

Chapter 11 - Supercomputer Activated

Before we activate the Supercomputer, we should first address the Physical. We would need to detox our bodies. REMOVE junk food. Exercise, get your sunlight, breathe more oxygen! I'm sure you know how to do all of those, you just have to find some time to do it. It will all be easier once you get yourself centered.

Alright. Have you noticed? I haven't communicated to you that I'm in any way an expert on this. I'm also a learner, researcher. I just want to emphasize I'm not a Spiritual 'expert' or do I have any other positional titles. I would not like to be called a Guru or a Master. I am a forever student, and we are forever equal.

This is all my personal research and personal experiences, taught to me by mentors as well. This practice helped me heal more. From a turning point of not wanting to go on with my life, to a life filled with hope, happiness, and peace of mind.

What is your spiritual/ religious practice? It would help if we keep an open mind. But also keep a discerning heart and mind, take what you need, leave what you don't. We are bringing Critical thinking back. We are bringing responsibility to our own, awareness, reality, and truth back.

Nasagot mo na ba ang mga tanong na ito sa buhay mo? Have you tried the 21 day Challenge? Is there any area in your life that you want to improve? Have you hit an emotional rock bottom? Complete confusion or pain? – How did you handle? Do you think you have some left over wounds now?

Awareness

Realize we have an ego, a voice in our head programmed by childhood conditioning, societal patterns.

Are we human beings having temporary human experiences? Or infinite spirits having temporary human experiences?

How do you spend time in reflection? Have you reflected on your worst wounds? Worst actors in your life? The draining people? Etc? and the most complicated but simple question, Who Are You? In order to activate the Supercomputer, I could suggest that we write 3 short mantras of positivity. By now you have

listed a lot of turning points in your life, and things that bogged you down. Also an introduction of how you view yourself now.

Basically our life so far right now is a product of our decisions in the past. In order to have a better future.

We must have a collection of positive now-moments all contributing to your growth and soul mission.

During meditation, even during the day, we can't help but get thoughts in our heads either from the past or

the future. That's okay. We will learn how to process these thoughts soon. There are two parables taught to

me by mentor on how to focus on the Now.

Parable of the Mountain

A mountain is immovable. Resolute, unaffected by the clouds. The mountain is connected to Mother

Earth, who always provides.

Imagine yourself as a mountain. A steadfast mountain, giant, bigger than the horizons. Treat all the thoughts passing in your mind as clouds. It can be bright positive clouds or dark clouds but just let the

clouds pass by. You may notice to look at it but you have the choice to let it pass. Partner this with focus

on your breathing. Imagine the connection of the Mountain to the center of Mother Earth.

Dahil sa dami ng panlabas na otoridad na dumidikta ng ating pamumuhay, nawawala ang ating pagkatibay

at pagkatapak ng ating mga paa sa lupa.

The Parable of Three Doors

Do this with closed eyes. Imagine a door on your left, front and right. The door on your left represents the

past. The door on your right represents the future. The door right in front of you represents the now

moment. These doors open to the limitless universe.

When you think of past traumas, wounds, acknowledge that your past reality indeed hurt you.

Practice

continuous forgiveness on your traumatic experience. Bring with you the lessons you learned and how it

helped you grow. Finally put it behind the left door and lock it.

When you think of future anxieties/ worries, acknowledge that is caused by fear of the past as well. Let go

and put the negativity inside the right door. Bring with you, only hope, dreams and goals. Close both left

and right doors. Bring only the positive from those doors.

Open the front door and describe every detail you experience, using all your senses, partner this with focus

on your breathing. What do you see even if your eyes are closed? What do you hear? What do you feel?

Salamat kay Mizraim Salazar sa pagturo sa kinabukasan, at maghilom ng nakaraan. Time is not linear. SA Quantum Physics, The Past and the Future also occurs in the now moment. Nagkataon lang na nasa Third Dimension tayo at nagmamamifest ang mga bagay sa pananaw ng nakalinyang oras.

Next is we learn how to relax our bodies. Our bodies throughout these years have been in constant stress: mentally, physically, emotionally, etc. It causes toxic hormones to pollute your body every day. Instead of the body focusing on creative energies, your body is always in survival mode. If we want our bodies and our minds to thrive it should be in a relaxed state. Homeostasis ang tawag sa katawan na wala sa survival mode, kundi nasa healing at manifesting mode. Tiny amounts of stress is in this world natural. Overstress and less knowledge of handling stress are the killers.

Remember that we have different information centers in the body. Both Physical and the Astral/Ethereal.

Lets talk about the Physical First: The Mind, Pineal Gland, Throat, Heart, Stomach, Sex Organs. These are where your hormone producing glands are. Neurons are concentrated in these areas. Information can be processed in all of these areas.

