

I'm not robot  reCAPTCHA

Continue

IPv6 Cheat Sheet
©2012, CeliStream, Inc. — www.celistream.com

IPv6 Protocol Header (40 octets)

0-3	15-18	21
0-3	4-7	8-11
12	13	14
15-16	17-20	21-24
25-28	29-32	33-36
37-40	PAYLOAD	

IPv4 Protocol Header (for reference)

0-3	4-5	6-7	8-10	11-14
15-16	17-18	19-20	21-22	23-24
25-28	29-32	33-36	37-40	41-44
45-48	49-52	53-56	57-60	61-64
65-68	69-72	73-76	77-80	81-84
85-88	89-92	93-96	97-100	101-104
105-108	109-112	113-116	117-120	121-124
125-128	129-132	133-136	137-140	141-144
145-148	149-152	153-156	157-160	161-164
165-168	169-172	173-176	177-180	181-184
185-188	189-192	193-196	197-200	201-204
205-208	209-212	213-216	217-220	221-224
225-228	229-232	233-236	237-240	241-244
245-248	249-252	253-256	257-260	261-264
265-268	269-272	273-276	277-280	281-284
285-288	289-292	293-296	297-300	301-304
305-308	309-312	313-316	317-320	321-324
325-328	329-332	333-336	337-340	341-344
345-348	349-352	353-356	357-360	361-364
365-368	369-372	373-376	377-380	381-384
385-388	389-392	393-396	397-400	401-404
405-408	409-412	413-416	417-420	421-424
425-428	429-432	433-436	437-440	441-444
445-448	449-452	453-456	457-460	461-464
465-468	469-472	473-476	477-480	481-484
485-488	489-492	493-496	497-500	501-504
505-508	509-512	513-516	517-520	521-524
525-528	529-532	533-536	537-540	541-544
545-548	549-552	553-556	557-560	561-564
565-568	569-572	573-576	577-580	581-584
585-588	589-592	593-596	597-600	601-604
605-608	609-612	613-616	617-620	621-624
625-628	629-632	633-636	637-640	641-644
645-648	649-652	653-656	657-660	661-664
665-668	669-672	673-676	677-680	681-684
685-688	689-692	693-696	697-700	701-704
705-708	709-712	713-716	717-720	721-724
725-728	729-732	733-736	737-740	741-744
745-748	749-752	753-756	757-760	761-764
765-768	769-772	773-776	777-780	781-784
785-788	789-792	793-796	797-800	801-804
805-808	809-812	813-816	817-820	821-824
825-828	829-832	833-836	837-840	841-844
845-848	849-852	853-856	857-860	861-864
865-868	869-872	873-876	877-880	881-884
885-888	889-892	893-896	897-900	901-904
905-908	909-912	913-916	917-920	921-924
925-928	929-932	933-936	937-940	941-944
945-948	949-952	953-956	957-960	961-964
965-968	969-972	973-976	977-980	981-984
985-988	989-992	993-996	997-1000	1001-1004

Size of IPv6 address = 128 bits or 2¹²⁸ = 340,282,366,920,938,000,000,000,000,000,000,000,000,000,000,000 addresses

Addressing Types

Global Unicast Address: XXXX:XXXX:XXXX:XXXX:XXXX:XXXX:XXXX:XXXX

2400::/12 to APNIC 2600::/12 to ARIN
2800::/12 to LACNIC 2A00::/12 to RIPE
2C00::/12 to AfNIC

Global IPv6 Hierarchy:

2001:000A:000B:000C:000D:000E:000F:0010

Regional Registry Site Prefix

Link Local Address (FE80::/10): FE80:0000:0000:0000:XXXX:XXXX:XXXX:XXXX

Site Local Address (FEC0::/10) Depreciated: FEC0:0000:0000:0000:XXXX:XXXX:XXXX:XXXX

Unique Local Address: FD00::8 group shown: FD00:XXXX:XXXX:XXXX:XXXX:XXXX:XXXX:XXXX

Documentation Format: 2001:00B:8:0000:0000:0000:0000:CAD5:7D91

Unspecified Format (::128): (analogous to "0.0.0.0") 0000:0000:0000:0000:0000:0000:0000:0000

Loopback Address (::1/128): (analogous to "127.0.0.1") 0000:0000:0000:0000:0000:0000:0000:0001

Next Header Field Definitions

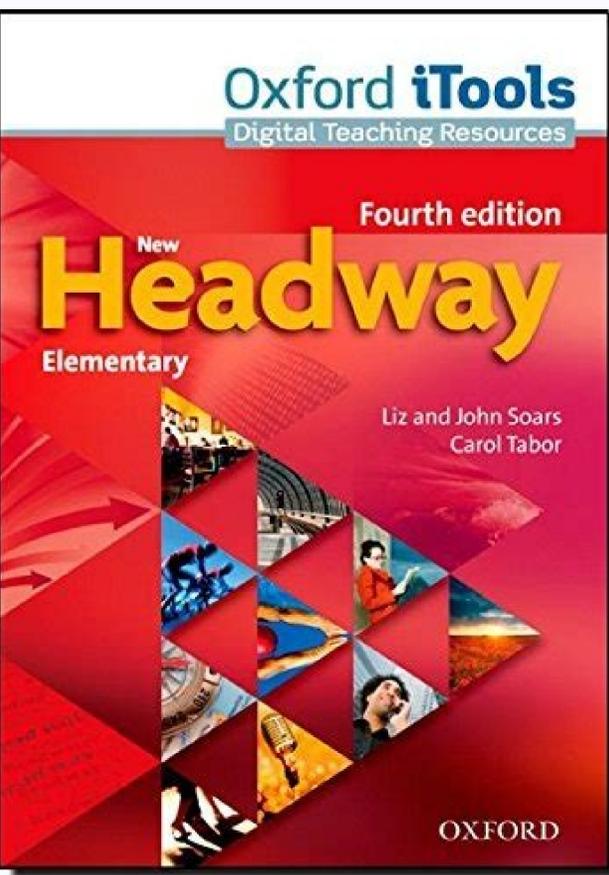
000	IPv6 Hop-by-Hop Option
002	Internet Group Management Protocol
006	Transmission Control Protocol (TCP)
017	User Datagram Protocol (UDP)
041	IPv6
043	IPv6 Routing Header
044	IPv6 Fragmentation Header
046	Reservation Protocol (RSVP)
047	General Routing Encapsulation (GRE)
050	Encapsulation Security Payload (ESP)
051	Authentication Header (AH)
055	IP Mobility (MOBILE)
058	ICMPv6
059	No Next Header
060	IPv6 Destination Options
089	OSPFv3
094	IP-in-IP Encap. Protocol (IPIP)
103	Protocol Independent Multicast (PIM)
135	Mobility for IPv6 (MIPv6) Header

IPv6 Multicast

FFLS:XXXX:XXXX:XXXX:XXXX:XXXX:XXXX:XXXX

Scope Field: 0 = Reserved, 1 = Node-Local, 2 = Link Local, 3 = Subnet Local, 4 = Admin Local, 5 = Site Local, 8 = Organization Local, E = Global

Flag Bits (L): Format is "ORPT" where
T = 1 "well known", =0 "transient"
R = 1 Embedded RP, =0 not
P = 1 based on unicast, =0 not
plen = length of the network prefix, locally administered



ENGLISH IN USE

Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given.

