then lavish upon the hair working the oil from the scalp to the ends, using more as needed depending upon length of hair. Roll the hair up on top of the head and cover with a shower cap. Cook for 30-45 minutes or longer. You can crawl into a nice hot bath while the hair cooks if you like adding this to the above treatment for a full head to toe regeneration effect.

When you are complete with the cooking (the heat generated by the shower cap will open the cuticles so that the hair shaft can absorb the oil), shower and wash the hair with your favorite gentle shampoo (preferably organic). Do not condition. Instead, for the last rinse, add 20 drops essential oil of jasmine and 20 drops ylang ylang to a pitcher of hot water and rinse through the hair to leave a beautiful scent therein. Allow the hair to air dry.

Meridian Entry Points of the Hands

Left Hand

Right Hand

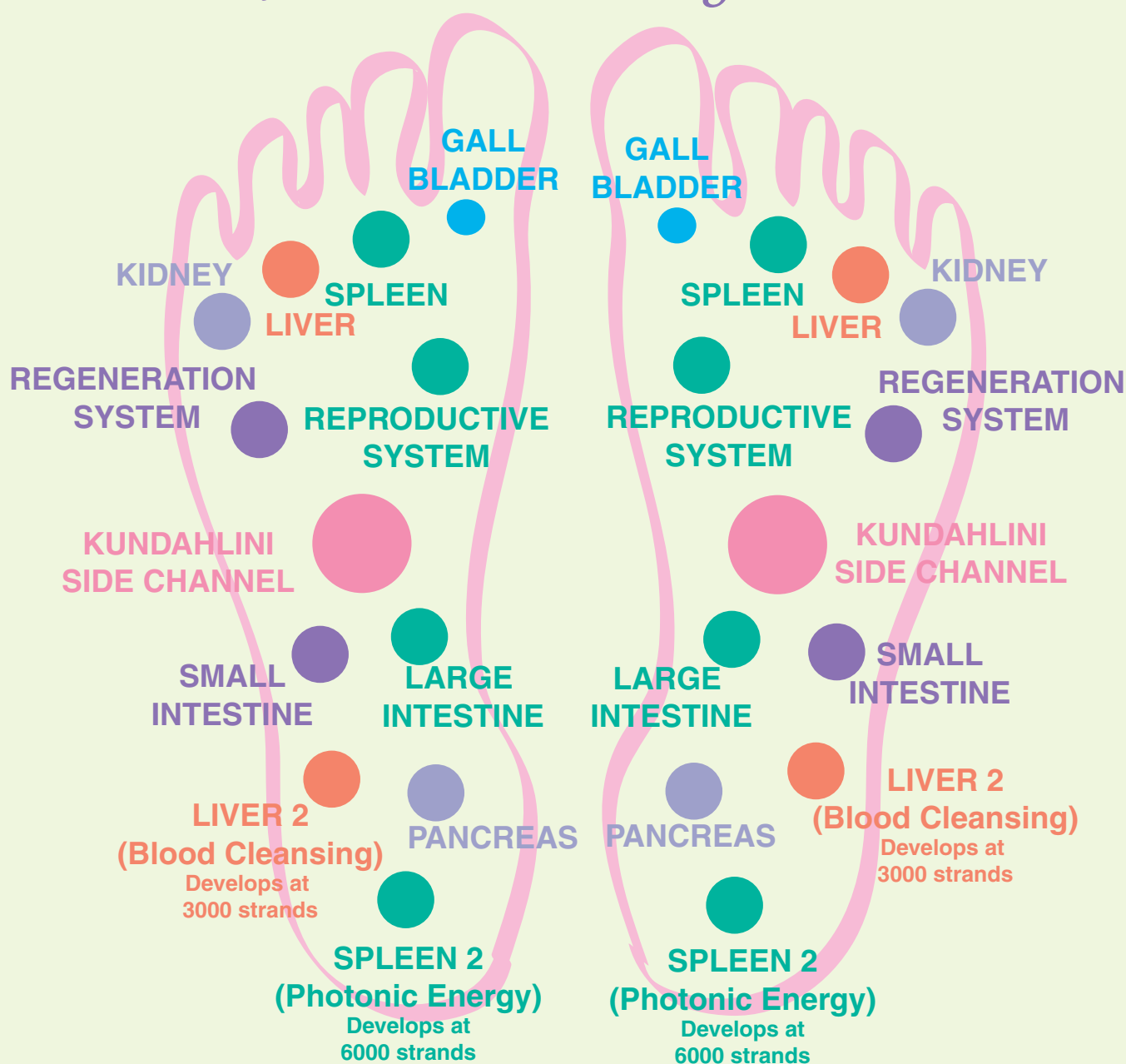


Massaging these points will stimulate the energy flow to the associated organ, gland or system

Meridian Entry Points of the Feet

Left Foot

Right Foot



Massaging these points will stimulate the energy flow to the associated organ, gland or system