

## **MultiDimensional Defense For Mind - Body - Spirit**

We exist in a world whose fabric of reality can be described as a 'spectral' 'fractal' or 'multidimensional' Unified Field of Life, Energy, Consciousness and Creation spiraling through Space and Time. Each dimension can be seen as a plane of reality whose waves of energy are oscillating at various frequencies, expressing unique forms of Light, Life, and Consciousness. An integral part of our journey of experience as multidimensional beings living in a multidimensional universe, is Symbiosis - the art of living, connecting, as well as sharing space and energy with a diverse community of beings. Many of these relationships foster our Life and creation, while other beings and relationships have adapted to take advantage of us in some way, with the potential to cause harm in the process. At some point, we may find it becomes essential to create a healthy boundary for ourselves, within and without, in order to nourish and sustain the health of our Mind, Body, & Spirit, as well as that of other beings that we connect with.

Symbiosis manifests in many unique forms throughout the Universe.

Symbiotic relationships can be mutually beneficial, beneficial for one being and neutral for another, or parasitic, where one being benefits from the disadvantage of another.

Parasites can be Biological -  
such as in the case of harmful bacteria, viruses, and intestinal parasites,

Or

Energetic or Thought Based -

such as negative thought forms, beings, and entities which may be considered 'Astral,' 'Aetheric' or 'multidimensional'.

Once we understand that our energy bodies are in fact inhabiting larger array than our physical bodies, connecting us with multiple dimensions and frequencies of Creation, we begin to realize how important it is to not only maintain health of our physical bodies, but also energy bodies consisting of our Thoughts, emotions, & environments.

As Within, So Without...

Parasites come in many forms, shapes and sizes, therefore can hide within the realms of the Mind, Body, & Spirit. In doing my best to set up a healthy boundary for myself, family, and community in these times, I wish to state the last thing I want to do is add more fear, as fear itself can be seen as a parasite, and sadly, there are those among us who use fear as a weapon, as well as Astral or Thought-Based parasites that are known to feed off of our fear.

So let's discuss some ways we can alleviate our fear, as well as set up a MultiDimensional Defense for ourselves in Mind, Body, & Spirit.

**Our Thoughts Create Reality, therefore, our Thoughts and emotions are where our defense begins, and where we can Create Real Change Within and Without.**

**Here are a few examples of some Positive, Healing, Protective Thoughts**

I am Powerful. I am Strong. I am Healthy.

I Am Protected. I am Supported. I am Safe.

I am Thankful for my Breath.

I am Thankful for a Heart Full of Love.

I am thankful for my body, mind and intuition.

I am Thankful for my friends, family, and community.

I am Thankful for the Earth which sustains us,

I am Thankful for MotherFather God and our Angels for their Unconditional Love and Guidance.

Here is a mantra that is wonderful for setting a healthy energetic boundary for any being, energy, or thoughtform that we feel may be causing us harm in some way:

**Return to Source Mantra**

"I Do Not Consent to Negative thoughts, energies, actions, & interference Within Or Without that Do Not Serve the Highest Good.

All Negative Energy that does not serve, shall be Returned to Source with Love.

Thank You, Thank You, Thank You, Universe.

And So It Is.

In Love & Light of The One Infinite Creator"

**Armor of God**

Setting up your Armor of God involves a mindful approach to strengthening your spiritual defenses.

Begin by welcoming the **Belt of Truth**, which represents honesty and integrity, allowing you to stand firm against deception.

Next, put on the **Breastplate of Righteousness** to protect your heart and ensure your actions align with your values.

Equip your feet with the **Gospel of Peace**, enabling you to walk confidently in your faith and spread positivity.

“ The Essene Gospel of Peace,” is known as an ancient manuscript discovered in the Secret Archives of the Vatican as the result of dedication, patience, scholarship, and unerring intuition of Edmond Bordeaux Szekely (pronounced Say-Kay) in 1928. The English version first appeared in 1937 representing yet another fragment of the complete manuscript, written in Aramaic in the Secret Archives of the Vatican and in old Slavonic in the Royal Library of the Habsburgs (now the property of the Austrian government). The poetic style of the translations bring to Life the exquisitely Beautiful and BeLoved words of Jesus and the Elders of the Essene Brotherhood. Liberated from the secret archives of the Vatican, these sacred scrolls are testaments to the eternal and living truth of ‘The Way.’