- Habib started working for this company five years ago. **been**
Habib has been working for this company for five years.
- I am sure my father is in his office right now. **be**
My father must be in his office right now.
- The last time I saw Andy was six weeks ago. **for**
I haven't seen Andy for six weeks.
- Perhaps Mr Lee will do business with us in the future. **may**
Mr Lee may do business with us in the future.
- I would prefer not to go out tonight. **rather**
I would/d rather not go out tonight.
- When did Joe become a chef? **has**
How long has Joe been a chef?
- You should ask Stan before you use his computer. **had**
You had better ask Stan before you use his computer.
- They advertised the job in a newspaper. **put**
They put an advertisement for the job in a newspaper.



CULTURE

Stereotypes?

LESSON SUMMARY ● ● ● ● ●

Reading: a text about Londoners

Listening: descriptions of national stereotypes; matching

Speaking: talking about national and regional stereotypes

Vocabulary: personality adjectives

Topic: people

SHORTCUT To do the lesson in 30 minutes, keep the lead-in brief, ask students to read the text before the lesson, allow ten minutes for the reading exercises (2 and 3) and do exercise 6 as a whole class activity.

➤ Lead-in 3 minutes

Before students open their books, write *London* on the board and explain to the class that they are going to brainstorm words associated with London. Give them a topic, for example, buildings. Students name as many London buildings as they can. Continue with the topics of transport and famous people.

CULTURE NOTES – LONDONERS

The title of the text, *Maybe it's because I'm a Londoner* comes from a famous song written by Hubert Gregg in 1947. It has become a kind of anthem for London.

A Londoner is a person from London. In this case, adding *-er* makes the word describe a person. It isn't the same for all cities. A person from Manchester, for example is a *Manchesterer* and a person from Liverpool is a *Liverpudlian*.

Exercise 1 page 6

- Before proceeding with the exercise, elicit or explain the meaning of the lesson title, stereotypes (a fixed idea or image that many people have about something or somebody, especially a race, nationality or gender, which is often not true. For example: the French are very romantic, the British only drink tea, the Japanese work very hard).
- Focus on the photo and the title of the text. Ask the questions to the class as a whole. Ask additional questions such as: *How are they feeling? What time of year is it? Where are they going?* always asking the students to justify their answers.

Exercise 2 page 6

- Focus on the task. Ask students to read through the text looking only for information that answers the question. Tell them to highlight anything in the text that suggests a negative opinion, to help them answer the question.

KEY Joanna

Exercise 3 page 6

- Students re-read the text. Encourage them to look for synonyms for the words in the task. Demonstrate the first question, showing them how to scan the text until they find the appropriate synonym or synonymous phrase (cold and unfriendly). Again encourage them to underline the answer in the text.
- With a **weaker class** students should refer to the wordlist as they read.

KEY

1 Joanna 2 Amir 3 Joanna 4 Sam 5 Amir 6 Sam

Exercise 4 page 6

1.02

- Focus on the instructions. Tell students that when they listen for the first time they only need to try to get a general understanding of what the teenagers are saying and to write down their nationalities.
- With a **weaker class**, pre-teach a few key words or phrases that you think the students are unlikely to know.

KEY

1 Brazilian 2 American 3 Japanese 4 Spanish

TRANSCRIPT 1.02

- 1 **Rosana** I love Brazilians – but maybe that's because I'm from Brazil! The best thing about them is, they laugh a lot and they smile a lot. If you walk down the street, you see lots of smiles! Another thing is that they're always willing to share what they've got with you, even if they haven't got very much themselves ... They're not at all mean.
- 2 **Ethan** I'm from New York in the USA. It's an enormous country, of course, and people are different in different parts of the States. But I think there are some characteristics that are typical and that are shared by Americans across the country. Let me give you an example. In general, Americans work hard – they start work early, finish late, and they don't have long holidays. In my opinion, they're proud of their country, and very proud to be American, whatever their ethnic background.
- 3 **Junke** I'm not typically Japanese – I'm probably more like an Australian, because I've lived here in Australia for years now. Japanese people have got good manners and show respect to other people, especially people they don't know. In fact sometimes they can be rather formal. Personally, I'm not! Another difference between me and other Japanese is that I'm very open, even with people I don't know. Japanese people often hide their feelings. They don't like other people to know what they are thinking or feeling.
- 4 **Carlos** I'm from Spain – from the south, near Seville. I think Spanish people, in general, are quite warm-hearted and they like meeting new people and making new friends. The Spanish don't like to sit in silence – they like talking – they can chat away for hours on end. That's my opinion, anyway.

Exercise 5 page 6

1.02

- Go through the opinions with the class and deal with any vocabulary questions. Play the recording again and pause after each answer is given to give students time to write their answer. Let students check their answers with a partner before checking as a class.

KEY

a | b e c c d e e r f i g r h c

Exercise 6 page 6

- Check understanding of the words in the box. Allow students two to three minutes to discuss their ideas and note them down. Encourage them to recycle words from the text too and any other ideas they might have such as *punctual, romantic, formal, etc.*

