



12D Biology Activation Container

Trimester 3 – Eternal Cellular Structure – September 2026

Here we go. We are entering a third trimester of a program that, for me, is about reactivating what I call our 12D Biology. This just means reactivating the actual biological functioning related to being an Eternal Being of Light that comes to play in finite playgrounds.

Remember, in the first trimester, that I was talking to you about the fact that we've been under this "Dark Flower Affliction" for a long time?

In a nutshell, that means instead of having the normal, natural current coming from the Core Star—from the Eternal Source of All Life—we are in a reverse current. We have been for a long time. It's this 10D boxed, closed system. That's what's called the "False Light Matrix," or what this woman calls the "Dark Flower Affliction."

Basically, we got cut off from our upper 11th and 12th dimensions, which allowed us to remain completely aware that we are Eternal Beings while playing in finite playgrounds. It's not normal that we completely forget and think we can die, get killed, and be attacked. A lot of the work we did in trimester one is about working on your Kathara Grid—the actual scalar wave functioning of your body and field—when you're properly connected to the upper dimensions, 11 and 12. Right now, we're boxed.

This woman, Ashayana E'Asha Deanne, has clear memories of where she's from—Andromeda, Sirius B, her Lyrans heritage, and beyond that, even beyond the 12D grid, to dimensions 13, 14, and 15.

These are part of our container; these are the Plasma, Eternal Dimensions. From that level, as Plasma Bodies, there is no physicality. The only way I can describe Plasma, which sounds crazy, is as a *silken wave of consciousness*. It looks gaseous, but it's Living Liquid Light. We're not talking about your Light Body, Aura, or Chakras; this is way beyond that. That Plasma Body is what I want to start reactivating, because it has been stuck in the reverse currents for millions of years.

Today, we'll start the process of realigning the flow of your Plasma Body with the actual flow of Divine Essence—the flow of Source. As we do that, it will start breaking up the things in our body that keep us in that "forgetting veil," unable to tap into the memory that we are Eternal Beings. That level of Divine Flow in you is restored by a Plasma Body that isn't stuck in reverse currents anymore.

That's my goal: to undo that.

Your Plasma Body has five layers, which correspond to the five layers of Earth's Plasma Body—including the crystal mantle, the core, and the atmosphere.

Something major happened in 2011 that stopped part of what the Dark Flower Affliction was trying to do. Ever since 2012, we've actually been realigned with the proper ascension path. People said, "Nothing happened in December 2012," but something really important happened. Gaia decided, "I'm coming back online." Her Plasma Body made a decision to flow the Eternal Current again. With that, the ascension path became solidified for Gaia.

"Earth Sync" is what's happening now: the planet is restoring its Plasma Bodies and their proper functioning. The Earth is going up in her Plasma, and she's calling for us to embody that upshift. About 800,000 humans on Earth

right now are able to physically anchor that into their genome—their genome isn't too corrupted. But at the Plasma Body level, all of us can reinstate it. Those 800,000 become Pillars that beam that energy to everyone else. By reactivating our Plasma Bodies, we are coming back into alignment with the original Eternal Quantum we come from, cracking that layer of crystallized reverse plasma current that covers every one of our atoms.

That crystallized reverse plasma situation all stems from one seed inside the tailbone of the Plasma Body. Today, we are going to 'Crack the Shell of Contention'. I'm going to give you an experience of connecting to the Plasma Body, which is right against your skin—it's like a living white liquid, a gaseous form of you. We'll go into the tailbone and crack that shell, then take a rainbow crystal we form inside our Azure Ray and shoot it into that seed inside the etheric tailbone duct. (CORRECTION: we take a rainbow spark up from our EFFIMA Heart, into the little Quantum Unit in the AzurA, and then send it down into the tailbone).

As we do that, we'll replace it with a double of our own Core Star, so that our essential Eternal energy starts to emanate from there. We'll let that transmute the "black tar" stuck on our atoms so we can start running higher frequency plasmas through our bodies.

We are meant to be the stewards of the experience here, stewards of the unfolding of millions of forms of life, keeping everything safe. We're coming back into line with that.

I can't do justice to this work in one call, but this is a seed. The more your Plasma Body is restored, the more your Kathara Grid is in integrity, the more you can generate your Merkaba Field. It all goes together.

We're bringing in way higher frequency plasma energy to do the work, because you can't fix a broken engine from inside the broken engine. You need to be outside, looking at it. We are reconnecting to the Eternal Quantum that is still intact up there in the eternal creation, streaming it back into our corrupted Plasma Body.

I want to show you an image of what this looks like. I'll show you the five layers of the Plasma Body: the unconscious cardiovascular memory matrix (inner fascia), the liquid memory matrix (middle fascia), the bone memory matrix (outer fascia under the skin), the muscle memory/skin, and the fifth layer, which is your pure connection to your Eternal Plasma.

Currently, our Plasma Body has a huge distortion—a crystallized reverse plasma current—that makes it look "flared up" and pink, what she calls the "ozone block." We are going to crack that today. You might see people on YouTube talking about "Plasma Body" and "Sophia flames," but much of that is just this false, inorganic field. I want you to know the real work, so you can distinguish it from the false stuff.

When we are back in tune with our Eternal Being, we are back in properly flowing layers, surrounded by the Teal Flame—the Flame of the Absolute. It's very alive and translucent. That is what we are working on this trimester.

My goal is for us to start a conscious reconnection to your Plasma Body, your true, Eternal Body. Ascension is a transmutation process where you don't need to leave your body; you simply entrain it to a higher frequency. We are regaining the birthright to decide where we are and how long we stay, bringing ourselves consciously into this state.

For those of us with corrupted templates, this work allows us, when the physical body dies, to store this information and consciously decide where to incarnate to continue our ascension process. That's how you break the cycle of life and death.

It is my God-given birthright to be free and shine bright. To be free is to have a fully restored Plasma Body, fully connected to the Eternal Quantum.

I'm going to bring you on a journey. I'm not going to explain 17 steps beforehand because that just makes the brain spin. We'll do it together, with explanations as we go. It's an active meditation, so I require your presence to pump the plasma flows into you and back into your body.

The rainbow crystal is like a piece of pure quantum, concentrating all that energy. By breathing, we generate a super-condensed rainbow crystal in the Azure Ray—the area where your thymus is, your zero-point field—and push it down into the tailbone. This is not a one-time thing; you are letting your system know to start letting these Eternal Waves go through the layers. (CORRECTION: We bring up a Rainbow Spark into the AzurA from the Rainbow Crystal, which is in our EFFIMA Heart).

I'm going to stop the recording and start a new one specifically for the meditation, so you don't have to listen to the explanation every time.

Prepare yourself—we're going in for at least an hour.

Have water nearby.

I am so happy to do this with you!