- For more info, you're welcome to visit [TheWayMissions.org](http://TheWayMissions.org)

You're also welcome to read the Essene Gospel of Peace for Yourself at

<https://archive.org/details/the-essene-gospel-of-peace/>

With a foundation of Peace in place,  
Let us take up the **Shield of Faith** to guard  
against doubts and fears

Wield the **Helmet of Salvation** to protect your mind from negativity and despair.

Finally, arm yourself with the **Sword of the Spirit**, which is the Word of God, to combat spiritual challenges and temptations.

When we consciously putting each piece of armor on daily, we fortify ourselves against mental, physical, & spiritual warfare and cultivate a deeper connection with our faith. These ideals are universal, and therefore can be applied to any faith which resonates most with you.

**Another essential foundation of Multidimensional Defense, is our Pillar of Light ✨ The Pillar of Light is our Vital Connection to the essence of Self, Sun, Source, and all Life - A Powerful Tool for MultiDimensional Defense as well as Health and wellbeing of the Mind, Body, & Spirit.**

There are an infinite number of ways we can Be a Light for Self or someone else in time of need.

First, it's important for us To Learn to Be a Light for Our Self ☀️

What are some ways to help us Activate Our own Inner Light?

First, choose a quiet space where you can focus your intentions. Next, gather materials such as candles, crystals, or other symbols of Light that resonate with you, that you may feel called to use. You may also choose to use no material tools, other than your Mind, Heart, & Spirit. Heart-Brain Coherence leads to greater Harmony of Mind, Body, & Spirit as well as Powerful Manifestation.

Arrange your items in a circular formation to represent Unity and Balance. You can also do this in your mind as a visualization. Once your Sacred Space is prepared, take a moment to center yourself through deep breathing or meditation, visualizing light surrounding you.

Next, light the candles or activate the crystals, (or you can do this in your mind) setting your intention for the Pillar of Light, whether it be for protection, healing, or spiritual growth. Allow the energy to flow and fill your space, enhancing your connection to higher consciousness.

### **Pillar of Light Meditation**

"We welcome the Light Love and Warmth of the Sun into our minds, bodies, and spirits.

We imagine this Light as a pillar shining brightly above our crown, then pouring down, enlightening every cell, every thought, & every emotion.

Imagine this Light filling your heart with a warm glow spiraling through every part of your body, Cleansing, Clearing, Healing...

This Light spirals from within us...  
expanding out into our Aura, our energy field... Purifying our Mind, Body, Spirit and Sacred Space.

Allowing this Light to connect you to the Light bodies of others...Nourishing and Sharing this Light with all life around you.

Breathing in 1...2...3...4...5....

Breathing out 1...2...3...4...5....

Pause for peace, 1...2...3...4...5...

and Union with self, Sun, Source, and with all Life.

Breathe the Light... ✨

Feel free to repeat the Pillar of Light Meditation as many times as you feel called to help bring your Mind Body Spirit back to Balance" ☀️

Feel free to repeat the Pillar of Light breath as many times as you feel called to help bring your Mind Body Spirit back home to Self, Sun, Source and Soul family" ☀️ Power to Your Pillar of Light ⚡️☀️ Prayers of Love, Unity, Healing, Peace, & Protection 💜👥✌️☀️

When we Activate our Light, we are often called to Balance and Integrate this Light into our Body utilizing Grounding and SelfCare techniques.

### **Common Grounding Techniques include:**

Connecting with Nature, Working or Creating with grounding Elements like rocks and gemstones, Breathwork & Meditation, Visualization (such as imagining that you are a tree, receiving Light from the Sun, and transferring this Light out into your leaves, and down into your roots, where it connects you with All Life)

Grounding practices are very helpful for integration, however, they also help prepare us to Activate and Embody even more of our Light. The Light helps us transmute everything that no longer serves us, including any potential parasites of Mind, Body, & Spirit.

## **Natural Methods and Nutritional Cleanses for Parasites**

### **Drinking Plenty of Fresh Purified Water**

Fresh purified water helps to flush and remove toxins, parasites, and pathogens from our bodies. Water that is alkaline with minerals such as magnesium and potassium, as well as water that has been oxygenated, charged, and structured by the Rejuvenating Elements and Energy of Nature is best for this purpose, as ionically charged water acts to attract the toxins and parasites to the negatively charged ions, which then allows our bodies to more easily flush them from our system.