Unit 1 • On camera

13

Sometimes the group taught me the philosophy and theory behind the work. What I saw took me completely by surprise. The Pleiadian/Christ Connection and Purpose Chapter 4 Ra Speaks SECTION II: PLEIADIAN LIGHTWORK: Spiritual Transformation by Awakening Your Divine Ka Introduction to Section II Chapter 5 Preparing for Pleiadian Lightwork Part I: Healthy Boundaries Grounding Healing Your Aura and Keeping It Clear Owning Your Spinal Pathway Keeping Your Home Psychically Clear and Safe Chapter 6 Preparing for Pleiadian Lightwork Part II: Self-Healing and Clearing Clearing with Roses Clearing Your Chakras Clearing Pictures Clearing Beliefs, Judgments, Perfect Pictures, and Thoughtforms Psychic Agreements (Contracts) De-Cording Being in Present Time Chapter 7 Ka Activation Meeting the Pleiadian Emissaries of Light Clearing and Activating Your Ka Channels Chapter 8 Dolphin Brain Repatterning Dolphin Moves Etheric Hands-On Dolphin Brain Repatterning Chapter 9 Chambers of Light PEMS Synchronization Chamber Interdimensional Chamber of Light Quantum Transfiguration Chamber Integration Acceleration Chamber Ascension Chamber Sleep Chamber Stress Reduction Chamber Dolphin Star-Link Chamber Divine Axis Realignment Chamber No Time and Space Chamber Emotional Healing Chamber Multidimensional Healing and Integration Chamber Chapter 10 Love Configuration Chambers of Light Unification Chamber Angelic and Archangelic Chamber Divine Feminine Chamber Divine Masculine Chamber Yin/Yang Chamber Chapter 11 Subpersonalities Integrating and Healing Your Subpersonalities Subpersonalities Harmonization Chapter of Light Meeting Your Inner Nurturer Meeting Your Inner Child Meeting Your Inner Warrior / Warrioress Meeting Your Inner Spirit Balancing Your Personal Shield Chapter 12 Additional Pleiadian Lightwork Healing Techniques Cocoon Healing Clearing Erroneous Neural Pathways Self-Healing with the Quantum Transfiguration Grid Cellular Reorientation and Repatterning Restoring Life Force to Food Chapter 13 Higher Self Connection Meeting and Blending with Your Higher Self Divine Axis Alignment with Your Higher Self Chapter 14 Sustaining the Ka Work Ka Maintenance Process Ka Balancing Chamber of Light Recommendations for Ongoing Pleiadian Lightwork Postlogue: "Advanced" Pleiadian Geography and Astrology

From the Publisher: "The Pleiadians are here now to offer all beings the opportunity to choose health and perfect balance in the midst of the energy acceleration. If you know how to call on the Pleiadian Emissaries of Light healing teams, what to ask for, and appropriate self-care methods for assisting in your own progress, sessions can be set up in your own home. Moving effortlessly through and beyond layers of murkiness followed by areas of soft radiant blue and milky white, we broke through into open space. So, when I came home one evening to find a message from Barbara on my answering machine saying Bear wanted to publish my book, I was doubly ecstatic. Without this threat we will have a chance to start over as cocreators with one another, God/Goddess/All That Is, Earth, all lifetimes on Earth, and our intergalactic friends. When I awoke the next morning my body was moving involuntarily. Amarah was well known and respected as a healer, seer, and teacher. . . .Pleiadian Workbook: Awakening Your Divine KaProduct dimensions:352 pages, 9 X 6 X 0.9 inShipping dimensions:352 pages, 9 X 6 X 0.9 inPublished:December 1, 1995Publisher:Inner Traditions/Bear & CompanyAppropriate for ages:All ages Table of Contents Amarah Quan Yin was born in Irvine, a small town in Kentucky, on November 30, 1950. Section 1 WHY THE PLEIADIANS? I had no idea prior to sending in the book proposal and partial manuscript to Bear & Company that Barbara Hand Clow and her husband own this publishing house. When the Pleiadian Emissaries of Light had first told me about writing the book, they had shown me the back cover with Bear & Company's name on it. Without hesitation and with tears of great love and relief, I replied, Oh, yes! Energy and color began to accumulate and swirl rapidly; somehow this was an interplay between my body and the energy field inside the pyramid. For an entire month, I kept two journals: one for the Pleiadian work and the other for the Neuro-Muscular-Cortical Repatterning training intensive I was taking. In these sessions, the Pleiadian Emissaries of Light sometimes instructed and assisted me in the healing process. Immediately, I reexperienced myself as pure consciousness in the form of a blue ball of light falling through space to Earth from a large blue star. Without exception, the experiences were loving, respectful of my boundaries, and honoring of my free will. Moshe's body had died a few years before, but his genius and commitment were alive and well, so to speak. Did you design life? It was not another entity that was attaching itself and blending with me. A silent communication from them let me feel and know their regret that some of their kind had gone away. To judge anything or anyone for its present level in that evolutionary process is both counterproductive and in error. These were published in 12 languages. Chapter 1 IN THE BEGINNING ... Afterward they asked me to go to the computer and open a new file. The book is a wonderfully clear and comprehensive instruction manual to prepare for the work with exercises to clear you and your home's energy, ground, Aura healing, chakra and energy system clearing, severing negative psychic contracts, and decoding." Feb 2009 Lady Adventurine "This is one of my most favorite and regularly used books. Several lifetimes before that one, I had been a priestess with the gift of dreaming. I assured him that the words had come from my mouth but that I had no conscious knowledge of what I was talking about. So, being with these cherished and ancient friends was natural and felt long awaited. I have personally had problems in the past with extreme invasion by other, not so ethical, extraterrestrials, and have depessed many clients from these extraterrestrials and their implants. Today, the exquisite memory of passing beneath the nebula is as vivid in my mind's eye as if I were still there watching. Throughout the years, occasional psychic phenomena, which I prefer to call Full Sensory Perception instead of phenomena, haunted my otherwise ordinary days and nights. I had never even heard of auras or oversouls or shaktiput—all of which I had experienced vividly during the regression. And do people experience immediate pain or pressure release? As I got up to take my tray inside the lodge, a pendant worn around a woman's neck took my attention. All of existence is in an ongoing process of learning and evolving. I burst into tears of spiritual awakening and joy. As I lay on the floor at the end of three days of Feldenkrais guided floor movement work, a human-size Light being named Pa-La held out his hand for me to take. It was years before I understood the connections between the Christ, Sirius, enlightenment, and the spaceships of light. From that point, I became a student of the Pleiadian Emissaries of Light. Amarah Quan Yin's Pleiadian Workbook is the source of Pleiadian energetic healing techniques, a gift of love and compassion during these amazing days." "This is one of my most favorite and regularly used books. Contrary to my usual cautious nature, I answered, Yes! with no questions asked. Surrounded by old-growth forest and the sounds of the rushing Breitenbusch River, I sat at a wooden picnic bench on an outside deck leisurely having an organic vegetarian meal prepared by the incredible kitchen staff. She adopted the name Amarah Quan Yin in 1993 after a direct experience of Quan Yin during meditation. She also recorded hundreds of CDs. Read an excerpt of this book! The Pleiadian Workbook is a direct transmission from the Pleiadian Emissaries of Light—Light beings from the Pleiades—who say it's time now for spiritual growth, ascension, and healing. And if you really need us, we'll always make our presence known to you. I would be given healings and realignment work during my sleep in order to deepen my own benefits from the Neuro-Muscular-Cortical Repatterning training, as well as participate in experiments on how to therically work on others most effectively. These galactic healing techniques align us with our divine selves, raise our vibratory rates, and rejuvenate and balance our bodies, while accelerating spiritual evolution and stimulating emotional healing. It was huge—many levels high, with each floor appearing to have a complete function of its own. Pleiadian Lightwork has several facets, including hands-on energy work, clairvoyant reading, Dolphin Brain Repatterning, Dolphin Star-Linking, and Higher Self alignment. She loved the mountain for its high and unique energy and for the beauty of the surrounding nature.Amarah wrote 4 books before Oneness. Five days after receiving Barbara's message, before reaching her by phone, I received a letter from her that began, Are you as excited about this as I am? And so my promise has been kept. She passed away on June 13, 2013, after an auto accident on Everett Memorial Highway, Mt. Shasta, California.Amarah was a natural healer and psychic since birth. A deep bond of friendship, trust, and ancient love weaving up inside me for these old reformed comrades. I had dwelled in varying locations in the Seven Sisters, receiving instruction from the Pleiadian Emissaries of Light when last embodied. It was totally intuitive and never the same twice. We had just learned that soldiers were on their way to destroy the temple and take us prisoner. Through Amarah Quan Yin, we are taught to open our "Ka Channels," which pull energy from our multidimensional, holographic selves into our physical bodies. Once, while I was talking to a woman on the telephone about the Pleiadian Lightwork Intensives I teach, I had a vision of the two of us, along with several other women dressed in white priestess robes, standing in a circle in an ancient Egyptian temple. She went on to say that lately she had been doing something other than chiropractic that she could not explain, except that it was dramatically enhancing the results with her clients. And we would never do anything to usurp your learning and growth and service here on Earth. When I relayed that message to her, she simply replied, That's about how long it's been since I started doing this new work. And when you do it, does the electrical circuitry between those points reconnect and activate? on many levels. She lived in Mt. Shasta for 24 years and there founded the Dolphin Star Temple in 1998. I said to the women, When the cycle of darkness has ended, we will return and reawaken the memories of the temple teachings. You may feel called to learn healing modalities, take spiritual trainings, see healers for assistance, or seek out sacred ceremonial experiences. I wish I'd known before, but then I might have been less anxious about getting it done on time. In fact, they assured me that no residue will exist anywhere when this device is used. ISBN-13: 9781879181311 Publisher: Inner Traditions/Bear & Company Publication date: 12/01/1995 Edition description: Original Pages: 352 Sales rank: 300,596 Product dimensions: 6.00(w) x 9.00(h) x 0.90(d) Illustrations Acknowledgments Foreword by Shahan Jon Prologue SECTION I: WHY THE PLEIADIANS? Chapter 1 In the Beginning Chapter 2 My Introduction to Pleiadian LightworR Chapter 3 It's Time Now Who Are the Pleiadian Emissaries of Light? Chapter 4 How to Prepare for the Work Chapter 5 Preparing for Pleiadian Lightwork Part I: Healthy Boundaries Chapter 6 Preparing for Pleiadian Lightwork Part II: Self-Healing and Clearing Chapter 7 Ka Activation Meeting the Pleiadian Emissaries of Light Chapter 8 Dolphin Brain Repatterning Chapter 9 Chambers of Light Chapter 10 Love Configuration Chapter 11 Subpersonalities Integrating and Healing Your Subpersonalities Chapter 12 Additional Pleiadian Lightwork Healing Techniques Chapter 13 Higher Self Connection Chapter 14 Sustaining the Ka Work Chapter 15 Postlogue: "Advanced" Pleiadian Geography and Astrology

