

THE METATONES THEORY

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& Friends

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INTRODUCTION

The Metatones audio software produces a sound therapy that works directly on the light body. Other names for our light body are the Human Energy Field (HEF), subtle bodies, aura and the electro-magnetic field that surrounds and penetrates our physical body. Well known components of the HEF are the chakra and meridian networks. This booklet describes how the Metatones therapy gradually adjusts the Human Energy Field (or simply our field) to its ideal vibratory structure. Although every effort was made to simplify the explanation of this technology, some of the related principles are complex. Thus, a basic understanding of the HEF and physics is very helpful. In this regard, please consider reading the Introduction to Metatones booklet prior to reading this booklet, both of which are available at metatones.com in the Free Booklet section.

The basic structure of atoms, which *everything* is made of, has a composition that never stops vibrating. *Everything*, including the components of our physical body, are constantly vibrating. Physicists also communicate that there is substantial space within the atom's structure, in between the electrons and the nucleus. In fact, over 99% of all atoms are open space. The limitation of our senses and the rapid vibration of the electrons give us the illusion that what we call matter is solid. This illusion applies to our physical body. Physicists have also discovered another illusion on the subatomic or quantum level. There is no such thing as a void (space or any atmosphere void of matter). The smallest known particle of matter is called the neutrino, which makes an atom look like a mountain. On the quantum level, the universe is an endless sea of particles and waves, sometimes referred to as the *neutrino stream*, which is constantly vibrating. In this regard, ***every second of everyday billions...billions of neutrinos flow through every square inch of our field and physical body.***

The neutrino stream is part of the vibrating matrix or quantum field that ***flows through and connects everything in the universe***, including every component of our human structure. It is commonly recognized that this universal field of quantum vibrations is a ***limitless field of pulsating energy and information. A function of this quantum field is to act as a power source for all living matter.*** In this regard, there is a constant exchange of energy and information between this quantum field and every HEF. In summary, everything vibrates on the quantum level and this immense network or matrix of vibrations, commonly called the Zero Point Field (ZPF), *connects everything in the universe...and is also the quantum substructure or foundation of everything...everything.* The last two paragraphs summarize what is referred to as the Unified Field Theory. Simply stated, ***everything is connected to and part of a single field—the Zero Point Field (ZPF).***

Our bodies, physical and light, exist within and are part of the quantum structure of the Zero Point Field. The vibratory structures of our physical and light bodies are integrated, and

they form an organized field of vibrations. In other words, we are an organized field of vibrations existing within a *limitless* field of organized vibrations, commonly called the universe. Thus, there is an *intimate relationship* and connection between the Zero Point Field and our fields (HEF), and also between our fields and physical bodies. These connections are based in vibrations on the quantum level and more specifically, within the frequencies of the vibrations. The Metatones technology adjusts and refines the vibratory structure of the Human Energy Field. In the process, our field becomes more synchronized (balanced), which facilitates a constant increase in the energetic and informational exchange with the Zero Point Field. This exchange on the quantum level provides many benefits, some of which are transferred to our physical body. The transfers between the Zero Point Field, our field and physical body are accomplished by the quantum highway provided by the Zero Point Field. Our field's meridian and chakra systems, plus our brain waves provide part of this quantum highway.

Different types of atoms comprise the basic *elements* of everything on earth, including our physical body. Hydrogen, oxygen, calcium, copper, etc., are examples of the hundred or so elements commonly called the periodic table. One of the ways scientists have defined the elements is by how fast the electrons vibrate or rotate within each element. That is, the electrons in copper vibrate at a different rate or frequency than the electrons in any of the other elements. The organs in our bodies are composed of different elements. This means that each organ in our body vibrates at a different average or composite frequency. For example, our heart has a different atomic composition than does our liver. This means that the composite vibration or frequency of our heart will differ from that of our liver.

The vibration or frequency of all objects, including our physical and light bodies, holds the key to health and optimum performance levels, inclusive of the enlightened state called Christ Consciousness. The ideal combination of frequencies results in a healthy metabolism and higher states of consciousness. Every atom (of each element) in the human body has a naturally ideal or *optimum frequency*, which is referred to as the *resonant frequency*. If enough atoms in one or more of our organs are not vibrating at their resonant frequency disease occurs. The ideal or resonant frequency of each element has been established and quantified by the scientific community. Healing occurs when the frequency of our vibrations (physical and light) are altered from an unhealthy frequency to their resonant or optimum frequency. **Metatones is about adjusting the frequencies in our field to their resonant frequencies.**

As our HEF moves towards a more resonant structure, it simultaneously transfers this healthier condition to our physical body via our chakra and meridian networks. In other words, the more resonant our field, the healthier our physical body. Metatones induces a shift in the vibrating structure of our field to our optimum or resonant frequencies. How does Metatones accomplish this healthy change in frequency? A recognized principle, known as resonance, is

utilized to accomplish this shift to our optimum vibratory structure. Understanding the principle of resonance is essential to understanding the wonder of the Metatones technology. According to Sir James Jeans, author of the book *Science and Music*, the principle is summarized as follows: ***any object not vibrating at its resonant or optimum frequency will return to the resonant frequency if the object is exposed to its resonant frequency.***

A common analogy has been to compare the human structure to an orchestra. The organs of our human body represent the musicians and their instruments. Health occurs when the conductor has everyone's attention and the musicians are playing from the same sheet music, representative of our body's resonant frequencies. The conductor is the controlling or dominant frequency. In the case of our analogy, health cannot occur without all of the musicians following the conductor and the instructions on the sheet music. In summary, health is a result of the entire orchestra playing in harmony. Disease occurs when one or more of the musicians loses their sheet music and plays frequencies *out of sync* with the balance of the orchestra. How can the musician or in the case of the organs of our body, return to their resonant frequencies? The musicians must receive new sheet music so they can follow the conductor's instructions. In the case of the ill or non-resonant frequencies of our human structure, how do they locate the conductor of the body and obtain a new copy of the sheet music? The Metatones technology, utilizing the principle of resonance, has some new, life-changing answers to these questions.

The conductor or *controlling frequency of our human structure* is what some physicists and musicians refer to as the *fundamental* or **keynote frequency**. Musically oriented people also refer to the keynote as the first harmonic. Our *physical keynote* or first molecule of DNA is the initial and controlling frequency of our physical body. Our physical keynote frequency (which is actually a composite frequency of all the atoms in our DNA) will differ minutely from human to human for a variety of reasons. **Just as our physical body has an initiating first frequency or molecule of DNA, which builds and maintains our physical body, so does our Human Energy Field (HEF).** The initiating vibration of our field will be referred to as our *spiritual DNA* (even though there isn't any deoxyribonucleic acid involved). **Our entire structure and all of the frequencies are controlled by our DNA or unique keynotes; one for our physical body and one for our light body or HEF.**

On a molecular level, every cell in our physical body originates with our first molecule of DNA, which contains the genetic *formula* for our physical bodies. In other words, our DNA = the first and originating vibration of our physical body = our physical keynote frequency. Remembering that everything vibrates, our first molecule of DNA contains the *vibratory formula* for every molecule and related vibration in our physical body. Because of this formula, **all subsequently created molecules will have a vibrational relationship to the first or creator molecule of**

DNA. This is an established fact. This vibrational or frequency-based reality is a repetition of a principle that physicist Dale Pond, author of the book *The Physics of Love*, describes as *simple, elegant and provable. It is standard physics.* **The Metatones theory parallels this vibrational model of our physical body in that all of the vibrations in our HEF originate with and are related vibrationally to our energetic or spiritual keynote frequency.** Thus, the Metatones theory asserts that on a vibrational basis, the Human Energy Field is constructed and maintained in the same manner as our physical body.

