

# CRYSTALLINE

# DNA



AN OVERVIEW OF  
DIVINE DNA ACTIVATION  
BY SANDRA WALTER

# WELCOME TO THE HIGH-VIBE TRIBE

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## Blessings Beloved ~

Thank you for downloading this ebook! It is an honor to assist your journey.

I have been a conduit for Higher Realm guidance on the Ascension process for over 20 years. One of the key teachings of this brilliant and transformational experience is the activation of our Divine DNA.

This ebook is a simplified introduction to a complex topic. The basics of Crystalline DNA activation are covered, along with steps you can take to enhance your Ascension process. I hope you find it valuable!

Inspiration, articles, SUNday Global Unity Meditation reminders, events and energy updates are available every week via the High-Vibe Tribe Newsletter.

I invite you to explore the courses and free content on my website designed to fully support the rediscovery of your True Self. Welcome to the Tribe!

**IN LOVE, LIGHT AND SERVICE,**

*Sandra Walter*

**ASCENSION GUIDE**

<http://www.SandraWalter.com>



# ASCENSION AND DNA

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Activating our Crystalline/Christed/Divine DNA is key to the experience of shifting dimensions, and Ascension itself. Our HUman (GOD-Man) DNA is a Divine co-creation involving many star races, which developed over millions of years. We continue this galactic lineage of DNA development, activating even higher possibilities during the Ascension window.

The unique qualities of Crystalline DNA are still unfolding. As the Masters said, *You will do all of this and more*. Our coveted DNA structure allows for a pure experience of Source, the Creator, while in denser form.

We utilize Crystalline DNA as a Gateway to a new experience, because it bridges dimensions and densities (sometimes known as the rainbow bridge). The frequency of Christ consciousness shines through Crystalline DNA, *allowing the experience of Ascension in form*.

Let's review the phases of DNA activation, and how to support and accelerate the miraculous evolution occurring right now in our cells.

# PHASES OF DNA ACTIVATION

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DNA creates personal, collective, and multidimensional experiences in form. It is a photonic light receiver and generator, which serves as an antennae to transduce spiritual information into electromagentic form.

When our heart center expands to the vibration of Christ/Unity consciousness, our DNA activates and spins in coherent toroidal formations, allowing it to radiate diamond-solar plasma light codes. Our awakened consciousness then attempts to create realities in alignment with the codes flowing from this activated DNA. It is Divine creation in action.

In order for the DNA to reawaken, re-bundle and etherically reconnect, it goes through three phases of activation.

**The phases are sequential; each step must be attained to trigger the next to unfold.**

## PHASE ONE

HEALING &  
COHERENCE

## PHASE TWO

ACTIVATION &  
EMBODIMENT

## PHASE THREE

QUANTUM  
REUNIFICATION



# PHASE ONE: HEALING & COHERENCE

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Crystalline DNA activation requires a vibrational state of equanimity called **coherence**.

Coherence is the peaceful emanation of unconditional love flowing from the heart center. This zero-point balance around the Source-spark of our heart center creates a field of energy; a spinning torus of coherent light. This field allows the Higher Self to merge with the lower self right through the body vehicle, and activate dormant DNA.

Our DNA is easily damaged by EMFs, radiation, toxins, low-vibrational foods and environmental factors, as well as our own thoughts, emotions and actions.

**DNA can be spontaneously healed through heart coherence.** Activation of the heart center is also a key to our Ascension. The consistent practice of unconditional love, joy, peace, unity, gratitude and forgiveness changes the torus field broadcast of the heart to deliver frequencies which heal distorted or damaged DNA. Coherence also allows new strands and code sequences to come online, allowing us access to higher dimensions and densities.

Sound, frequencies, light, commands and activation tools are all complimentary for DNA activation. However, it is proven that **intention must be present** and practiced or DNA activation does not work. Our biolandscape must be coherent in order to **hold** DNA activation.



# PHASE ONE: HEALING & COHERENCE

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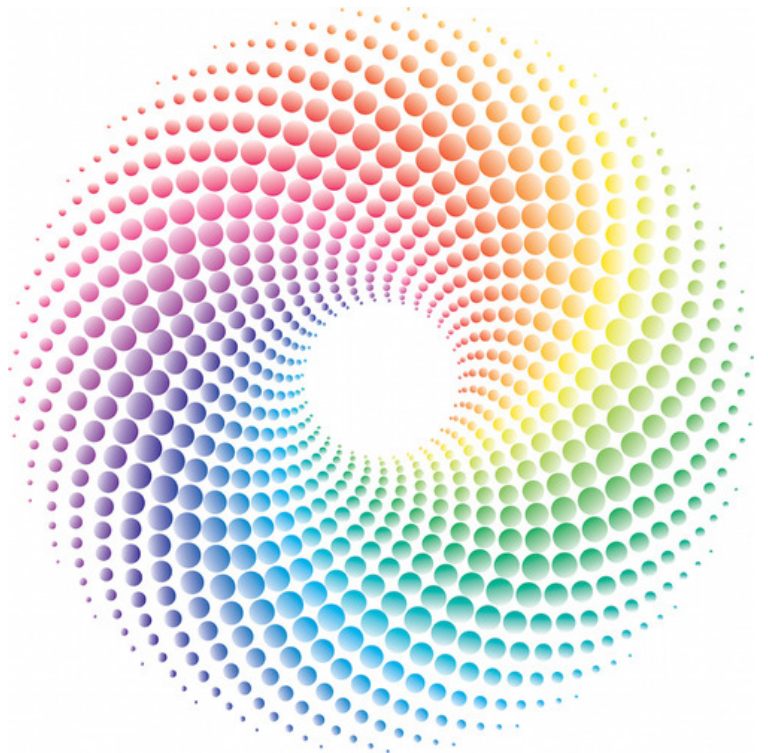
DNA appear as tangled yarn-ball-like spheres within our cells. When heart coherence is present, the DNA rebundles in a flowing toroidal shape. The core of this DNA torus field acts as an antenna which transduces light information (codes) into form, and may activate existing dormant codes for Christ Consciousness - with our direction.