From the Publisher: "This is one of my most favorite and regularly used books. It is a veritable library of powerful energy healing exercises in one book. Because of Earth's position in her evolutionary path, we are currently experiencing a time of great change and transformation. This is a time when the Pleiadian Emissaries of Light are here now to offer all beings the opportunity to choose health and perfect balance in the midst of the energy acceleration. That is why I have been guided to write this book to enable you to receive guidance, healing, and spiritual assistance from the Pleiadians for all of creation. The Pleiadians told me they were closely studying the Neuro-Muscular-Cortical Repatterning training in which I was participating, because they were learning how to assist human beings in making the vibrational shifts necessary for our nervous systems to withstand the coming frequency changes on Earth. Eight weeks prior to the completion of this book, near the end of my morning meditation time, the Pleiadians came in and took me through several new energy and frequency experiences. If you have a role during these accelerated days as a healer, teacher, counselor, or knowledgeable friend, do not hesitate to prepare yourself to fill that role. These guides would monitor us, study the effects of the work, and determine ways of utilizing the information to assist others as well. These beings were each a solid color: red, golden yellow, green, and blue. Her story was so similar to mine that I thought, Maybe this is just how the Pleiadians do things. A few times during the intensive, I spent time on Pleiadian lightships or at other space stations. I've been doing this type of hands-on work since the early 1980s. Again I asked, Why did you disappear? Much of this healing and spiritual transformation work can be done without a human practitioner. At that time, I had no reference points as to the meaning of enlightenment. Pleiadian Lightwork, which I later learned to call Amarah Quan Yin's Pleiadian Workbook is the source of Pleiadian energetic healing techniques, a gift of love and compassion during these amazing days." From the Publisher "This is one of my most favorite and regularly used books. It is a veritable library of powerful energy healing exercises in one book. Because of Earth's position in her evolutionary path, we are currently experiencing a time of great change and transformation. This is a time when the Pleiadian Emissaries of Light are here now to offer all beings the opportunity to choose health and perfect balance in the midst of the energy acceleration. That is why I have been guided to write this book to enable you to receive guidance, healing, and spiritual assistance from the Pleiadians for all of creation. The Pleiadians told me they were closely studying the Neuro-Muscular-Cortical Repatterning training in which I was participating, because they were learning how to assist human beings in making the vibrational shifts necessary for our nervous systems to withstand the coming frequency changes on Earth. Eight weeks prior to the completion of this book, near the end of my morning meditation time, the Pleiadians came in and took me through several new energy and frequency experiences. If you have a role during these accelerated days as a healer, teacher, counselor, or knowledgeable friend, do not hesitate to prepare yourself to fill that role. These guides would monitor us, study the effects of the work, and determine ways of utilizing the information to assist others as well. These beings were each a solid color: red, golden yellow, green, and blue. Her story was so similar to mine that I thought, Maybe this is just how the Pleiadians do things. A few times during the intensive, I spent time on Pleiadian lightships or at other space stations. I've been doing this type of hands-on work since the early 1980s. Again I asked, Why did you disappear? Much of this healing and spiritual transformation work can be done without a human practitioner. At that time, I had no reference points as to the meaning of enlightenment. Pleiadian Lightwork, which I later learned to call Amarah Quan Yin's Pleiadian Workbook is the source of Pleiadian energetic healing techniques, a gift of love and compassion during these amazing days." From the Publisher "This is one of my most favorite and regularly used books. It is a veritable library of powerful energy healing exercises in one book. Because of Earth's position in her evolutionary path, we are currently experiencing a time of great change and transformation. This is a time when the Pleiadian Emissaries of Light are here now to offer all beings the opportunity to choose health and perfect balance in the midst of the energy acceleration. That is why I have been guided to write this book to enable you to receive guidance, healing, and spiritual assistance from the Pleiadians for all of creation. The Pleiadians told me they were closely studying the Neuro-Muscular-Cortical Repatterning training in which I was participating, because they were learning how to assist human beings in making the vibrational shifts necessary for our nervous systems to withstand the coming frequency changes on Earth. Eight weeks prior to the completion of this book, near the end of my morning meditation time, the Pleiadians came in and took me through several new energy and frequency experiences. If you have a role during these accelerated days as a healer, teacher, counselor, or knowledgeable friend, do not hesitate to prepare yourself to fill that role. These guides would monitor us, study the effects of the work, and determine ways of utilizing the information to assist others as well. These beings were each a solid color: red, golden yellow, green, and blue. Her story was so similar to mine that I thought, Maybe this is just how the Pleiadians do things. A few times during the intensive, I spent time on Pleiadian lightships or at other space stations. I've been doing this type of hands-on work since the early 1980s. Again I asked, Why did you disappear? Much of this healing and spiritual transformation work can be done without a human practitioner. At that time, I had no reference points as to the meaning of enlightenment. Pleiadian Lightwork, which I later learned to call Amarah Quan Yin's Pleiadian Workbook is the source of Pleiadian energetic healing techniques, a gift of love and compassion during these amazing days." From the Publisher "This is one of my most favorite and regularly used books. It is a veritable library of powerful energy healing exercises in one book. Because of Earth's position in her evolutionary path, we are currently experiencing a time of great change and transformation. This is a time when the Pleiadian Emissaries of Light are here now to offer all beings the opportunity to choose health and perfect balance in the midst of the energy acceleration. That is why I have been guided to write this book to enable you to receive guidance, healing, and spiritual assistance from the Pleiadians for all of creation. The Pleiadians told me they were closely studying the Neuro-Muscular-Cortical Repatterning training in which I was participating, because they were learning how to assist human beings in making the vibrational shifts necessary for our nervous systems to withstand the coming frequency changes on Earth. Eight weeks prior to the completion of this book, near the end of my morning meditation time, the Pleiadians came in and took me through several new energy and frequency experiences. If you have a role during these accelerated days as a healer, teacher, counselor, or knowledgeable friend, do not hesitate to prepare yourself to fill that role. These guides would monitor us, study the effects of the work, and determine ways of utilizing the information to assist others as well. These beings were each a solid color: red, golden yellow, green, and blue. Her story was so similar to mine that I thought, Maybe this is just how the Pleiadians do things. A few times during the intensive, I spent time on Pleiadian lightships or at other space stations. I've been doing this type of hands-on work since the early 1980s. Again I asked, Why did you disappear? Much of this healing and spiritual transformation work can be done without a human practitioner. At that time, I had no reference points as to the meaning of enlightenment. Pleiadian Lightwork, which I later learned to call Amarah Quan Yin's Pleiadian Workbook is the source of Pleiadian energetic healing techniques, a gift of love and compassion during these amazing days." From the Publisher "This is one of my most favorite and regularly used books. It