The term *spiritual* is used because science has proven that our consciousness, soul or spirit survives the death of the physical body. Thus, our consciousness or spirit is merely a temporary occupant of our physical bodies. One could say that our physical bodies are no more than temporary costumes, which our spirits use to experience a particular aspect of the physical dimension. Although some will jump to say that there is no such proof, they are simply unaware of the scientific research performed on the phenomenon known as near death experiences...and the growing body of proof that the ongoing research produces.

Returning to the discussion of vibrational structure, what is the vibratory basis for the relationship between every molecule and our physical keynote frequency (DNA)? This relationship is based in mathematics. From an overview, the mathematical relationship is calculated by comparing the frequency of our DNA to the frequencies of the molecules constructed by our DNA. A simplified example follows. Our DNA or keynote frequency is 200 hertz and our heart vibrates at a frequency of 300 hertz. The mathematical relationship is 2 to 3 or 1.5 ($200 \times 1.5 = 300$). **This same mathematical principle applies to every component of our Human Energy Field** and its originating frequency (our spiritual keynote or spiritual DNA). Thus, every frequency in our being has a mathematical relationship to our two keynote frequencies. In conclusion, at the foundation of all life is a matrix of vibrations that are organized by a progression of mathematical relationships. These relationships or formula of ratios are dictated by our physical and spiritual DNA.

There are technical sources that confirm the composition of all living matter is based in the mathematics and frequencies of vibrations. Two less technical sources will be sighted. According to Dr. Deepak Chopra, ***Mathematics is the language of nature.*** Jeshua ben Joseph (Jesus) also provides us with confirmation of this portion of the Metatones theory with the following quotation: ***For the Creator has made all things by numbers, by weight and by measure, corresponding with the other.*** In more ways than one, the message of Jeshua ben Joseph was two thousand years ahead of its time. In other words, the principles communicated by Jeshua ben Joseph appear to be direct references to the mathematical progression of frequencies in the periodic table of elements and the vibratory structure of all living things, including the Human Energy Field

As documented in the book, *Jesus vs Christianity – The Myth of Heaven and Hell*, ancient sources *leave no doubt* that Jeshua ben Joseph was well versed in modern-day quantum physics. Traditional Christianity avoids recognizing the scientific, quantum-based, underpinnings of his teachings. However, the *current era* of channeled information from Jesus, or as he prefers to be called, Jeshua ben Joseph (his authentic name from 2000 years ago), confirms the following: The single field, quantum-based principles endorsed by physicists mirror both his *contemporary* and ancient teachings. More on Jeshua ben Joseph's *current era of channeled teachings* a bit later in our discussion.

Let us return to the principle of resonance with a simple example. Let us again assume that the physical keynote of an individual is 200 hertz, the heart's resonant or ideal frequency is 300 hertz and the individual's heart is diseased, having a frequency of 295 hertz. By exposing the heart to its resonant or ideal frequency of 300 hertz, it will naturally return to health and its resonant frequency of 300 hertz. The heart's resonant frequency is obtained by multiplying the keynote by 1.5 (200 hertz X 1.5 = 300 hertz). The mathematical relationship or ratio is 2 to 3. **Basic physics dictates that every component of our field and physical body has a mathematical relationship to either our spiritual or physical keynote frequency.** Our example used the composite or average frequency of a hypothetical heart and physical keynote. A similar example could be made using any component of our Human Energy Field, like the layers of our second chakra for example.

Our physical DNA contains a formula of mathematical relationships that constructs our physical body. There are obviously some nuances associated with each physical body. However, geneticists have established that over 99% of our physical template or DNA is a common formula. The Metatones theory proposes that our Human Energy Field is constructed in the same manner as our physical body. A natural progression of this logic is as follows: **the ideal human structure is an organized field of vibrations originating with and created by two common mathematically based formulas of resonant vibrations, one each for our physical and light bodies. These common formulas create a living matrix of mathematically related frequencies.**

These common mathematical formulas, based in the vibrational ratios of our components in relation to our keynote frequencies, is simply a different way of stating what has been known about our physical DNA for many years. Even though our bodies produce billions of frequencies, they are inaudible because they are on the atomic and quantum levels. Using the principle of resonance to induce health, let us make the transition to the frequencies of musical notes and colors, both of which are used in a variety of frequency-based therapies. For example, many propose that each note of the musical scale has a positive impact on the same area of everyone's body. The standard musical scale incorporates all of the frequencies

associated with the colors of the rainbow, which also corresponds to the *progressive color scheme of our chakra system*.

Advanced photographic equipment confirms that the colors of our field/aura and chakra centers are typically a mixture of colors. However, each of our seven primary chakras contain a dominant color, which corresponds to a given frequency range. For example, the throat chakra's dominant color is blue. The mathematical correlation between specific frequencies and colors has been established. For example, various shades of blue are always located within the same range of frequencies. The inevitable conclusion is there is a common color scheme or formula of frequencies associated with the Human Energy Field. **This summarizes a portion of the research of Dr. Valerie Hunt and confirms that a common pattern of frequencies comprises everyone's HEF. More specifically, the standard frequency pattern of our chakra system is based in a common progression of mathematically related frequencies. Thus, the research of Dr. Hunt confirms a major component of the Metatones theory—there is a *common formula for our Human Energy Field that is based in mathematics*.** See Dr. Hunt's book, *Infinite Mind – The Science of Human Vibrations* for more details on her research.

In terms of our physical anatomy, science has examined the vibrational composition of our DNA. The result of this examination is that more than 99% of all human DNA is identical. This should not be any great revelation because we all have two eyes, two ears, a liver, a heart, etc. and these common organs all have the same general composition in terms of the elements contained therein. Thus, there are only infinitesimal differences in the vibratory formula of human DNA. These minute variations explain the unique differences in every human body. In summary, the *vibratory instructions contained in our DNA*, which build and maintain our physical bodies, is essentially the same mathematical progression of frequencies. This fact is consistent with a key element of the Metatones theory, which will be repeated; **our bodies use a common vibratory formula, one for our physical body and one for our energetic field (aura or light body) that surrounds and penetrates our physical body.**

Since all humans use the same vibratory formulas to construct our bodies, our differences must be a result of minor differences in our originating frequencies...our physical and spiritual DNA. In other words, our differences must be attributed to unique variations in the *instructions contained in our keynote frequencies*. These unique vibratory instructions must be inserted into the common formulas that build our physical and energetic/light bodies). This is a simplification of a complex subject that raises a few questions:

- Where do these variations originate?
- How are these variations inserted into the common formulas?

We have two types of bodies and two keynote frequencies. The physical body is constructed and maintained under the direction of the physical keynote frequency or our very first molecule of DNA. During the construction of the physical body in the womb, our *spiritual DNA* or soul enters the physical body. Our spiritual DNA is to our light body what the first DNA molecule is to our physical body. As our physical body grows and develops in our mother, so does our energetic or light body. As is conveyed in the [Past Life Regression booklet](#), once our soul occupies our physical body, it influences the developing structure of our physical body = ***our soul has the ability to alter our physical DNA***. A related point of information: in The Way of Transformation (Lesson 5) **Jeshua ben Joseph tells us that the soul usually enters the fetus at the very moment of conception**. The Way of Transformation is the second book in Jeshua ben Joseph's The Way of Mastery trilogy, which he channeled in the 1990s.

