

## **How to begin using the DNA Support Collection**

There are 12 flower essences and 2 crystal light essences that make up Gaia's Own DNA Support Collection. There are also other essences that Gaia and nature have related to supporting those who are focused on supporting DNA activations, accelerations, and on going awakenings.

What follows is a suggested introduction to the use of this collection. It can be followed by any individual or practitioner in conjunction with their' own intuitive testing.

Whether purchased alone, or as a collection, Gaia, Archangel Gabriel and the overlighting devas of Shasta Lily have shared this information in answer to the emails we have received asking for instruction.

- Begin with Shasta Lily – The Gift Take 1 drop/2x daily for 3 days.

Open to receive the awakening of your conscious commitment to expand your source energies into your physical body. The reconnection of your conscious source of well-being is a divine birthright, this essence vibrates in attracting this activation within your DNA.

- Hyacinth (white) – Chakra Clear Take 3 drops/1x daily for 7 days

This essence supports the establishing of conscious communication with your chakra system. Unconscious programming will begin to align to your current path and conscious choices. There is a divine timing for all experiences and this week of using this essence will awaken an understanding of co-creatorship with your source self. How you may have “stored” time/space experiences will begin to purify and transcend from your cellular memory.

If you are called, you may use in conjunction with our Chakra Blends collection.

Each day take the ascending chakra essence along with Hyacinth. For example:

Day 1 of 7 = 3 drops Hyacinth and 3 drops Chakra # 1 – Root. Day 2 use 3 drops of Chakra 2 – Sacral; and so on for the 7 day period. This will accelerate the shift of perceived negative blocks and emotional triggers that you are ready to transform into energy that may be redirected for your well-being.

- Gromwell – Holographic Recoding Take 2 drops/2x daily for 3 days

Stay focused on your daily life. Allow your body elemental and innate intelligence utilize this essence for your great good. Purify historical records, cellular memory held in your stranded DNA. Activate your own divine design, for holographic healing and actualization of human divine blueprint. Clear the way for spiritual repatterning, and DNA recodification.

- Varisite – DNA Resolution Take 3 drops/2x daily for 4 days

Gently allows the body to upgrade the electrical and nervous system to flow with the activation and integration of one's light body so it may function more consciously with the human form.

- Ookow – Nourishment Take 3 drops/2x daily for 3 days

Allow your body to know the enjoyment, delight and nourishment of eating. Transmute DNA patterns based on cellular memory of starvation; food addictions, and find true nourishment. Open the circuitry to absorb the nourishment and light of that which you eat. Be fulfilled, and enjoy with all senses the food you prepare and eat. Recognize and transcend digesting your reactions to family disputes that often take place around the dining table or in front of the TV.

- Mustard – Synthesis Take 3 drops/1x in the evening before rest for 7 days

Allow your natural biorhythms to synthesis and sync up to the new expression that is birthing. As you rest your body elemental is adjusting to your expansion and change, aligning and prioritizing your growing awareness of your source and well-being. This essence aids the physical body to transmute and gently dissolve ancient cellular memory of survival patterning from the DNA. There is a synthesis of soul priority, higher self and the physical mind body union. Supports a pinpoint clarity and focus in detachment, and emotional balance with earthly matters. Become the radiance, beauty and joy of your source, God presence. Allow the DNA to restore the harmonics of Love.

- Larkspur (Barestem) – Sacred Heart Take 2 drops/3x daily for 3 days

Promotes health as you align your physical form with your spiritual presence. Make whole the affairs of the heart and align the your heart's geometries to the harmonics of divine love and light. Calm the racing heart of transformation as this essence assist the balanced expanded flow of energies through the physical heart and heart chakra/center. The physical flower of this plant is used in Hopi ceremony to journey the stars.

- Candytuft (wild white) – Cathedral Goddess Take 3 drops/4x daily for 3 days

Awaken the core divine feminine within to create a new expression of Life into the material world and beyond within your lightbody. This DNA essence begins the repatterning of your creative matrix to one created pure, clear, in wholeness. Drawing in white/gold source light to the lightbody centers then to the organ centers assisting transformation in grace and ease realigning energies to your individual path of ascension with our Earth Mother's new earth.

- Daffodil – Brain Balance Take 3 drops/3x daily for 3 days

Thaw frozen patterns of mental thought, beliefs, and judgments that create your reality. This essence offers a vibrational signal to harmonize and awaken full brain function. As one moves out of chaotic mass conscious levels and the brain aligns with the higher vibrations of light, to one's source, higher self, clairaudience is benefited. Assists discernment of truthful communication. Aligns the brain, solar plexus and higher self to anchor the power of the One in knowing.

- Ginger (wild) – Living Love Take 3 drops/3x daily for 7 days

Begin to experience Life from Source love and wellbeing, no longer in fear of duality. First response-Love. First thought - Love and the first view of the physical world will be created from Living Love. The DNA then records Love as basis of cellular memory from

the ascended state. This essence will assist softening energetic defenses around the heart center, and potentially dissolve warrior bands if it is your conscious choice.

- Daisy (Plains) – I AM Take 3 drops/2x daily for 3 days

Be fully the radiance of your divine self in action. Live the joy of your being. I am \_\_\_\_\_. As you fill in the blank with your every thought word and action, you create your reality. Focus your awareness on your source I AM light with Plains Daisy, and allow the subconscious DNA recorded memory to be redirected with self-mastery and ownership. Detach from the psychic mass conscious influences as you call forth the embodiment of your divine presence.

- Shattuckite – DNA Translation Take 1 drop/ 2x daily upon awakening and before rest for 7 days

Align DNA levels of cellular memory of your soul to your source blueprint. Repair the electrical system's ability of communication on all levels of being so it may begin to translate ancient wisdom for use in this lifetime. Facilitates ability to channel clearly who or what you intend. Utilize life force and power in harmony.

- Poppy (Mexican) – The Key Take 2 drops/2x daily for 3days

Express who you were born to be in this lifetime. Begin, complete, and begin again new identities as you create them to be to experience a full life of contrast and choice. Turn the key to the flow of Source / Self-entering into your body. Open to use earthly creative power, the fuel of Life. This essence unfolds deep core patterns transforming the cellular frequencies of doom and foreboding of divine evolutionary changes to come. Lady Justice and Melchizedek over lighted this level in balance with divine forgiveness. Mexican Poppy offers a soft vibrational assistance the use of Ocotillo to transform 2nd chakra sacral patterns. Also merging with California Poppy to enhance lightbody teamwork with the ascended masters at the universal levels of soul integration and purpose. Be more than you have ever been here on earth

- Rocket (London) – Entering Dimensions Take 3 drops/2x daily for 3 days

Expansion in Compassion. This essence's vibration sounds the geometric code to open the inner halls of Life, the doorway to our creator's many worlds. Prepare your body elemental for universal experiences.

When complete with this suggested use - test daily, weekly or monthly for alignment doses of each of the DNA Support Collection.