is a veritable library of powerful energy healing exercises in one book. Because of Earth's position in her evolutionary path, we are currently experiencing a time of great change and transformation. This is a time when the Pleiadian Emissaries of Light are here now to offer all beings the opportunity to choose health and perfect balance in the midst of the energy acceleration. That is why I have been guided to write this book to enable you to receive guidance, healing, and spiritual assistance from the Pleiadians for all of creation. The Pleiadians told me they were closely studying the Neuro-Muscular-Cortical Repatterning training in which I was participating, because they were learning how to assist human beings in making the vibrational shifts necessary for our nervous systems to withstand the coming frequency changes on Earth. Eight weeks prior to the completion of this book, near the end of my morning meditation time, the Pleiadians came in and took me through several new energy and frequency experiences. If you have a role during these accelerated days as a healer, teacher, counselor, or knowledgeable friend, do not hesitate to prepare yourself to fill that role. These guides would monitor us, study the effects of the work, and determine ways of utilizing the information to assist others as well. These beings were each a solid color: red, golden yellow, green, and blue. Her story was so similar to mine that I thought, Maybe this is just how the Pleiadians do things. A few times during the intensive, I spent time on Pleiadian lightships or at other space stations. I've been doing this type of hands-on work since the early 1980s. Again I asked, Why did you disappear? Much of this healing and spiritual transformation work can be done without a human practitioner. At that time, I had no reference points as to the meaning of enlightenment. Pleiadian Lightwork, which I later learned to call Amarah Quan Yin's Pleiadian Workbook is the source of Pleiadian energetic healing techniques, a gift of love and compassion during these amazing days." From the Publisher "This is one of my most favorite and regularly used books. It is a veritable library of powerful energy healing exercises in one book. Because of Earth's position in her evolutionary path, we are currently experiencing a time of great change and transformation. This is a time when the Pleiadian Emissaries of Light are here now to offer all beings the opportunity to choose health and perfect balance in the midst of the energy acceleration. That is why I have been guided to write this book to enable you to receive guidance, healing, and spiritual assistance from the Pleiadians for all of creation. The Pleiadians told me they were closely studying the Neuro-Muscular-Cortical Repatterning training in which I was participating, because they were learning how to assist human beings in making the vibrational shifts necessary for our nervous systems to withstand the coming frequency changes on Earth. Eight weeks prior to the completion of this book, near the end of my morning meditation time, the Pleiadians came in and took me through several new energy and frequency experiences. If you have a role during these accelerated days as a healer, teacher, counselor, or knowledgeable friend, do not hesitate to prepare yourself to fill that role. These guides would monitor us, study the effects of the work, and determine ways of utilizing the information to assist others as well. These beings were each a solid color: red, golden yellow, green, and blue. Her story was so similar to mine that I thought, Maybe this is just how the Pleiadians do things. A few times during the intensive, I spent time on Pleiadian lightships or at other space stations. I've been doing this type of hands-on work since the early 1980s. Again I asked, Why did you disappear? Much of this healing and spiritual transformation work can be done without a human practitioner. At that time, I had no reference points as to the meaning of enlightenment. Pleiadian Lightwork, which I later learned to call Amarah Quan Yin's Pleiadian Workbook is the source of Pleiadian energetic healing techniques, a gift of love and compassion during these amazing days." From the Publisher "This is one of my most favorite and regularly used books. It is a veritable library of powerful energy healing exercises in one book. Because of Earth's position in her evolutionary path, we are currently experiencing a time of great change and transformation. This is a time when the Pleiadian Emissaries of Light are here now to offer all beings the opportunity to choose health and perfect balance in the midst of the energy acceleration. That is why I have been guided to write this book to enable you to receive guidance, healing, and spiritual assistance from the Pleiadians for all of creation. The Pleiadians told me they were closely studying the Neuro-Muscular-Cortical Repatterning training in which I was participating, because they were learning how to assist human beings in making the vibrational shifts necessary for our nervous systems to withstand the coming frequency changes on Earth. Eight weeks prior to the completion of this book, near the end of my morning meditation time, the Pleiadians came in and took me through several new energy and frequency experiences. If you have a role during these accelerated days as a healer, teacher, counselor, or knowledgeable friend, do not hesitate to prepare yourself to fill that role. These guides would monitor us, study the effects of the work, and determine ways of utilizing the information to assist others as well. These beings were each a solid color: red, golden yellow, green, and blue. Her story was so similar to mine that I thought, Maybe this is just how the Pleiadians do things. A few times during the intensive, I spent time on Pleiadian lightships or at other space stations. I've been doing this type of hands-on work since the early 1980s. Again I asked, Why did you disappear? Much of this healing and spiritual transformation work can be done without a human practitioner. At that time, I had no reference points as to the meaning of enlightenment. Pleiadian Lightwork, which I later learned to call Amarah Quan Yin's Pleiadian Workbook is the source of Pleiadian energetic healing techniques, a gift of love and compassion during these amazing days." From the Publisher "This is one of my most favorite and regularly used books. It is a veritable library of powerful energy healing exercises in one book. Because of Earth's position in her evolutionary path, we are currently experiencing a time of great change and transformation. This is a time when the Pleiadian Emissaries of Light are here now to offer all beings the opportunity to choose health and perfect balance in the midst of the energy acceleration. That is why I have been guided to write this book to enable you to receive guidance, healing, and spiritual assistance from the Pleiadians for all of creation. The Pleiadians told me they were closely studying the Neuro-Muscular-Cortical Repatterning training in which I was participating, because they were learning how to assist human beings in making the vibrational shifts necessary for our nervous systems to withstand the coming frequency changes on Earth. Eight weeks prior to the completion of this book, near the end of my morning meditation time, the Pleiadians came in and took me through several new energy and frequency experiences. If you have a role during these accelerated days as a healer, teacher, counselor, or knowledgeable friend, do not hesitate to prepare yourself to fill that role. These guides would monitor us, study the effects of the work, and determine ways of utilizing the information to assist others as well. These beings were each a solid color: red, golden yellow, green, and blue. Her story was so similar to mine that I thought, Maybe this is just how the Pleiadians do things. A few times during the intensive, I spent time on Pleiadian lightships or at other space stations. I've been doing this type of hands-on work since the early 1980s. Again I asked, Why did you disappear? Much of this healing and spiritual transformation work can be done without a human practitioner. At that time, I had no reference points as to the meaning of enlightenment. Pleiadian Lightwork, which I later learned to call Amarah Quan Yin's Pleiadian Workbook is the source of Pleiadian energetic healing techniques, a gift of love and compassion during these amazing days." From the Publisher "This is one of my most favorite and regularly used books. It is a veritable library of powerful energy healing exercises in one book. Because