Our unique physical characteristics and behavioral patterns (via our Behavioral Genetics) play a major role in each incarnation and are an element of our soul's Pre-incarnation Planning Process (PPP). All of our pre-incarnation decisions influence each life and facilitate our soul's experiential path = assist the soul in having the experiences planned for in its PPP. Simply stated, our pre-incarnation decisions manifest in the form of specific and often unique instructions for our physical and spiritual DNA. Among other influences, these instructions manifest as unique physical characteristics and behavioral patterns. Thus, there is an intimate relationship between our physical and energetic/light bodies, both of which provide major conditioning influences aimed at the experiential goals of the soul.

For additional information on our pre-incarnation planning decisions, please see the following sources:

- The Metatones Booklets section at metatones.com on [Past Life Regression](#) and [Behavioral Genetics](#)
- The [Personal Reading section](#) of metatones.com, which describes how anyone can obtain an overview of the Behavioral Genetics that they selected for this incarnation = priceless information, insights and techniques for simplifying and improving anyone's life.
- The suggested reading list at the end of this booklet.

Think of the moment of physical conception. The merging of the male and female vibrations, the wonder of creation! The first DNA molecule (keynote) of each new baby contains the vibratory formula that will construct the physical body. This controlling frequency instantly begins to communicate instructions that build the physical structure. Every new atom and molecule have one thing in common: their frequencies have a direct mathematical relationship to the originating frequencies in our DNA. The complexity of such an intricate matrix of mathematical relationships is truly mind-boggling, so let us examine this process from a simplified approach. Based on the atomic composition of molecules, we know *everything* is in a

constant state of vibration...and that each element of the periodic table has an optimum rate or frequency. All molecules are *created by dividing*. This process, which we do not think about, is going on at a truly incredible rate within your body even as you read this sentence. Thus, each new molecule and applicable vibratory structure are **related mathematically** to the molecule that created it. Examination of the cellular reproductive cycle confirms this. The Metatones theory proposes that an identical vibratory premise applies to the construction of our Human Energy Field.

Our DNA emits a large range of frequencies, which often act as instructions. Returning to the earlier musical analogy, the different frequencies of our DNA are comparable to the conductor of an orchestra giving instructions (sheet music) to the different instruments. The different frequencies translate into different types and combinations of molecules, which result in different cellular functions including cell rejuvenation, elimination and reproduction. These different cellular functions also produce different mathematical relationships from molecule to molecule and from organ to organ. These mathematical relationships are all based in the different elements that comprise the applicable molecules. In summary, because all of our frequencies originate from the same place, our DNA, **all of our cells will be related vibrationally and thus, mathematically to the cell that created it.**

The previous paragraphs briefly describe how our physical body is constructed via the vibratory instructions in our originating molecule of DNA. In the previous example of the heart, the mathematical relationship to the keynote frequency was 2 to 3. Using this simple example, and assuming this ratio is a common mathematical relationship, multiply anyone's physical keynote frequency times 1.5 and the result is the resonant (and healing) frequency of the heart. When anyone considers the common vibratory structure of human DNA and the common physical structure that is the result, a *common formula* is the only principle that has any merit, which as previously stated, has been long established by geneticists.

The Metatron team proposes that all humans also share a common formula that constructs and maintains our Human Energy Field. The differences in our physical and energetic bodies arise out of the 1% of our keynotes (i.e., our physical and spiritual DNA) that is unique to each individual, which works in conjunction with the 99% that is identical for all of us. In other words, **we each have unique frequencies, within our keynote frequencies, that insert modifications to the common formulas that construct our physical and energetic bodies. Where do these unique characteristics come from? Ultimately from our Spirit/Soul and Pre-incarnation Planning Process (PPP).**

We can hear the objections...as some will immediately say the unique physical characteristics of any incarnation/physical body originate in the DNA of the parents. *But who chooses the parents?* And when is this decision made? It's made by each soul in the PPP, as part of its overall plan to

have certain experiences within the 3rd dimension of Earth. How do we know this? In addition to many other sources, including The Way of Mastery trilogy by Jeshua ben Joseph, please see the suggested reading list at the end of this booklet.

Based on the research performed on our physical DNA, we understand how the first molecule of DNA constructs our physical body. To better understand how the keynote principle works in relation to our field, our spiritual DNA was dissected. This process reveals three elements. Each element contains their own set of vibrational instructions, which impact the structure of the Human Energy Field. The three elements are as follows:

1. The first cause = Source of All—God = **spiritual keynote frequency**
2. The soul's vibrations of *individuality* (all the vibrations of the soul's experiences from the time of its creation) = **soul keynote**
3. The common vibrational formula to the Human Energy Field.

These three sets of frequencies combine to construct our **spiritual DNA**.

Item 1. is the first cause of the soul. Where does the soul come from? One source for this information is in the book/CD known as The Way of Transformation (part of Jeshua ben Joseph's The Way of Mastery trilogy)...more specifically Lesson 4, in which Jeshua ben Joseph describes creation, inclusive of our creation. To summarize Jeshua's revelations, all souls originate with the **Big Bang of Christ Consciousness...when a spark of God/Divinity/Light was placed within each soul**. Each resulting *individuated aspect of Christ Consciousness—individual soul—particle of Light/God* **has the exact same frequency or spiritual keynote**.

Per Jeshua ben Joseph...**each particle (of Light—individuated souls) possesses the exact same potential. In fact, you could not, shall we say, find any difference between the points of Light, whatsoever—none. If you were to measure them, they'd be the same size...If you measure their frequency or vibration, they'd all be the same—identical points of Light** that seem to have now taken existence in different points of space. That is, there is the sense that while they are *identical in quality and substance*, there is a slight difference in the space that each one occupies, as though you took two identical pencils and put one on the left side of the table, and one on the right. Still made of the same substance, but now, in the vast continuum of space, that which is *identical* is occupying two points of space, each with the perfect freedom, and *mirroring* that perfect freedom of the One God (Source of All)...infinite Rays of Light, now *mirroring and reflecting* the perfection of the freedom of *Pure Potentiality*, which is the Light Itself—the *Pure Potentiality to create*...

Jeshua ben Joseph's Lesson 4 and 5 in The Way of Transformation were *game changers* for me in that they answer so many questions, all within the framework of quantum-based, *single field*

reality...sometimes referred to by physicists as the **Unified Field Theory**. Physicists recognize that this single quantum field, from which everything originates and derives its Life Energy, is the Zero Point Field. Only in Jeshua's context **the single quantum field, the Zero Point Field = God**. Jeshua is famous for using metaphors and analogies to make the extremely complex, simple and understandable. In this spirit, a paragraph from the *ancient* Gospel of the Nazirenes follows.