We relax these centers and bring it to homeostasis by commanding it! Literally. Our thoughts are so powerful, that by focusing on our body parts and telling it to relax will do just that. Our thoughts are so powerful that even the slightest amount of doubt can cause you to stress. It can also snowball and cause an avalanche of mental confusion, you become lost. That is why when we command, we command with our whole body and being! We command with our hearts in tune. The heart doesn't know doubt and fear. You must try atleast once to center you heart, and then you will know what I am saying.

There are some things that cannot be answered by the logical part of your brain, but there are other information processing centers in your body to process these and make decisions. Our hearts are huge electromagnets. We release huge amounts of energy via this organ. Science fooled us that it is only used for pumping. When we feel emotions, we are actually processing Energy in Motion, not just some hormones. Because, again Epigenetics prove that consciousness dictates gene movement. Hormones don't

cause the emotions but the other way around. The organ that releases the most energy is the heart. So following that thought, any emotion we feel the heart "shockwaves" it out to the environment and the infinite Quantum Realm. Higher vibrations reach 6 feet around us. Lower vibrations limit these energies.

That is the reason why some people are easy to check if they feel sad or happy even if it is not obvious.

In order to easily command the body, we need to fill ourselves with precious Oxygen and energy from the

aether. The breathe of life. Surprised? Akala nyo oxygen lang nakukuha sa hangin? Energy din!

Free

Energy!

Preparation

Prepare your area. Zero distraction as much as possible. Drink water. Between now and yesterday you

should've avoided cigarettes, alcohol, and any other intoxicants. And of, fluoride, stop fluoride!

Wear

comfortable clothes. Do you feel clean and comfy? Proceed. You can light candles, have your own sound

ambiance. I recommend divine frequencies, Tibetan bowl loops, throat singing, etc., nature sounds.

You can sit, lie down, or lotus position. It should be your most comfortable position. You can even meditate in motion, once you get the gist of it. Turn off every other gadget that may distract you.

Face

North if you really want the energies higher.

Breathing

Here are the exercises that help us activate our energy and refill oxygen around the organs

Wim Hoff Exercise

Breath through the nose, direct the air slowly through the throat, lungs, and FILL UP the stomach.

Do

these with a relaxed diaphragm. Visualize bright light entering your pathways.

Hold your breath in your stomach (visualize the ether filling and cleansing the pathway of air and cleansing the stomach, clenching and feeling up to the base of your spine.

Exhale for about quick 3 seconds visualizing grey or black smoke going out of your body. I call it ether

cleansing.

Repeat the steps for 3 sets of 9. That's just my personal preference. Also Nikola always reminds to think

in terms of Energy and the numbers 3, 6, and 9. Do it until you feel a buzzing around parts of your body,

and until it spreads. The energy is activated and we need to spread it around the body. Another method I

called Focused Tesla Breathing. Do the above exercise but with 3 seconds inhale, 6 seconds hold, 9 seconds slow exhale to slowly relax your body. Do this atleast three to nine times.

Focused Relaxation

We proceed with focused Relaxation. We begin to relax calmly with our breathing. We notice that every exhale we do takes us deeper into relaxation. Follow the rhythm naturally. Focus on the breath. Remember the mountain. Remember the doors. You can be sitting, lying down, lotus position, whatever is comfortable for you. First we focus on the head. As we inhale we focus on the nerve endings on our head, all the feelings, tense the part if you must during inhalation, hold for a few seconds. As you exhale slowly, command that body part to relax. Next is the back of the head, the face, the mind, the neck, the shoulders, the arms, the hands, the chest, the heart, upper back, lower back ,stomach, the groin, the legs, the feet. We can also start with our feet, and then up to the head. With this exercise we quickly compare what a relax body part is, and what is not. We notice that every exhale we do takes us deeper into relaxation. Follow the rhythm naturally. Focus on the breath. Remember the mountain. Remember the doors.

Heart Activation

We have a lot of information centers in our body to heal but we can start with the most powerful one. We can work on the others next time. Some visualization helps to further healing. Colors and frequencies also heal.

Now let's focus on our chest area, our hearts. We remember the loving feelings, laughter, loving moments and let it fill your heart as you breath. Visualize your heart being filled with bright green light as you breathe in. Visualize it getting brighter as you breathe out. Brighter as we breath more. Visualize it slowly lighting your stomach, your back, lower back, groin, legs and feat. Visualize it filling you shoulders, arms, hands, neck and head. Visualize it expanding and shining out of your body, an inch away, two inches away. Visualize and focus until it expands.

Remember the Mantras that you have prepared? Atleast three? It helps that you dictate these mantras with your thoughts and feelings after Heart Activation. We proceed to one of my favorite tools.

Safe Place

There is always a Safe Place in your memory. It may be a mountain, a beach, a house, where ever. This

next suggestions help me achieve peace and security during my inward hourney.