of Earth's position in her evolutionary path, we are currently experiencing a time of great change and transformation. This is a time when the Pleiadian Emissaries of Light are here now to offer all beings the opportunity to choose health and perfect balance in the midst of the energy acceleration. That is why I have been guided to write this book to enable you to receive guidance, healing, and spiritual assistance from the Pleiadians for all of creation. The Pleiadians told me they were closely studying the Neuro-Muscular-Cortical Repatterning training in which I was participating, because they were learning how to assist human beings in making the vibrational shifts necessary for our nervous systems to withstand the coming frequency changes on Earth. Eight weeks prior to the completion of this book, near the end of my morning meditation time, the Pleiadians came in and took me through several new energy and frequency experiences. If you have a role during these accelerated days as a healer, teacher, counselor, or knowledgeable friend, do not hesitate to prepare yourself to fill that role. These guides would monitor us, study the effects of the work, and determine ways of utilizing the information to assist others as well. These beings were each a solid color: red, golden yellow, green, and blue. Her story was so similar to mine that I thought, Maybe this is just how the Pleiadians do things. A few times during the intensive, I spent time on Pleiadian lightships or at other space stations. I've been doing this type of hands-on work since the early 1980s. Again I asked, Why did you disappear? Much of this healing and spiritual transformation work can be done without a human practitioner. At that time, I had no reference points as to the meaning of enlightenment. Pleiadian Lightwork, which I later learned to call Amarah Quan Yin's Pleiadian Workbook is the source of Pleiadian energetic healing techniques, a gift of love and compassion during these amazing days." From the Publisher "This is one of my most favorite and regularly used books. It is a veritable library of powerful energy healing exercises in one book. Because of Earth's position in her evolutionary path, we are currently experiencing a time of great change and transformation. This is a time when the Pleiadian Emissaries of Light are here now to offer all beings the opportunity to choose health and perfect balance in the midst of the energy acceleration. That is why I have been guided to write this book to enable you to receive guidance, healing, and spiritual assistance from the Pleiadians for all of creation. The Pleiadians told me they were closely studying the Neuro-Muscular-Cortical Repatterning training in which I was participating, because they were learning how to assist human beings in making the vibrational shifts necessary for our nervous systems to withstand the coming frequency changes on Earth. Eight weeks prior to the completion of this book, near the end of my morning meditation time, the Pleiadians came in and took me through several new energy and frequency experiences. If you have a role during these accelerated days as a healer, teacher, counselor, or knowledgeable friend, do not hesitate to prepare yourself to fill that role. These guides would monitor us, study the effects of the work, and determine ways of utilizing the information to assist others as well. These beings were each a solid color: red, golden yellow, green, and blue. Her story was so similar to mine that I thought, Maybe this is just how the Pleiadians do things. A few times during the intensive, I spent time on Pleiadian lightships or at other space stations. I've been doing this type of hands-on work since the early 1980s. Again I asked, Why did you disappear? Much of this healing and spiritual transformation work can be done without a human practitioner. At that time, I had no reference points as to the meaning of enlightenment. Pleiadian Lightwork, which I later learned to call Amarah Quan Yin's Pleiadian Workbook is the source of Pleiadian energetic healing techniques, a gift of love and compassion during these amazing days." From the Publisher "This is one of my most favorite and regularly used books. It is a veritable library of powerful energy healing exercises in one book. Because of Earth's position in her evolutionary path, we are currently experiencing a time of great change and transformation. This is a time when the Pleiadian Emissaries of Light are here now to offer all beings the opportunity to choose health and perfect balance in the midst of the energy acceleration. That is why I have been guided to write this book to enable you to receive guidance, healing, and spiritual assistance from the Pleiadians for all of creation. The Pleiadians told me they were closely studying the Neuro-Muscular-Cortical Repatterning training in which I was participating, because they were learning how to assist human beings in making the vibrational shifts necessary for our nervous systems to withstand the coming frequency changes on Earth. Eight weeks prior to the completion of this book, near the end of my morning meditation time, the Pleiadians came in and took me through several new energy and frequency experiences. If you have a role during these accelerated days as a healer, teacher, counselor, or knowledgeable friend, do not hesitate to prepare yourself to fill that role. These guides would monitor us, study the effects of the work, and determine ways of utilizing the information to assist others as well. These beings were each a solid color: red, golden yellow, green, and blue. Her story was so similar to mine that I thought, Maybe this is just how the Pleiadians do things. A few times during the intensive, I spent time on Pleiadian lightships or at other space stations. I've been doing this type of hands-on work since the early 1980s. Again I asked, Why did you disappear? Much of this healing and spiritual transformation work can be done without a human practitioner. At that time, I had no reference points as to the meaning of enlightenment. Pleiadian Lightwork, which I later learned to call Amarah Quan Yin's Pleiadian Workbook is the source of Pleiadian energetic healing techniques, a gift of love and compassion during these amazing days." From the Publisher "This is one of my most favorite and regularly used books. It is a veritable library of powerful energy healing exercises in one book. Because of Earth's position in her evolutionary path, we are currently experiencing a time of great change and transformation. This is a time when the Pleiadian Emissaries of Light are here now to offer all beings the opportunity to choose health and perfect balance in the midst of the energy acceleration. That is why I have been guided to write this book to enable you to receive guidance, healing, and spiritual assistance from the Pleiadians for all of creation. The Pleiadians told me they were closely studying the Neuro-Muscular-Cortical Repatterning training in which I was participating, because they were learning how to assist human beings in making the vibrational shifts necessary for our nervous systems to withstand the coming frequency changes on Earth. Eight weeks prior to the completion of this book, near the end of my morning meditation time, the Pleiadians came in and took me through several new energy and frequency experiences. If you have a role during these accelerated days as a healer, teacher, counselor, or knowledgeable friend, do not hesitate to prepare yourself to fill that role. These guides would monitor us, study the effects of the work, and determine ways of utilizing the information to assist others as well. These beings were each a solid color: red, golden yellow, green, and blue. Her story was so similar to mine that I thought, Maybe this is just how the Pleiadians do things. A few times during the intensive, I spent time on Pleiadian lightships or at other space stations. I've been doing this type of hands-on work since the early 1980s. Again I asked, Why did you disappear? Much of this healing and spiritual transformation work can be done without a human practitioner. At that time, I had no reference points as to the meaning of enlightenment. Pleiadian Lightwork, which I later learned to call Amarah Quan Yin's Pleiadian Workbook is the source of Pleiadian energetic healing techniques, a gift of love and compassion during these amazing days." From the Publisher "This is one of my most favorite and regularly used books. It is a veritable library of powerful energy healing exercises in one book. Because of Earth's position in her evolutionary path, we are currently experiencing