And they said to him (Jeshua): *You tell us that our life and being is from the Creator, but we never see Him, nor do we know any Creator. Can you show us whom you call the Mother-Father God?* Jeshua answered them saying...*Hear this parable of the fishes: The fishes of a certain river communed with one another, saying, they tell us that our Life and being is from water, but we have never seen water, we know not what it is. Then some among them, wiser than the rest, said, we have heard there dwells in the sea a wise and learned Fish, who knows all things. Let us journey to him and ask him to show us what water is. So, several of the fish set out to find this great and wise Fish, and they came at last to the sea wherein the wise Fish dwelt, and they asked him. And when he heard them, he said to them, O foolish fish that consider not! Wise are you, the few, who seek. In the water you live and move, and you have your being; from the water you came, to the water you return. **You live in the Creator, and yet you ask me, show us the Creator? The Creator is in all things and all things are in the Creator.***

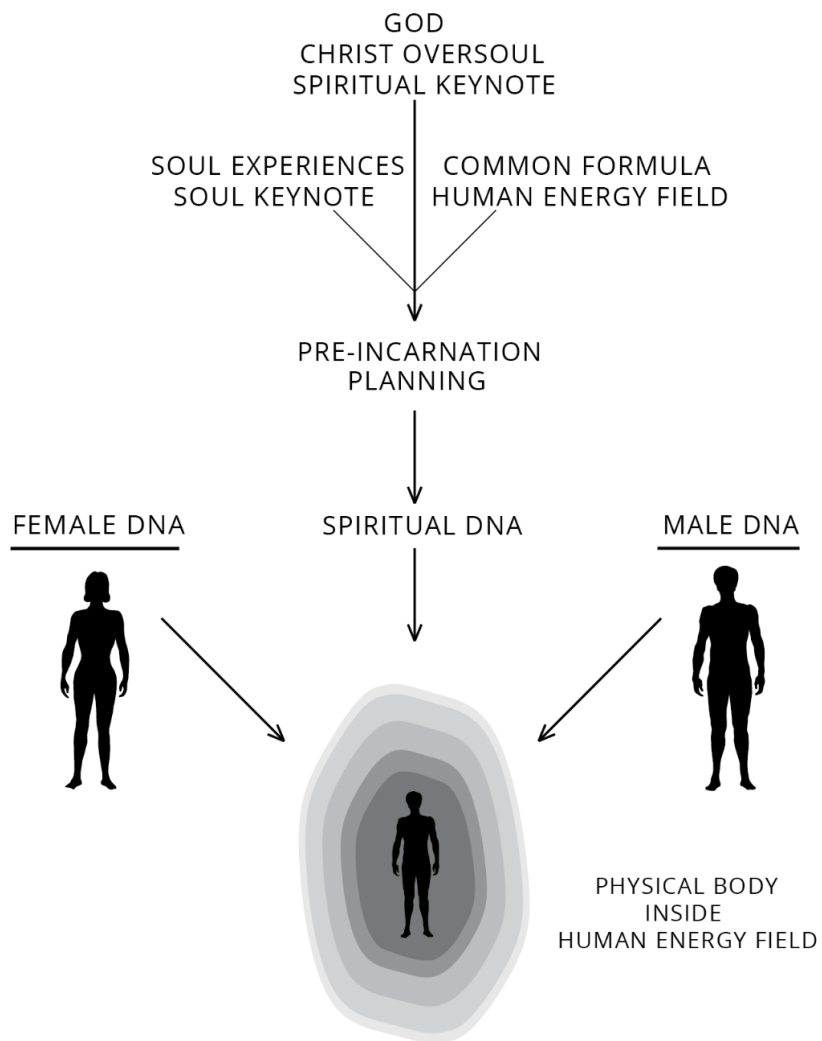
Needless to say, this parable from two thousand years ago mirrors the modern day, single field, quantum-based physics of the Unified Field Theory, inclusive of the Zero-Point Field...as do all of Jeshua ben Joseph contemporary channeled sources. So...we have our answer to item 1...where does our spiritual keynote/DNA come from = God via the Big Bang of Christ Consciousness.

Item 2. is the qualities or vibrations that make each soul unique = the experiences that the soul has chosen, via its free will, since its creation, which vary from soul to soul. Regarding the relationship between items 1 and 2, the first cause is what some call the Christ or *Christ Oversoul*, which was created by the Source of All—God...*in Its image*...for in the words of Jeshua ben Joseph, *an acorn does not create a fish nor does a fish create a tree*. In summary, each individuated soul, which is *consciousness itself*, is representative of the unique experiences of each *individuated aspect of the Christ Oversoul...each of which was created by the **Big Bang of Christ Consciousness.***

Item 3. is the common formula for the Human Energy Field. This formula is combined with 1. and 2. to produce our spiritual DNA. **In summary, the first cause or Source of All is life Itself—is consciousness Itself—God, combined with the common formula to the light body, constructs the HEF, and the soul frequencies (inclusive of the decisions made during the Pre-Incarnation Planning Process) supply the unique vibrational instructions that alter the common HEF formula.** Two additional steps in this process are as follows:

- Once the spiritual DNA or soul enters the mothers' physical body, the Human Energy Field is constructed, inclusive of the meridian and chakra networks.
- Our unique physical qualities are a result of many factors, including the *communications between our spiritual and physical DNA*. In other words, after a soul enters the physical body it has the *ability to alter our physical DNA*. This is why children can have physical qualities that differ from their parent's DNA.

The description that follows explains an amazing series of events. The following diagram illustrates this process, with the understanding that God = Beingness of Pure Love = Mystery beyond comprehension.



Elements of what you have read thus far have been discussed over the millennia *but never consolidated into one theory and technology*. Down through our history the human voice has been used in a variety of healing methods. In this regard, some have hypothesized that the frequencies generated by our vocal chords have a common mathematical relationship to specific components of our physical body and HEF. **The one ingredient you probably have not heard before is that the spiritual keynote frequency is contained in our vocal frequencies, along with our individual soul keynote.** After a brief introduction, the discussion will distinguish between these two elements of our vocal frequencies because each plays a different role in the audio output of the Metatones technology. Simply as a reminder, the Metatones software takes the frequencies of the user's voice and multiplies them by a common progression of ratios to produce thousands of frequencies. A simplified example follows:

spiritual keynote frequency	300 hertz
resonant frequency of the second chakra	600 hertz
common ratio or factor to produce the resonant frequencies of the second chakra	2

2 X spiritual keynote frequency (contained in the human voice) = 600 Hz = resonant frequency of our second chakra!

In summary, assuming the common factor or ratio for the second chakra is 2 (in relation to the spiritual keynote) the Metatones technology produces the resonant frequencies of the second chakra. Thus, using the principle of resonance, long-term use of Metatones will gradually adjust the frequency of the second chakra to its optimum frequency of 600 hertz. This model for the HEF mirrors what we already know about our physical structure, understanding that our physical body is comprised of elements, all of which have resonant frequencies.

The Metatones theory also proposes that a resonant HEF is also *synchronized*. Using our orchestra analogy, synchronization simply means that all the components of the HEF are functioning in perfect harmony. Another new element of the Metatones theory is as follows: **a synchronized HEF is automatically synchronized with the Zero Point Field-God and Its limitless reservoir of energy and information.** The reason for this is elementary. The mathematical structure of a synchronized HEF is in perfect harmony with the mathematical structure of the Zero Point Field. Why? **Because they have the same keynote frequency = God = frequency of Conscious Pure Love or Love Consciousness = spark of Christ Consciousness in all souls.** In this regard, it is commonly accepted that our field is the transfer mechanism for energy and information from the Zero Point Field into our physical body. Thus, once the components of our field are synchronized with the Zero Point Field, it triggers an

increase in the exchange of energy and information between the Zero Point Field-God and our physical bodies/brains. We are then able to manifest our ultimate potential physically, mentally, emotionally and spiritually...a truly enlightened, loving state of consciousness = Christ Consciousness, or what Jeshua ben Joseph also calls **God Consciousness...when we remember our relationship with our Creator.**

The Metatones theory further suggests that our ultimate potential is the **conscious realization that we are truly ONE with the universe**, because we are all connected vibrationally to the **One field—the Zero Point Field = God = The Source of All...which is the quantum substructure of everything...and thus, connects everything to everything...everything comes from the Zero Point Field/God...everything exists within the Zero Point Field/God...everything is an aspect of the Zero Point Field/God...as a wave is to the ocean...a Single Field.**

You have heard the phrase, *God is everywhere...well, the Zero Point Field explains how God is literally everywhere.* This *Oneness Consciousness* or what some call, including Jeshua ben Joseph, *God or Christ Consciousness* = the **conscious awareness of God, which only manifests when our field is synchronized with the Zero Point Field-God...emotionally, mentally and spiritually.** Here is the bottom line...**God-Zero Point Field is a field or Beingness of Love...an Isness of Love...**and until our field is synchronized to this *Universal Field of Love*, we will not obtain our optimum state of consciousness and performance...physically, mentally, emotionally and spiritually.