The Golden Sphere. Visualize golden sphere around you. Shining with impenetrable rainbow and platinum energy. As you breathe this golden sphere glows brighter and becomes more stronger.

Inside the

sphere is the warmth and protection of this golden sphere. You can add to this by adding safe place memories where you felt really safe, where no one can hurt you.

We can invite higher beings to protect us inside of our golden sphere. One of my mentors, Leshara Maniego taught me that by saying their name 3 times, you connect with them. This worked really great

for me. Whoever Diety you connect with, may it be angels, your ancestors, your spirit guides.

Everyone

has one. In this world where we experience only a fraction of all available wavelengths, this beings exist

unseen to the fucked up "eye". Feel their presence, feel their hands over you.

Healing from Higher Beings

Remember the light beings inside your sphere? You are safe and loved. They're here and laying their

hands on you. Visualize these and observe what you see in the eye of your mind. Just be an observer.

Tune in the frequency of love and be patient. It may be a feeling, a sound, a color, or a scene. Just relax

and focus.

With your PURE INTENT and SURRENDER, receive their bright healing energy of pure white light.

Receive! Let it spread slowly from the crown, face, neck, shoulders, heart, stomach, groin, feet.

Simmer

in receiving their energies.

Expressing Gratitude

This actually could come before activating the heart. But doing it after healing also does wonders.

Start

with simple things to thank for like a bed to sleep on, a roof on your head, clothes, etc. Fill up this time

with thankful energy and send it to the universe.

Manifesting an Abundant Future

Visualize the life that your heart desires. For yourself, your family and the world. Add every detail you

can. Describe the everyday feeling. Visualize as if your are living that life right in the now. Feel the intense energy of love and gratitude to fuel this time.

Supercomputer Activated

Slowly bring attention to your current room, dont open your eyes abruptly. Slowly bring your focus and

move your body slowly and then open your eyes. How do you feel? How was your experience? Tell us

through emails or direct message! You have now activated your supercomputer, which is connected to one

Great Supercomputer.

What's next? Am I now prepared for New Earth? Am I now prepared for the drastic revelations and changes? Am I ready to Manifest my Heaven on Earth?

The current state that you're feeling after activation, is what I call a heavenly bubble. You can

create one

and it can infect your environment. Also, protect it from others trying to penetrate that heavenly bubble

through lower vibrational energies. Being aware of your heavenly bubble, is one of the greatest tools to a

happy and successful life. You will not appreciate your heavenly bubble if you haven't experience your

Hell Bubbles/ Hell Loops. So how do we maintain this heavenly bubble?

Maintenance:

You will notice yourself being bothered by negative thoughts during the day. Or to be triggered by your

environment. Realize that here is a stimulus, your heaven bubble, and your response. We just learned how

to activate our Supercomputers, our heaven bubble. We are empowered through silence and peace. We felt

the healing power.

During the day when we get these triggers or stimulus. We don't control the environmental stimulus. But

with our newfound awareness, we can immediately go into the our heaven bubble and prevent a disastrous

response by processing that stimulus. Remember no response, is also a response. Nasanay tayo na kailangan may sagot sa lahat at may laban sa lahat ng nangyayari sa atin. We choose our battles, that's

how we win the Spiritual War.

If a trigger/ stimulus is making you act into lower vibrational energies, ask yourself why? Where did it

come from? Did it come from a past trauma? Or an anxiety? Or a habit? Then, ask yourself what is the

best response at that moment. It will be a slower process at first, but just like any skill it will be faster next

time.

My cheatcode would be: silence or kindness. If the moment calls for tough love then we have the right to

express it. Pero sana naman not at the expense of elevating your blood pressures.

Final Notes:

It is better to do this during sunrise or sunset. Or after waking up, because you are still in a Gamma Wave

state, your access to the astral realm is already there. I hope you discovered that we are more than 3D

human beings. If you felt the ascended beings, you know that there is more to life than death. We are

immortal infinite beings. That knowledge allows us to enjoy life during this human existence.

Know that there is more to the life than our external realities. Realize that our external environment was

the product of society. A society dictated upon. The cabal? They manifested a lot of these realities. Their

own Matrix. Now that we have activated our supercomputer, we are now on foot out the Matrix door. We are now one step ahead in manifesting our own heaven on earth.

21-DAY CHALLENGE DAY 11

TASK 1: 21-minutes Meditation/ Planning

Evaluation 1:

How are my 7 aspects of life?

Evaluation 2:

How is my 21 minute meditation?

Task 2:

Identify your Top Friends

Who are your Top 5 friends? Knowing your Top 5 friends also points out the quality of your life.

Evaluation 3:

Do you consider your Top 5 friends as your Soul Family? Why or Why not?

Congratulations on Finishing Day 11!

Revision #1

Created 1 June 2025 07:50:03 by MaharlikanWatchman

Updated 1 June 2025 07:50:29 by MaharlikanWatchman