a time of great change and transformation. This is a time when the Pleiadian Emissaries of Light are here now to offer all beings the opportunity to choose health and perfect balance in the midst of the energy acceleration. That is why I have been guided to write this book to enable you to receive guidance, healing, and spiritual assistance from the Pleiadians for all of creation. The Pleiadians told me they were closely studying the Neuro-Muscular-Cortical Repatterning training in which I was participating, because they were learning how to assist human beings in making the vibrational shifts necessary for our nervous systems to withstand the coming frequency changes on Earth. Eight weeks prior to the completion of this book, near the end of my morning meditation time, the Pleiadians came in and took me through several new energy and frequency experiences. If you have a role during these accelerated days as a healer, teacher, counselor, or knowledgeable friend, do not hesitate to prepare yourself to fill that role. These guides would monitor us, study the effects of the work, and determine ways of utilizing the information to assist others as well. These beings were each a solid color: red, golden yellow, green, and blue. Her story was so similar to mine that I thought, Maybe this is just how the Pleiadians do things. A few times during the intensive, I spent time on Pleiadian lightships or at other space stations. I've been doing this type of hands-on work since the early 1980s. Again I asked, Why did you disappear? Much of this healing and spiritual transformation work can be done without a human practitioner. At that time, I had no reference points as to the meaning of enlightenment. Pleiadian Lightwork, which I later learned to call Amarah Quan Yin's Pleiadian Workbook is the source of Pleiadian energetic healing techniques, a gift of love and compassion during these amazing days." From the Publisher "This is one of my most favorite and regularly used books. It is a veritable library of powerful energy healing exercises in one book. Because of Earth's position in her evolutionary path, we are currently experiencing a time of great change and transformation. This is a time when the Pleiadian Emissaries of Light are here now to offer all beings the opportunity to choose health and perfect balance in the midst of the energy acceleration. That is why I have been guided to write this book to enable you to receive guidance, healing, and spiritual assistance from the Pleiadians for all of creation. The Pleiadians told me they were closely studying the Neuro-Muscular-Cortical Repatterning training in which I was participating, because they were learning how to assist human beings in making the vibrational shifts necessary for our nervous systems to withstand the coming frequency changes on Earth. Eight weeks prior to the completion of this book, near the end of my morning meditation time, the Pleiadians came in and took me through several new energy and frequency experiences. If you have a role during these accelerated days as a healer, teacher, counselor, or knowledgeable friend, do not hesitate to prepare yourself to fill that role. These guides would monitor us, study the effects of the work, and determine ways of utilizing the information to assist others as well. These beings were each a solid color: red, golden yellow, green, and blue. Her story was so similar to mine that I thought, Maybe this is just how the Pleiadians do things. A few times during the intensive, I spent time on Pleiadian lightships or at other space stations. I've been doing this type of hands-on work since the early 1980s. Again I asked, Why did you disappear? Much of this healing and spiritual transformation work can be done without a human practitioner. At that time, I had no reference points as to the meaning of enlightenment. Pleiadian Lightwork, which I later learned to call Amarah Quan Yin's Pleiadian Workbook is the source of Pleiadian energetic healing techniques, a gift of love and compassion during these amazing days." From the Publisher "This is one of my most favorite and regularly used books. It is a veritable library of powerful energy healing exercises in one book. Because of Earth's position in her evolutionary path, we are currently experiencing a time of great change and transformation. This is a time when the Pleiadian Emissaries of Light are here now to offer all beings the opportunity to choose health and perfect balance in the midst of the energy acceleration. That is why I have been guided to write this book to enable you to receive guidance, healing, and spiritual assistance from the Pleiadians for all of creation. The Pleiadians told me they were closely studying the Neuro-Muscular-Cortical Repatterning training in which I was participating, because they were learning how to assist human beings in making the vibrational shifts necessary for our nervous systems to withstand the coming frequency changes on Earth. Eight weeks prior to the completion of this book, near the end of my morning meditation time, the Pleiadians came in and took me through several new energy and frequency experiences. If you have a role during these accelerated days as a healer, teacher, counselor, or knowledgeable friend, do not hesitate to prepare yourself to fill that role. These guides would monitor us, study the effects of the work, and determine ways of utilizing the information to assist others as well. These beings were each a solid color: red, golden yellow, green, and blue. Her story was so similar to mine that I thought, Maybe this is just how the Pleiadians do things. A few times during the intensive, I spent time on Pleiadian lightships or at other space stations. I've been doing this type of hands-on work since the early 1980s. Again I asked, Why did you disappear? Much of this healing and spiritual transformation work can be done without a human practitioner. At that time, I had no reference points as to the meaning of enlightenment. Pleiadian Lightwork, which I later learned to call Amarah Quan Yin's Pleiadian Workbook is the source of Pleiadian energetic healing techniques, a gift of love and compassion during these amazing days." From the Publisher "This is one of my most favorite and regularly used books. It is a veritable library of powerful energy healing exercises in one book. Because of Earth's position in her evolutionary path, we are currently experiencing a time of great change and transformation. This is a time when the Pleiadian Emissaries of Light are here now to offer all beings the opportunity to choose health and perfect balance in the midst of the energy acceleration. That is why I have been guided to write this book to enable you to receive guidance, healing, and spiritual assistance from the Pleiadians for all of creation. The Pleiadians told me they were closely studying the Neuro-Muscular-Cortical Repatterning training in which I was participating, because they were learning how to assist human beings in making the vibrational shifts necessary for our nervous systems to withstand the coming frequency changes on Earth. Eight weeks prior to the completion of this book, near the end of my morning meditation time, the Pleiadians came in and took me through several new energy and frequency experiences. If you have a role during these accelerated days as a healer, teacher, counselor, or knowledgeable friend, do not hesitate to prepare yourself to fill that role. These guides would monitor us, study the effects of the work, and determine ways of utilizing the information to assist others as well. These beings were each a solid color: red, golden yellow, green, and blue. Her story was so similar to mine that I thought, Maybe this is just how the Pleiadians do things. A few times during the intensive, I spent time on Pleiadian lightships or at other space stations. I've been doing this type of hands-on work since the early 1980s. Again I asked, Why did you disappear? Much of this healing and spiritual transformation work can be done without a human practitioner. At that time, I had no reference points as to the meaning of enlightenment. Pleiadian Lightwork, which I later learned to call Amarah Quan Yin's Pleiadian Workbook is the source of Pleiadian energetic healing techniques, a gift of love and compassion during these amazing days." From the Publisher "This is one of my most favorite and regularly used books. It is a veritable library of powerful energy healing exercises in one book. Because of Earth's position in her evolutionary path, we are currently experiencing a time of great change and transformation. This is a time when the Pleiadian E