Metatones is a tool...a sound technology that gradually synchronizes the HEF to the Zero Point Field-God, and thereby, increases the energetic exchange with God-Zero Point Field. However, we were created as spiritual beings with free will, *consciousness itself.* We chose to *temporarily* occupy physical bodies/costumes, with fear-based (egoic) consciousness, to experience a rather dark, emotional physical dimension...all of which create the *illusion* that we are these temporary, fear-based physical costumes...this is no more than an *identity problem.* No tool or technology is going to obtain our ultimate goal for us without the active intention (free will) and participation of the soul...to live conscious of our God given connection to and relationship with God—Beingness of Love. In this regard, the only source that I am aware of that communicates a step-by-step approach to our *awakening to Reality and becoming conscious of and living our relationship with God...*is the previously mentioned, *The Way of Mastery* trilogy, channeled by Jeshua ben Joseph (through Jayem) in the 1990s.

SYNCHRONIZATION OF THE HUMAN ENERGY FIELD

On the quantum level *everything* in the universe, inclusive of our field, is connected to and part of a single, quantum matrix of vibrations known as the Zero Point Field (which Jeshua ben Joseph says is our Divine Parent—A Infinite Field and Beingness of Love). In other words, we are all part of and ONE with *everything* in the universe. Some (including Jeshua ben Joseph) refer to the conscious realization of this reality as *Oneness Consciousness*, enlightenment, Christ Consciousness and God Consciousness. **However, humanity does not experience Oneness Consciousness because our HEF is temporarily out of sync with the Zero Point Field-God.** This *out of sync* state creates the *temporary illusion* we are isolated and operating independently...separated from everything, instead of being connected to everything...separated from God, instead of ***being a Conscious Creation of God, existing within God***...in the contemporary words of Jeshua ben Joseph, *as a wave is to the Ocean*. This inhibits our ability to consciously tap into the resources of the Zero Point Field; unlimited energy, information and Love...and of course, a conscious relationship with our Divine Parent. This is obviously mind-boggling...and yet, in the contemporary words of Jeshua ben Joseph, *something that can be known, felt, realized and lived!*

Needless to say, the synchronization of our HEF with the Zero Point Field has many profound ramifications. **The Metatron team proposes that once our field becomes synchronized with the Zero Point Field, we obtain Oneness Consciousness, which includes a conscious realization of our direct and intimate relationship with our Creator—A Beingness of Love.** This can be viewed from a spiritual point of view and/or a reality based solely in science and mathematical relationships. In either case, the end result remains the same in that any therapy or technique that induces the synchronization of the HEF with the Zero Point Field accelerates the path to God Consciousness. As outrageous and incomprehensible as this may initially sound, the Metatron team makes the case that this Metatones theory has transitioned from theory to Reality, because it has been confirmed by the scientific method (experimentation and observation of the results), along with the ancient and contemporary/channeled teachings of Jeshua ben Joseph.

SPIRITUAL KEYNOTE/GOD FREQUENCY

Let us remember that our vocal frequencies contain both our **spiritual keynote and soul keynote frequencies**. This portion of the discussion only addresses our spiritual keynote/DNA. Assuming the common formula for our HEF could be discovered, and then used in conjunction with the spiritual keynote frequency (in our vocal frequencies), **the end result would be the production of the resonant frequencies for every component of our HEF**. As has been discussed, and assuming there were not any *conflicting vibratory influences*, long-term exposure

to our resonant frequencies would eventually lead to the *synchronization of the HEF to the Zero Point Field*. In this regard, **the Metatron team has discovered a significant portion of the common formula to our HEF and incorporated this mathematically based formula into the Metatones technology**. This is what the Metatron team calls *crazy good*.

Consolidating our discussion thus far, as we gradually synchronize our HEF we *automatically move towards a synchronized state with the Zero Point Field-God, which induces a gradual increase in the flow of energy and information from the Zero Point Field-God...including the energy of **Conscious Pure Love***. This *synchronizing effect* induces a stream of positive effects, one of which is hemispheric synchronization (the synchronization of the brain waves), a prerequisite for *peak brain performance*. The positive attributes of peak brain performance are numerous. One such quality is enhanced mental and emotional clarity, which is a common, experiential benefit of long-term Metatones use.

Each one of the Metatones audio programs takes a recording of the human voice, which contains the spiritual keynote/DNA, and applies a portion of the common formula for our HEF to generate output frequencies. In other words, **the Metatones audio output is a series of vocal permutations, referred to as intervals, which mirror the mathematical progression of resonant frequencies for our Human Energy Field. Each interval of output frequencies are the resonant frequencies for a different part of our field. This component of the Metatones technology (and formula) works as follows: spiritual keynote frequency X common formula or ratios to our Human Energy Field = resonant frequencies of the ideal Human Energy Field**. As we have learned, by constantly exposing our field to its resonant frequencies, any non-resonant frequencies will be gradually adjusted to their ideal or optimum frequency. Thus, the thousands of frequencies generated by Metatones work directly on our fields' vibratory structure in a way most *never imagined possible*.

The vibratory structures of our field and physical body are closely integrated. Thus, by adjusting our field towards its ideal vibratory structure, some of the benefits are automatically transferred to the physical body via our chakra and meridian networks. Years of research, experimentation, and refinement of the initial Metatones formula evolved into additional discoveries. One such discovery is a substantial portion of the mathematical formula for our chakra and meridian networks, which has been incorporated into the Metatones audio software.

Our field is comprised of a huge number of frequencies. Thus, any truly effective vibrational therapy should expose the HEF to thousands of frequencies, all of which represent the resonant frequency of specific components of our field. Metatones accomplishes this goal like no other technology. The common formula to our field begins with our spiritual keynote, but our overall structure is comprised of an almost endless number of *permutations of the spiritual*

keynote. In this regard, each of the Metatones programs incorporates a progressively larger portion of our HEF's common formula, thereby producing progressively more potent programs. This is accomplished with levels of programming (1 thru 4) and a sub-series of programs within each level (designated by letters A thru E). Assuming the recommended protocol is honored, the programs provide a gradual escalation in the potency of each session. The gradual increase in the potency of the programs was developed for a long list of reasons.

One such reason is that all imbalances/impurities must be purged from our HEF to obtain synchronization with the Zero Point Field. One way to *induce this purification process* is to increase the energetic flow from the Zero Point Field-God into the HEF, thereby putting more energetic pressure on the vibratory imbalances/blocks (non-resonant frequencies = negative emotions). As the pressure rises, the imbalances are forced to the surface of consciousness for resolution and release. This purification process triggers an experiential learning process, which naturally elevates our behavioral patterns and overall level of consciousness. Long story short, when the goal is the use of Metatones by the masses, and that is the goal, we have learned that the HEF purification and synchronization process is best accomplished with a *gradual escalation in energetic and informational exchange with the Zero Point Field-God*.

