

ANNOUNCEMENTS

Introducing Conference Calls

We are excited to announce that we will be launching conference calls this December.

We will be doing calls twice a month, the second and third Tuesdays of each month.

This conference call is our commitment to be there for you as you fine-tune the Possibilities techniques.

It is our intention that you become proficient at healing yourself, your loved ones, and that you can take this work to the world.

The call will be designed to answer your questions. We would like you to email or phone your questions in advance. The first part of the call is for these questions.

The second part of the call is to update you on what's new and to hear about the miracles and magic you are creating.

First Conference call: Tuesday Dec. 11th
Time: 6:00 pm Pacific Time
Conference number: 512-225-3050
Access code: 71488#

December 18th's call will be at 7:00 pm Pacific Time.

Updated Website

Go to the "What's New" page for photo's from our visit to Glastonbury and the ceremony we held there. You can now buy Aulterra products and Bryan de Flores Images from our website.

<http://www.possibilitiesdna.com>

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Living in 3rd, 4th & 5th Dimensions at the Same Time

by Margaret Ruby

Walking Between the Worlds

The term "walking between the worlds"* has recently taken on a new meaning for me. Until now, I saw the term as meaning that we were in a time of no time, a time where all cycles were coming to an end, a time where the future has not been created. Here is what happened recently to change my perspective.

We have been doing a lot of traveling and spending a great deal of that time in airports due to the new security check-in requirements. On most trips, the airport staff and flight crews have been quite subdued. On our trip from Chicago to Buffalo, New York, we had a very different experience.

Once we had boarded and were seated on the plane, the doors were shut and the Pilot came out from his cabin and took the mike. He asked us how many people have traveled since September 11th? Only a few people raised their hands. He then congratulated all the passengers for their bravery and courage to fly. He said that this was going to be a safe plane and that he was going to walk down the isle, and as he did, he wanted each of us to look him in the eye. We did, and then he asked us to turn to our neighbor and tell them our names, why we were flying, and if we had any fears. Then he asked if there were any more fears on this plane? When no one raised their hands, he said, "Good." He explained that terrorism could only take place when there is fear. He then said that since there was no fear on this plane, it was safe, and we would start our journey.

Wow! I thought, this guy was actually changing the world! An airline pilot who had created a philosophy and new way to be on a plane. I then remembered what Madame Blavatsky said. That there would be a time that was beyond our comprehension when it would be the ordinary people, the common people, that would change the world. This is exactly what was taking place. The pilot was working in 5th dimensional energy.

And yet, just before we boarded the plane, President Bush was on T. V. telling the world that we

were an angry people, and that we would act on that anger but that we were also a compassionate people and because of that we would send food to Afghanistan. He was talking in the 3rd dimension and slipping into the 4th dimension simultaneously.

After that flight was when "Walking Between the Worlds"* took on a new meaning to me. It meant we are now living in the 3rd, 4th, and 5th dimensions all at once. You can see it all around you.

The disaster of the Twin Towers, the Pentagon and the Pennsylvania flight has brought a new awareness, and yet those in the 3rd dimension say it's awful. They are feeling unsafe, they feel they cannot take care of themselves, financial fears are great, health fears are high, and they feel they have no protection. They are suffering from great loss.

Those in 4th dimension have moved into compassion, their hearts are open and a great sense of taking care of others has emerged.

Those in 5th dimension see the incident as accelerated ascension and feel that those who died were taking the world forward and giving it a wonderful opportunity to raise its vibration. Many believe that the firemen who lost their lives were angels who were there to help the startled souls to find the light. What is important here is that all 3 of these realities are happening at once.

What a great time this is! As we continue on our journey we are starting to spend most of our time in between the 4th and 5th dimension and very soon we will be holding only 5th dimensional energy. This is what we have all been working on and we are almost there.