Natural Springs are known to share the healthiest water, but if we do not live near a natural spring, we can create our own structured water with methods such as universal showerheads, faucets, and countertop filters, filters such as AquaBliss or The Imploder (created by Dan Winter & Paul Harris - TheImploder.net - a phi-based filter which enhances the vitality and structure of water through sacred geometry), we can also use Magnets, Crystals, Copper Tensor Rings and Harmonizers (copper that has been wound to specific BioGeometric Shapes and Healing Frequencies), Orgone/Organite (beneficial ion generators made from crystals, rocks, bioactive metals, and resin) We can use Sound Healing (such as the Phi-based Solfeggio Frequencies)

528hz is one solfeggio frequency that has been specifically studied and found to Purify water from toxins, such as in the wonderful work and research of John & Nancy Huthinson, who proved that 528hz could purify toxins as tough as oil spills... Certain instruments are known to produce solfeggio frequencies, such as violins, bells, flutes, drums, handpans, pianos, guitars, didgeridoos, and others. We can also utilize online resources for healing frequencies to help us purify our Living Waters, Within and Without, as well as apps for our iphone or android. Dan Winter offers two wonderful apps for transmitting specific healing frequencies in tune with the 'Heartbeat' or 'Schumann Resonance' of the Earth, called "Flame In Mind" and "Flame In Sound", Binaural Beat Bliss Sound Generators.

<https://apps.apple.com/us/app/flameinsound/id1318635505>

### **We can also infuse the Water, Blessing it with our Love, Light, & Positive Vibrations.**

Infusing water with Higher Frequency Emotions such as Love & Gratitude, can help to bring these Healing Frequencies into our Mind, Body, & Spirit.

The next method for cleansing Parasites I wish to mention, is **Eating Raw Fresh Fruits & Raw or Gently cooked Vegetables**

**Enzymes & Probiotics, sourced from fresh fruits and vegetables, are OUR FIRST LINE OF DEFENSE in the body against toxins, viruses, parasites, and harmful bacteria.** Enzymes and Probiotics are sourced naturally from fresh fruits and veggies, yet we require supplementation in both due to poor soil health <3 Broad spectrum probiotics ( in the form of beneficial bacteria) combined with proteolytic enzymes like Serapase, Nattokinase, Papain, & Bromelain (sourced naturally from fruits such as Pineapple & Papaya, are especially helpful for taking down the cell walls of Parasites.

### **Herbal Remedies**

**Herbal Remedies** can also be very helpful for boosting our immunity and helping to defend our Mind, Body, & Spirit from Parasites - Herbs such as Echinacea, Elder flower & Elderberry, Goldenseal, Olive Leaf, Lemon Balm ( all blend together nicely as Be Well Tea - or you can buy Immune Boost or Be Well Tea from a brand like Yogi Teas or Traditional Medicinals, or check your local herb shop)

Many herbal tinctures & essential oils offer strong & effective Antimicrobial & Antiparasitic properties. Oregano Oil, Clove Oil, Eucalyptus Oil, Lavender Oil, Orange Oil Lemon Oil - We can take a Tincture of these herbs or use their essential oils in a diffuser or spray bottle with water.

**Turmeric** is the root from an herb which is wonderful for boosting the immune system and also acts as a gentle antimicrobial, helping us fight off any potential harmful bacteria, viruses, or pathogens. We can sprinkle turmeric on our food, or we can take Turmeric as a capsule for higher potency.

**Black Walnut** is another powerful resource for parasite cleansing. Black Walnut is best taken as a Tincture, and is generally intended for short term use.

**Activated Charcoal** is Charcoal that is Ionically charged with sun, heat or fire, and is well known & studied for its natural ability to neutralize toxins, parasites, & radiation. Activated Charcoal can be taken in the form of a capsule, & sourced from many places online.

We take this one & find it to be very effective -  
<https://globalhealing.com/products/activated-charcoal>

## **Living Foods that are known Parasite Busters**

Pumpkin Seeds, Pineapple, Papaya, Orange,  
Celery, Cilantro, Kale, Spinach

Medicinal Mushrooms like Reishi, Turkey Tail, Lions Mane, & Chaga,  
Basically All Mushrooms - Bella, Trumpet, shiitake, crimini. Current Research demonstrates All kinds of mushrooms display amazing anti cancer, virus, and parasitic potential.