Techniques that may also aid in our HEF's *purification process* are touched on in the Introduction to Metatones booklet, more specifically Past Life and Life Between Life Regression techniques plus Akashic Record Readings, which are also discussed in more detail in our free booklet on Past Life Review.

Jeshua ben Joseph also deals with our soul's purification process in The Way of Mastery trilogy. According to Jeshua ben Joseph, we must embrace and heal the negative/dark emotions within our field and subconscious (karma), for many reasons, including that they inhibit Love of Self...for we cannot have a loving relationship with our Creator—A Beingness of Pure Love, *if we do not first love the Creator's creation...Us!* For more details, please consider Jeshua's trilogy, The Way of Mastery and the parallel study aids, Affirmations for Christ Consciousness Parts I, II and III. Please see jeshuabenjoseph.com for more details.

Two of the major discoveries by the Metatron team are as follows:

- Our spiritual and soul keynote frequencies are located within our vocal frequencies.
- Just as with our physical bodies, our HEF utilizes a common, mathematically based formula (DNA)...a substantial portion of which has been discovered and incorporated into the Metatones audio software.

The Metatones technology utilizes these discoveries in conjunction with other established principles. Resonance is one such principle. In summary, consistent use of the Metatones

technology gradually adjusts the individual components of our field to their ideal or resonant frequencies. As our field becomes more resonant and synchronized, it results in an increase in the exchange of energy and information with the Zero Point Field-God. The Metatron team has proved this and has changed the Metatones theory into *Reality*.

Please see the Seeing is Believing exhibits at metatones.com for an example of visual proof. The proof is a series of aura photographs before and after Metatones use. Visually the exhibits demonstrate that Metatones increases the flow of energy into the HEF. In other words, higher energetic levels in the HEF, which is partially comprised of photons or light, result in bigger and brighter light bodies/auras. Thus, the Metatron team has proved what physicists have previously only theorized; *technology can increase the flow of energy into the HEF from the Zero Point Field*. Returning to the orchestra example, Metatones distributes new sheet music (resonant frequencies) to the players in our orchestra (components of our HEF).

Before we move onto the discussion of the soul keynote, one-point warrants further emphasis. Even though there are many benefits, *technology in and of itself cannot permanently adjust and synchronize our HEF to the Zero Point Field-God*. There are a few reasons for this. A primary reason is that the vibratory foundation of the Zero Point Field-God mirrors the vibration of *Conscious Pure Love*. In the 3rd dimension, a component of our HEF is the emotional vibrations of the soul, which include the vibrations of our imbalances, blocks and karmic flaws = vibrations of non-love = fear and the entire gamut of negative emotions. Let us remember that *everything vibrates*, including our fear-based emotional, mental, and behavioral patterns.

By definition, our imbalances and karmic flaws represent vibrational contradictions to God-Zero Point Field or decisions of non-love = fear-based. This is why the vibrations of karma/non-love are *out of sync* with the vibratory structure of the God-ZPF. Our karmic flaws (and related behavioral patterns, mental patterns and emotions) are reflective of the negative emotions created by *our free will* and can only be healed and purged from our field by using our free will...*the will to Love all, including ourselves...versus ego-based judgmentalism, which is the source of all fear-based, negative emotions*. Technology can be used as a tool to assist us with our goals. However, to synchronize our HEF with the Zero Point Field-God we must be active participants in aligning our mental and behavioral patterns to Love...because the Zero Point Field—God is a Beingness of Love. In other words, we cannot circumvent the essence of God-Love with technology. In summary, technology can *temporarily* shift our field to a more synchronized state with the Zero Point Field, but we will not be able to *hold the energy*, because our field will *reset* back to our state of imbalance and negative emotions = ego-based non-love This is a complex subject, which will be *briefly* discussed in the pages that follow.

SOUL KEYNOTE FREQUENCIES

No two physical bodies are identical. It's that unique 1% of our DNA that makes us different from every other physical body. This same principle also applies to our field. No two HEFs are identical, and the differences are caused by the unique frequencies/instructions within our soul's keynote frequencies, which are dictated by each soul's unique experiential path...from the time of creation in the **Big Bang of Christ Consciousness**.

There can be flaws in the physical body, resulting from genetic flaws in the DNA of the parents. However, some of our physical shortcomings, abnormalities, diseases, etc. cannot be traced back to the DNA of the parents. This fact has raised questions in the scientific community. Where do these flaws come from? As previously communicated, these flaws often originate with our soul's keynote frequencies, inclusive of the choices made in the Pre-incarnation Planning Process (PPP). Thus, when the spiritual DNA or soul enters the physical body it may bring special instructions for the physical body, *which modifies the physical DNA*. There is a similar type of unique instructions in our spiritual DNA, which has the same effect on our Human Energy Field...*it alters the originating common formula and resulting structure*. These nuances in our field's spiritual DNA have the same effect as our physical DNAs nuances in that they create unique experiential effects in the third dimension of Earth. More specifically, instead of physical nuances, they create mental, emotional and spiritual nuances of an experiential nature.

Regardless of what some may hypothesize, the human experience in the third dimension of Earth is anything but a random series of events...because there are literally no accidents. The Earth dimension is the stage for our experiential journey, which is governed by a universal principle. Let's remember that on the quantum level everything vibrates, including the universal principle = Love. The principle of *unconditional love* (sometimes referred to as the golden rule) includes the related *law of cause and effect*. Not only do we select specific physical and behavioral qualities prior to incarnating (to help us accomplish specific experiential goals) but we also bring with us all of the events and related emotions from our experiences in the spiritual realm and prior physical incarnations.

Some of these prior events are *our choices and actions contrary to the universal principle-Love*. The common name for these conflicting choices is karma and the related *unresolved* emotionally based events and decisions = *our decisions to experience negative emotions or non-love*. Karma takes the form of energetic imbalances/impurities in our soul keynote frequencies, also referred to as energetic congestion, blocks and flaws. Our karma manifests as flaws within our field, mental patterns, behavioral patterns and at times, even in our physical characteristics. In other words, karma modifies the common formulas that construct our HEF and physical body. From an overview, our karmic flaws represent a form of energetic imprinting

on our HEF, which act as reminders that specific experiential lessons remain unresolved and outstanding.

Our karmic flaws/energetic congestion inhibit the exchange of energy and information exchange with the Zero Point Field-God. Why do karmic flaws have such a negative effect you ask? Our experiential process or path has a single overall purpose, which is consistent with the universal principle—Love. ***Our purpose mirrors the only desire of our Creator—Beingness of Love, which is to extend Itself and thereby experience Itself (Pure Love). Simply stated, our purpose is to eliminate the illusion of separation from our Divine Parent and then function as conscious mediums and/or channels for our Divine Parent...in extending Itself—Pure Love, in an infinite number of forms = us!*** In summary, our karma is out of sync with the vibration of the Zero Point Field-God and thus, inhibits the loving energetic and informational exchange with the Zero Point Field-God.