*Walking Between the Worlds by Greg Braden

(continued)

Where We Are and Where We Are Going continued

Moving Between 3 Dimensions as we Learn How to Hold 5th Dimensional Energy

3rd dimension

2 strand DNA
Dark with light
Judgment
Duality
Illusion
Fear
Separation
Working from 5 senses
Looking outside of self for answers
Running a slow, low vibration
A limited conception of the vastness of the universe and our place in it
In the 3rd dimension we believe there has to be more

4th dimension

Use more strands of DNA
Light with some dark in it
Detachment
Taking responsibility for our actions
Manifestation abilities awaken
Healing abilities start to awaken
Understanding that disturbances are our life lessons
We start to look inside for the answers
Intuition
6th sense
Moving out of illusion
We start to change our belief structure
We recognize we are spiritual beings
We start to remember our past lives
We understand our own greatness
We now know that there is more

Many men fail because they quit too soon. They lose faith when the signs are against them. They do not have the courage to hold on, to keep fighting in spite of that which seems insurmountable. If more of us would strike out and attempt the "impossible", we very soon would find the truth of that old saw that "nothing is impossible" ... Abolish fear and you can accomplish anything you wish.

C.E. Welch

5th dimension

Access to 12 strand DNA
Instant manifestation
Instant healing
We see light in all beings
No more illusion
We work from universal truths
We have gone beyond the 6th sense
We know we are all one
We work in co-creation
We are masters of our reality
We have an expanded vision of creation
We are actually living the "more" we knew was there

We are all doing so wonderfully and have come so far in our ascension of raising our vibrations to the 5th dimensional energy of the Golden Age. I think that we forget, and I want you to be able to see, just how far you have come. I have created a ten stage guide so you can see where you are now and what you have to look forward to. Level one starts with DNA activation so at level one you are already a very advanced being on the journey to creating your light body.

The Journey to 5th Dimensional Vibrations

We are all moving to higher vibrations at an accelerated speed. With the acceleration there are lightbody symptoms that are taking place. The process starts with the activation of 2 strand DNA to 12 strand. With each new level of acceleration we each experience different changes. We are all moving through each of the levels together, just at different speeds. The speed at which we move is an individual choice of how quickly we want to awaken ancient memories that lie within all of our DNA.

To move to higher vibrations we must let go of the density of third dimensional thinking so that we can access our 10 additional new strands of DNA. All 12 strands have been activated, but to enable you to access them you have to first clear out the 3rd dimensional programming in your 2 strand DNA. You are doing this every time you do a process on yourself. Each time a belief is cleared, a gene is corrected and the central core is cleared of Matrix belief systems, you can access more DNA strands and move to higher levels.

Stages of Transition

First Stage: Starts with the activation of 12 strand DNA. Our bodies immediately move from a dense form to a lighter form. This often is accompanied by symptoms of flu, headaches, joint aches and a huge thirst for water. The symptoms are due to the fact that the pituitary, along with the pineal gland, starts to change size. The DNA structure is picking up more hydrogen atoms to help with activation of 12 strand DNA. You start to move out of 3rd dimensional vibrations.

Second Stage: Our Etheric blueprint starts to take on more light. Past life and Karmic issues start to consciously awaken in our physical as well as spiritual body. As they are released through the EIP Techniques and energy work you again might experience flu-like feelings, and feeling of being tired. This release makes room for more light to enter.

Third Stage: You start to move way beyond your five senses and into your 6th sense. Your intuition, clairvoyance and clairaudience are becoming sharper. Your healing techniques and manifestations are starting to materialize. In this stage you start to own, understand and use your powers of co-creation.

Fourth Stage: You become very aware of your heart. You start to feel and think with your heart. Your heart starts to be aligned with the heartbeat of Mother Earth. When this happens, you may feel shortness of breath or actually experience chest pains due to the expanding energies of the heart.

You start to question what is real for you. You often make changes in your jobs and in your relationships. You change friends and everything seems to be in a state of flux. You are aligning with the Energies of the Heart.