right of her aura was a miniature scene of the two of us with several Pleiadian Emissaries of Light aboard a spaceship learning about and observing a Dolphin Star-Linking session. I called on them. Upon awaking or falling into sleep, past-life movies played before me.

1998-2000

2001-2002

2003-2004

2005-2006

2007-2008

2009-2010

2011-2012

2013-2014

2015-2016

2017-2018

2019-2020

2021-2022

2023-2024

2025-2026

2027-2028

2029-2030

2031-2032

2033-2034

2035-2036

2037-2038

2039-2040

2041-2042

2043-2044

2045-2046

2047-2048

2049-2050

2051-2052

2053-2054

2055-2056

2057-2058

2059-2060

2061-2062

2063-2064

2065-2066

2067-2068

2069-2070

2071-2072

2073-2074

2075-2076

2077-2078

2079-2080

2081-2082

2083-2084

2085-2086

2087-2088

2089-2090

2091-2092

2093-2094

2095-2096

2097-2098

2099-2100

2101-2102

2103-2104

2105-2106

2107-2108

2109-2110

2111-2112

2113-2114

2115-2116

2117-2118

2119-2120

2121-2122

2123-2124

2125-2126

2127-2128

2129-2130

2131-2132

2133-2134

2135-2136

2137-2138

2139-2140

2141-2142

2143-2144

2145-2146

2147-2148

2149-2150

2151-2152

2153-2154

2155-2156

2157-2158

2159-2160

2161-2162

2163-2164

2165-2166

2167-2168

2169-2170

2171-2172

2173-2174

2175-2176

2177-2178

2179-2180

2181-2182

2183-2184

2185-2186

2187-2188

2189-2190

2191-2192

2193-2194

2195-2196

2197-2198

2199-2200

2201-2202

2203-2204

2205-2206

2207-2208

2209-2210

2211-2212

2213-2214

2215-2216

2217-2218

2219-2220

2221-2222

2223-2224

2225-2226

2227-2228

2229-2230

2231-2232

2233-2234

2235-2236

2237-2238

2239-2240

2241-2242

2243-2244

2245-2246

2247-2248

2249-2250

2251-2252

2253-2254

2255-2256

2257-2258

2259-2260

2261-2262

2263-2264

2265-2266

2267-2268

2269-2270

2271-2272

2273-2274

2275-2276

2277-2278

2279-2280