If you are curious about why we intentionally forgot who are (Spiritual Beings of Light & Love) and why we are here, the suggestion is to read Jeshua ben Joseph's The Way of Mastery trilogy. He explains everything in detail. We will give you the ending of this story...our destiny. Eventually, we all purify our fields, increasing the exchange of energy and information with the Zero Point Field-God. We all wake-up from what Jeshua ben Joseph describes as the *dream of separation from our Divine Parent*. We all use our free-will to choose to remember our relationship with our Creator (Christ Consciousness), which is quite the experiential journey. This era of awakening has begun. See jeshuabenjoseph.com for more information on how to purify our field and obtain Christ Consciousness.

Let's summarize a series of key principles. Everything vibrates, including the universal principle-Love and our behavioral patterns. **The Zero Point Field mirrors the vibratory patterns of Pure Love-God. Considering our karma and some of our daily decisions represent decisions (and related behavioral and mental patterns) that are in conflict with the vibration of Love, we are temporarily out of syn with the Zero Point Field-God.** The end result is that our behavioral and mental patterns inhibit the exchange of energy and information with the Zero Point Field-God, which in turn temporarily inhibits our remembrance of Oneness-God-Love Consciousness.

Even though God gave us free-will, to experience whatever we desire, including our decision to temporarily experience a dimension of non-Love or fear-based consciousness...God is also our Divine Parent, Who loves us all far more than we can imagine. Thus, anything less than a blissful ending would not be consistent with a Beingness of Pure Love—our Creator. Here is the bottom line: although there are numerous paths to Christ/God Consciousness, Jeshua ben Joseph's The Way of Mastery will be used by millions...millions to re-establish our conscious relationship with God, thereby creating mass Christ Consciousness on Earth. With any other ending, *God would*

not be God—A Beingness of Pure Love. Needless to say, we will *remember* our original spiritual Selves, Christed Beings of Love and Light, by using many therapies, techniques and educational tools, one of which is a simple to use sound therapy called Metatones.

One of the functions of our karmic flaws is to act as a form of energetic magnet, which attracts the related life lessons and circumstances to us. Karmic events (decisions of non-love or any fear-based decision) often represent our most challenging life circumstances in each incarnation. The law of cause and effect guarantees that *there are no accidents*. These events provide us with the opportunity to change our past, egoic fear-based decisions, which created the karmic imbalance, and thereby align our behavioral and mental patterns with the vibratory essence of the Zero Point Field-God = Love. In so doing we purge the applicable energetic imbalances from our HEF and energetic DNA (our soul's keynote frequency). If we do not change our decision from fear-based to Love-based, we continue to attract the same type of challenging event to us, which gradually escalates in intensity, life after life...after life...*after life*. When we shift to a Love-based decision and purge the karmic imbalance from our field, we take a step towards synchronization with the Zero Point Field-God, which increases the energetic and informational exchange with the Zero Point Field-God.

Our HEF's energetic flaws (like everything else in the universe) have a frequency, which travel with us via our soul's keynote frequencies. In other words, when our field is constructed at the beginning of each incarnation, our karmic flaws manifest in our field. Thus, and subject to the specifics of each Pre-incarnation Planning Process, they continue to attract karmic experiences to us until we learn the applicable lesson and purge the energetic impurity (vibrations of non-love) from our field. The result is that our karmic flaws/impurities will continue to inhibit the flow of energy and information from the Zero Point Field, which preclude us from manifesting *Christ-God Consciousness*.

In many ways, our physical body is simply a reflection of our HEF. For example, if there is an energetic imbalance (karmic flaw) in our heart chakra, this will often manifest some form of physical shortcoming in our physical heart. In many situations (not all) the physical flaws will play a primary role in attracting circumstances to us that have the potential of teaching us the applicable karmic lesson. If the lesson is learned and the behavioral patterns are elevated, the energetic flaw is purged from our field and soul keynote. As we have learned, this purification process increases the energetic exchange with the ZPF and represents a big step towards ***our primary purpose = being a conscious medium and/or channel for God-Love.***

As previously described, Metatones applies the common formula for our HEF to the spiritual keynote, which produces thousands of resonant frequencies. Anyone who understands the principle of resonance will grasp the benefits of this aspect of the Metatones technology. *But...what about the soul keynote frequencies contained in our vocal frequencies, which contain the*

frequencies of our karmic flaws? Mathematically this is the result:

Soul keynote frequencies (which contain our karmic flaws) X common formula for the HEF = *non-resonant frequencies directed at our HEF.*

How can the karmic, non-resonant frequencies produced by Metatones have a positive effect on either our physical or energetic bodies? Another aspect of the Metatones technology will be discussed again at this juncture...the homeopathic principle. This principle states that when the physical body develops symptoms, the best cure is to expose the physical body to vibrations which mirror the vibrations of the symptoms. In other words, **like frequencies cure like frequencies.**

A homeopathic example is a person who has a fever. The homeopathic principle states that in order to cure the fever, the person must be exposed to a frequency which mirrors fever symptoms. As odd as this may initially sound, this principle has been verified over and over...and over. To this end, go into any health food store and you will always find homeopathic remedies. Considering Metatones produces permutations of the vocal frequencies, which include our soul keynote frequencies (inclusive of our energetic flaws), Metatones is the ultimate homeopathic therapy! This is why Metatones was originally described as a homeosonic therapy. *It also explains why Metatones has been successful in treating such a wide range of symptoms.*

Our reality, within the Earth dimension, is that *we chose* to be on an experiential path via the cycle of reincarnation. This has been verified in a variety of ways. For example, countless benefit each year from modern day past life (PL) and life between life (LBL) review techniques, in addition to Akashic Record Readings (ARR) = soul's past lives and all experiences in other dimensions, inclusive of our pre-incarnation planning decisions. These techniques allow us to tap into our subconscious memory banks; the location of our prior life and life between life (LBL) memories. Our LBL memories represent our experiences in the spiritual dimension, in between our incarnations on Earth. All of these types of memories have also been confirmed by countless near-death experiences or NDEs.

Mankind has learned many things about our experiential path from these PL and LBL memories, inclusive of our Pre-Incarnation Planning Process (PPP). For example, our experiential path is governed by the principles of unconditional Love/golden rule and the law of cause and effect. This law works in the exact same manner as homeopathic remedies do (like frequencies cure like frequencies). However, instead of addressing physical symptoms, and as previously discussed, karma focuses on the alignment of our mental and emotional processes, plus our behavioral patterns, to the underlying principle of the Zero Point Field-God = Pure Love. This occurs by attracting/creating life circumstances/learning opportunities that mirror

the events (and frequencies) which originally created the karmic flaw (decision/act in conflict with Love). As has been stated, if the lesson is learned and we choose to align our behavioral and mental patterns with Love, our karmic flaws are purged from our HEF...increasing the energetic flow from the Zero Point Field-God-Love. Who doesn't want more Love? *Hmm...*

Metatones showers our HEF with the frequencies of our karmic flaws. *With long-term use* and consistent with the homeopathic principle, Metatones helps us to purify our HEF of the flaws contained therein...by bringing our flaws to the surface of consciousness for resolution. In the third dimension of Earth, this simply means that **Metatones is a tool that is designed to accelerate the pace of our learning and healing process.** The variables are endless. Whatever the impurity/karmic event, they attempt to motivate us to align our mental and emotional processes, plus our related behavioral patterns, to the energy of Love. The prerequisite learning process for purging our karmic flaws does not change with Metatones. **However, what does change is the pace of our learning and field purification process...it accelerates.** In conclusion, with long-term Metatones use, the pace of our purification process is accelerated for many reasons, three of which are as follows:

- The synchronization of our field has a synchronizing effect on our brain waves (hemispheric synchronization), which improves brain functions. **With better functioning brains we make better decisions and accelerate our learning process, inclusive of the purifying our HEF of all past and current decisions in conflict with Love.**
- The gradual synchronization of our HEF to the ZPF increases the exchange of energy and information with the Zero Point Field-God, which accelerates all aspects of the HEF purification process.
- As the energetic levels rise in our HEF, it places an increasing amount of pressure on our energetic impurities/karma, thereby pushing them to the surface of our conscious thoughts and life experiences for resolution. This homeopathic process manifests as life circumstances that mirror the originating karmic event. This mirroring process can either be a representative of the originating event or a contemporary, symbolic representation thereof. In either case, they provide the opportunity to learn the related lessons. **The result is we align our mind, emotions and behavioral patterns to the Zero Point Field-God-Love! Point of clarification: a soul need not remember every prior life decision and related event of non-love to purge the karmic flaw. Typically, multiple prior decisions of non-love (karma) are consolidated into current life experiences for resolution = opportunities for learning from love-based decisions...which purge the HEF of the related karmic impurity.** In other words, some souls will choose the path of remembering prior lives to facilitate the HEF's purification process, and some will not. One path is not better than another. However,

those who choose not to use PLR techniques, will tend to think that their many life challenges are the result of being so-called victims of the universe, rather than being presented with self-created learning opportunities to purify their HEFs.

Some people may not be interested in an accelerated spiritual path, with or without Metatones, for two reasons. Confronting our karmic flaws and learning to align our behavior patterns with love-based decisions can be very challenging. Secondly, and as incomprehensible as this may initially sound, some souls may not be done with the dark/negative emotions and all of the related experiences of the Earth dimension. However, every soul will eventually have their fill of egoic, fear-based experiences. They will exercise their free-will and ask for guidance to find their way back Home, to Love and Perfect Peace...which of course includes re-establishing their relationship with our Divine Parent...WOW...what an experience that is going to be!!!

Change, in the sense of purifying our fields and aligning all choices with Love-Zero Point Field, requires an honest, mature and loving approach to all of life's never-ending events. This dictates the **retraining of our minds** from how our ego-based culture conditions us to think and live, which is fear-based...to aligning our mind, emotions, and behavioral patterns to God, and God is but Love. An increase in the level of focus and discipline for making such a shift cannot be overstated. For example, talking about the golden rule is one thing, but living it is an entirely different matter. I for one choose not to live the balance of this life as I have my prior lives...an ego-based and inherently fearful process, which has been the direct result of my many fear-based choices.

Think about it...*be honest*...how many of your decisions are based at least in part on fear? Fear of being alone, fear of not enough money, fear of not being accepted, fear of being wrong, fear of not finding Love, fear, fear, fear...it's everywhere within our culture...*Hmm? Have you suffered enough? I have*...and I'm moving toward the good stuff...Christ/Love Consciousness, re-establishing my relationship with our Divine Parent, and creating Heaven on Earth! How am I doing this? I follow the model lifestyle taught by Jeshua ben Joseph, in his The Way of Mastery course...it's truly priceless...

SUMMARY

Long-term Metatones use gradually increases the flow of energy from the Zero Point Field into the HEF and physical body. A common question is as follows: how does one know more energy is being transferred into their field and physical bodies? In many cases it is quite simple. Some people and long-term users of Metatones can literally *feel* the increased flow of energy through their bodies...some even during Metatones sessions. People describe this sensation as a low level electrical current or a pleasant tingling sensation moving through their body. Another

common description is a numbing of the body location where a saturation of the energy is occurring. Also see the [Seeing Is Believing section](#) of metatones.com. You will see Kirlian photographs of the Human Energy Field before and after Metatones use. These photos confirm that as Metatones increases the energetic flow, the aura becomes bigger and brighter.

One of the common effects of the increase in the energetic and informational flow is enhanced mental and emotional clarity. This occurs because Metatones has a synchronizing effect on our brain waves. Thus, as you continue to use Metatones, you should experience life from a clearer perspective, which improves your decision-making abilities. Initially this may be a very subtle benefit of using Metatones. However, the longer Metatones is used the more obvious this benefit becomes...relative to when you began to use Metatones.

We have opened some doors to our spiritual nature, remembering our relationship with God, that **God is the Zero Point Field**, and how Metatones can play a role in all of this. We have made all related statements with **the understanding that God is the Zero Point Field, and so much more...a Mystery beyond comprehension...the undefinable that humanity tries to define**. Some may discount the spiritual side of Metatones...the *reality* that we are destined to resume our original, intimate relationship with our Creator. Why is this proposed destiny our *Reality*? Because *God is God*...and that was and remains God's plan for us. **We are Christed Beings of Light and Love, created in God's image...the vehicles if you will, whose only function is to act as mediums and/or channels for God to extend Itself—Pure Love, consciously throughout Creation**. There is no need to take my word for any of this...because that is the message and goal of Jeshua ben Joseph's The Way of Mastery trilogy. I'm just a soul who had suffered enough and asked God for guidance out of the darkness (of everyday life on Earth).

Being a channel or medium for God sounds too good to be true doesn't it...*crazy good* as I call it. I'm here to tell all that this is very *real* and also your destiny. What does that mean? That means that I have made *that decision* and have taken the steps needed to be *a medium and conscious channel for God, Who is communicating guidance to me every day*. Have I completed my field purification process? No, but thanks to assistance from many sources, including the model conveyed by Jeshua ben Joseph's The Way of Mastery trilogy, the process is well under way. It is a process that quite frankly is beyond comprehension...and yet, it is one that can be known, felt, realized and lived! *It's real...I live it every day...and God-Pure Love is something I will never get enough of*.

What does it feel like to be *conscious of God* moving through me (the energy of the Zero Point Field-Love)? What is it like to have *internal conversations* with our Creator—a Beingness of Pure Love, *which is an ability that all souls possess*? *What is it like to ask our Divine Parent for guidance and have a picture appear in my mind's eye...that supplies the answer*? Words simply cannot

describe...let's just say it's *crazy good*. If we *surrender* to God's guidance, which means giving up our egoic control, God will guide us through all our decisions...and use us as a medium for extending Itself-Love into the Earth dimension. If that's not *crazy good*, then I don't know what is. Metatones will be a helpful tool for many on their path to Christ/God Consciousness...for others...not so much...*for one soul's path is not any better or worse than another*. For more information on educational sources, tools and techniques for obtaining Christ Consciousness, please go to jeshuabenjoseph.com.

SUBJECTS AND SUGGESTED READING

Jeshua (Jesus) channeled books, including his The Way of Mastery trilogy: The Way of the Heart, The Way of Transformation and The Way of Knowing – see the [Jeshua Channeled books](#) page at of jeshuabenjoseph.com

Parallel study aids for Jeshua ben Joseph's The Way of Mastery trilogy - Affirmations for Christ Consciousness Part I, II & III From The Way of Mastery by Jeshua ben Joseph (channeled by Jayem) by Michael Dybicz & Friends

Practical introduction to quantum physics and the Zero Point Field – The Field by Lynne Mc Taggart

General: Conversations with Jerry and Other People I Thought Were Dead by Irene Kendig

Pre-incarnation Planning Process – Your Soul's Plan by Robert Schwartz and Your Soul's Gift by Robert Schwartz

Spiritual life in between our incarnations – Your Soul's Journey by Michael Newton and Your Soul's Destiny by Michael Newton