Fifth Stage: You have done your gene work and repaired and replaced many of the mutations in your genetic makeup. You may have opened to 20-20 vision and your hearing has improved. At this stage the light activation's throw you a curve and your *(continued)*

LISA IRESON

Presents a 3 day class in the U.S. July 12-14, 2002

Lisa Ireson is a gifted healer and an exceptional teacher of Possibilities Techniques in England. Lisa has reached a place in her evolution where she is holding 5th dimensional energy. Her evolution has taken place through the process of EIP, DNA, Rapid Healing and Crystal Energy work. Over the last year she has been channeled and instructed nightly and she brings many of these teachings into her work.

She will teach crystal healing and how to incorporate it into the Possibilities techniques. She will also be using the lightlanguage and share it's many potentials.

Reserve the date now: July 12-14, 2002 Seattle, Washington

Call Steve Ruby (888) 711-9962

CRYSTALS: Lightworker Tools For The Golden Age

by Lisa Ireson

In this accelerated time of spiritual awakening, we are moving rapidly forward from 3rd dimensional reality and consciousness to multi-dimensional reality and consciousness. The earth and her incredible gifts of Crystals will enable us to hold this higher vibrational energy stable, in alignment to the magnetic core of the planet for Earth, and in alignment with our Ascension process. As we move into the age of light, the crystals are beacons of light that are assisting us in activating higher consciousness. As we awaken we are remembering our incredible gifts that have been locked deep within our cellular memory for eons of time. Healing techniques, such as 12 strand DNA activation, Energy Interference Patterning of DNA and Rapid Healing all allow us to open our hearts and begin to clear away the low vibrational patterns that have kept us locked within the matrix of 3rd dimensional reality.

As we move forward we are beginning to remember that it was crystals that allowed us to hold, anchor and work the energy of our multi-dimensional selves – our light body, so that we could ascend. It was only from misuse of our energy and healing gifts during the time of Atlantis that

we chose to forget. We are now ready though. The Golden Age is here. Crystals are able to assist us in transducing high vibrational energy down into our dense physical body. Crystals prepare our cells to hold this higher energy to fully anchor our light body. As our low vibrational patterning is cleared, particularly that of fear, our cells can begin to hold this higher energy. We are moving back into unconditional love.

All crystals store knowledge, they have all the programming within their atomic structure of where we got up to in our evolution before we moved in to a low vibration and Ego. This knowledge has just been frozen in time until now, as we are opening our hearts, we are activating the knowledge within the crystals and in our cells and remembering that we can only hold light within our cells through love and not Ego. We are remembering that we were given all the tools for our ascension and that we weren't really abandoned or separated, we just chose to forget until humanity had once again moved back into love. Crystals are gifts from the earth; they are the light workers tools for the Golden Age.

LISA will be presenting a 3 day class in the U.S. -July 12-14, 2002

She will teach crystal healing and how to incorporate it into the Possibilities techniques. She will also be using the light language and share it's many potentials. See details on page 2. Reserve the date now: July 12-14, 2002 Seattle, Washington Call Steve Ruby (888) 711-9962

Where We Are and Where We Are Going continued

sight may become a bit blurry and your hearing not always sharp. Your eyes and ears are moving into a new frequency where they see and hear with different vibrations and different senses way beyond the accustomed Matrix. As you adjust to the new vibrations your hearing and sight will improve.

Your dreams in this stage are more lucid and you get the feeling of Deja Vu. This is due to the fact that you are starting to become more conscious of the parallel universes you are living in. You may go somewhere, a class or a movie, or see a picture and feel like you already know it. You do, because you have already learned it in a parallel universe, and you are starting to realize you live in several universes at the same time. You can bring information back and forth between the dimensions.

Sixth Stage: You start to feel more pressure at the forehead or back of the head, due to the pituitary and pineal again taking in more light and the awakening of the Visual Cortex and Divine Template. You start to feel multi-dimensional. You can see very clearly that you are living in the 3rd, 4th and 5th dimensions all at once. It is all around you. At times you may get caught in 3rd dimensional thinking. Most of the time you will move back and forth between the 4th and 3rd dimensions. It seems natural to you.