## **Something so simple that is often forgotten as a source of Natural Immune Boost - is Fresh Air.**

**Fresh Air from Plants** that produce oxygen aka Beneficial Ions, promote health and vitality while neutralizing toxins, parasites, and negative energy such as EMF radiation. Placing Living plants in your home can help to create a stable flow of fresh air inside, even when the windows are closed.

**Orgone Generators** (made with proper proportions of (Crystals, Rocks or Gemstones, Natural Metals - Copper, Gold, Silver, Iron Oxide - & Resin such as Epoxy, Clay, Cement, or Sodium Silicate) have demonstrated potential in Generating Beneficial Ions, meaning they Refresh and Reionize Oxygen Particles in the air, helping to promote vitality and Positive Energy while neutralizing toxins, bacteria, radiation, as well as Negative, Chaotic, or Stressful Energy.

You can make your own Orgone/Organite  
(we offer supplies at <https://omofferings.com> & <https://OpaLightMarket.etsy.com>) or feel free to purchase from local artists on Etsy/online.

Link to Orgone DIY Guide:

<https://www.omofferings.com/product-page/orgone-science-diy-guide>

Link to Orgone DIY Bundle:

<https://www.omofferings.com/product-page/organite-diy-bundle>

Link to Crystals & Craft Supplies:

<https://www.omofferings.com/crystal-craft-supplies>

You can also invest in Grounding Mats, Sheets, & Accessories for your Phone, Router, & laptop, & home, which produce Fresh Air & Beneficial Ions, similar to orgone, a tree, or waterfall, as well as reduce harmful EMF and positively charged radiation (which gives off the same ionic charge as parasites & positive gram bacteria, hence may even sustain them)

EMF Harmony



[https://emf-harmony.com/?ref=TqRKrkfDFOJ\\_r](https://emf-harmony.com/?ref=TqRKrkfDFOJ_r)

Coupon Code:

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For 15% off any EMF Harmony Products

Orgone, Plants, Trees, and waterfalls give off negatively charged Ions (in the form of charged oxygen particles) which neutralize the positively charged Ions of radiation and parasites, therefore negatively charged ions are actually Beneficial for our health.

**We can Meditate or Create an Altar or Crystal Grid** for Healing or Focusing and Empowering our Intentions of Releasing what no longer serves us in Mind, Body, & Spirit, while inviting the Light in All forms which may serve Highest Good of Self & others <3

**We can Call in our Higher Self/Source/Soul Guidance and Aspects in All realms**, across All Dimensions of our Universe, asking them to support us in CoCreating intentions for Love, Light, Health, Peace, & Protection for Self, Family, & Community <3

**We can continue to Consciously Live and Breathe....**

**With each breath in, welcoming the Infinite Light and Love of Source...**

**With each breath out, releasing all that no longer serves our Mind, Body, & Spirit <3**

**May these words guide us in Empowering our Multidimensional Essence, so that we can reach our True Potential as Individuals, and together as a community <3**

**Prayers of Infinite Love, Light, Health, Peace, & Protection for All, Within & Without, throughout All Dimensions of this Divine Universe <3**

For more info on researched methods for treating parasites, I recommend the following articles & Resources:

<https://www.mountsinai.org/health-library/condition/intestinal-parasites>

<https://www.adsvitality.com/post/the-power-of-non-soluble-fibers-mushrooms-as-medicine-for-cancer-parasites-and-virus-1>

- For more info on the Armor of God, you're welcome to visit [TheWayMissions.org](http://TheWayMissions.org)

You're also welcome to read the Essene Gospel of Peace for Yourself at

<https://archive.org/details/the-essene-gospel-of-peace/>

For more information in the realms of Holistic Health & Wellbeing for Mind, Body, & Spirit, you can read the blogs at <https://www.omofferings.com/blog> and if you want to receive one email in this niche from us each month, you can subscribe to Join The OpaLight Tribe!

**With Respect for the Individual Perspective, I invite you to please take what resonates with you and leave the rest <3**

Much Love & Light,

JillianRachel432

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