

# *The Ceremony to Awaken the Higher Frequencies of Man*

*By the Seer Almine*

Higher frequencies yield greater perception, and vice versa. This in turn restores grace and peace to the generations of humanity. It promotes self-respect and reverence for the diversity of expressions of life on Earth.

The imbalance and loss of frequencies that produce inharmonious actions, begins in the emotional body, or field, surrounding the physical. Physical life on Earth experiences imbalanced interactions among its creatures when the Hidden Realms or dimensions (resembling the Earth's emotional body) become distorted by resentment and discouragement from man's lack of respect and acknowledgement of the contribution of the Nature Beings of these Realms.

## *Setting up the Ceremonial Space*

Place the powerstack, where you will be laying, behind your navel. (Below the base of the spine, when seated.)

Create an inner and an outer ring of 13 stacks in each, in a clockwise direction, beginning at "12 o'clock". (The first stack is straight ahead of you when seated.)

The Inner Ring consists of the *Rectangles for Dissolving the Illusion of Discordance* — place 2 rectangles in each stack; the lowest number on top.

The Outer Ring consists of the *Wheels for the Higher Frequencies*. Place 2 wheels in each stack (stack 1 will contain Wheel 1 and 2, for example).

Have a list of the names of the *Archangels of the Hidden Kingdoms* with you when you get positioned inside the ceremonial space.

## *Center Stack (Powerstack)*

- Powersigil for the Restoration of High Mind
- Power Wheel for Awakening the Higher Frequencies of Man
- Power Square to Awaken the Higher Frequencies of Man
- Powersigil for the Value of Personal Dignity and Morality Over Material Gain

## *Performing the Ceremony*

Create the necessary ambience by playing the *26 Sound Elixirs of the Hidden Kingdoms*. (This music is available separately, as part of [Irash Satva Yoga](#), but will be featured in the April, 2025 gathering.)

Lie on your back with the center stack beneath your navel.

Call out the Archangel names of the Hidden Kingdoms and ask them to bring the blessings of the Higher Frequencies to you, and to all, for a greater expression of the purity of the One Life

Continue listening to the 26 Sound Elixirs of the Hidden Kingdoms, while envisioning the beautiful diversity of nature on the Earth with deep gratitude.

At the conclusion of the ceremony, disassemble the ceremonial circles in a counter-clockwise manner; beginning with outer ring, then the inner ring and finally dismantling the center stack.