Seventh Stage: You start to look for and see the light in each being. You feel more pressure in the head due to crystals that are balancing the left and right brain, activating dormant programs, and aligning you with your 8th, 9th and 10th chakras. The language of light attracts you. It seems very familiar. At this stage some of you will begin to speak the light language. Your visual cortex is completely activated and connected to your divine core. There is a rainbow of light connecting all channels. You may experience periods of not feeling grounded and alignment treatments are often necessary. What is taking place is that energy is being trapped in the physical body but the body is not yet used to such high frequencies.

Eighth Stage: You are starting to shift and to hold 5th dimensional vibrations. You begin to read the light language and to use the sound of light for healing. Your body may start to change shape. You may feel yourself getting taller. You start to feel very grounded and the energy blockages are becoming less. You know the oneness of all things. You experience yourself being part of everything. Your skills of remote viewing are very advanced. You are

instructed in other dimensions nightly and you consciously remember the instructions. You start to materialize your body about 10 minutes ahead of yourself. (You may arrive at someone's house and visit with them and 10 minutes later you physically walk in the door. Unsettling to those you are visiting.)

Ninth Stage: You are now able to access all 12 strands of DNA. You are able to move into Master Energy. Manifestations are instant, healing is instant, and you can teleport your body ahead and be in two places at once.

Tenth Stage:
Welcome to the Golden Age



True risk, that sudden leap into cold water, can carry you into a state of grace. Coincidences, synchronicity, chance, karmic charm, it doesn't matter what you call it, there's a positive force that intervenes to cover your back. Things click. It makes sense, because true risk is the only thing that forces spiritual and emotional growth so immediately, so dramatically. ---- Sting

Course Description & Calendar

Level 1 - ENERGY INTERFERENCE PATTERNING
 A 3-day course. Friday, Saturday, Sunday:
 You will earn certification as an Energetic Practitioner. \$595

Level 2 - DNA INTEGRATION & REPROGRAMMING
 A 2-day course. Friday & Saturday
 You will be awarded certification in Advanced DNA.
 (Pre-requisite: Certification in EIP) \$495

NEW Level 3 - RAPID HEALING
 A 2-day course. Sunday & Monday
 You will be awarded certification in Rapid Healing.
 (Pre-requisite: Certification in EIP & DNA) \$495

A NOTE ABOUT AUDITS
 Registration is required if you plan to audit any class.

Note: All prices quoted are for tuition only. Accommodations/meals are not included.

CONFERENCE CALLS-All are welcome
 Call (512) 225-3050 and enter pin 71488#
 6:00pm Pacific Time. Tuesday, December 11th
 7:00pm Pacific Time. Tuesday, December 18th

Course Location	Date	Course
Buffalo, NY	Jan 11, 12, 13	Level 1 EIP of DNA
	Jan 18-19	Level 2 Advanced DNA
	Jan 20-21	Level 3 Rapid Healing
Seattle, WA	Feb 1, 2, 3	Level 1 EIP of DNA
	Feb 8-9	Level 2 Advanced DNA
	Feb 10-11	Level 3 Rapid Healing
	May 3, 4, 5	Level 1 EIP of DNA
Ann Arbor, Mich	Mar 22, 23, 24	Level 1 EIP of DNA
Santa Cruz, CA	April 12, 13, 14	Level 1 EIP of DNA

Note: Dates may change. Please call to confirm.

Free Lectures Seattle
 Tues. Dec 4, 2001 - Vashon Island, Land Trust Building
 Mon. Jan 28, 2002 - Stonehouse Bookstore
 Tues. Jan 29 - location TBA
 Wed. Jan 30 - East West Bookstore

Buffalo, NY Wed. Jan 9 - Holiday Inn Airport

To sign up for classes, schedule a consultation, or if you have questions on our programs, call 208-265-1507 or send an Email to: info@possibilitiesdna.com



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