States of higher consciousness are encoded in our dormant DNA; we carry these codes within us. The passkey for DNA activation is heart intelligence; the non-judgmental state of love. Activation does not work without it.

In order to Ascend, we must surrender old thought forms, habits, addictions, or old beliefs about the self which distort our DNA.

This is why self-love, love of Source, and love of all of Creation is vital to restoring, reactivating, and ascending the DNA within you.

**Healing comes first.** All of our Ascension practices assist DNA activation. Clear the old distortions, activate Love as your primary state, create peace and balance in your fields, and you are ready for Phase Two.



# PHASE TWO: ACTIVATION & EMBODIMENT

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Positive photonic light is the delivery device for Ascension codes. We are bombarded by this new light during the Ascension cycle, which is happening now. Photonic light is LIVING LIGHT; Source-encoded intelligent light consciousness. It tells our cells to do something new: Evolve.

Photonic light is delivered into our planet, cells and DNA through crystalline plasma, which is a higher state of water. Plasma bursts and influxes come mainly through the SUN (Solaris), during passages called *Gateways*.

We welcome positive photonic light into our cells and energy fields by creating the coherence of harmony, peace, Divine Love, and Ascension in our heart center (Phase One.)

**Phase Two** is the activation of additional strands, sometimes called layers, of DNA. Consistent practice and intention of heart-mind coherence allows the DNA to activate a 12 strand (Christ Consciousness structure). It can expand to a 144 strand (Universal structure) during an Ascension cycle.

Non-coding DNA (formerly known as junk DNA) are dormant (non-firing) gaps in the DNA code structure. Science no longer uses the *Junk DNA* term, because non-coding DNA started to activate (Ascension in action!)

The non-coding gaps are our Divine Human DNA activation markers. With the photonic plasma influxes growing stronger, these codes awaken and attempt to create the Ascension experience in form.

# PHASE TWO: ACTIVATION & EMBODIMENT

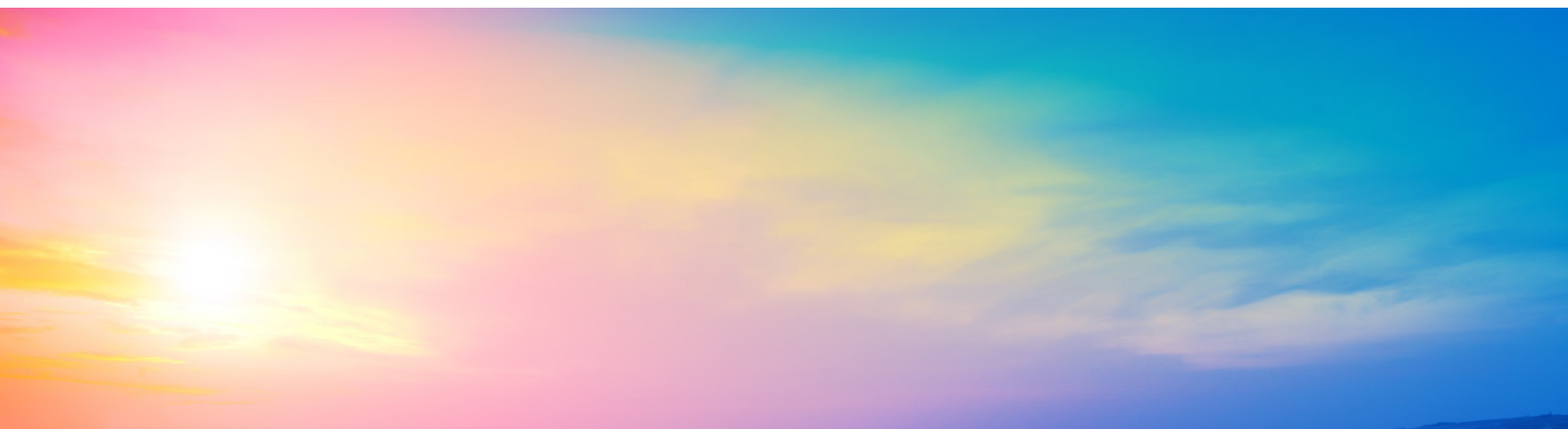
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DNA is how the Higher Self projects our spiritual essence into a physical form. Crystalline DNA, with activated codes for Christ consciousness, allows us to perceive multiple dimensions at once.

When the Crystalline DNA codes and additional strand/layer codes begin to fire, (sometimes referred to as fire letter activation), we become aware of ourselves as Source, as a nonlinear Presence.

The Embodiment phase of Ascension changes everything. We activate and rebundle the DNA to allow the Higher Self to take command of the personal journey, in order to serve the collective operation of Ascension. It is an act of Divine Service.

This level of DNA activation directly interacts with the Crystalline grid systems. It is a collective activation device for the Ascension, like a monitoring device which triggers higher timelines. When enough Christed DNA is activated, we collectively level up. We co-create with the planet, kingdoms, elementals and higher realms. We are woven back into the fabric of the cosmic consciousness. It allows Gaia to reveal the Ascended New Earth as an already present, palpable reality.





# PHASE THREE: QUANTUM EXPANSION

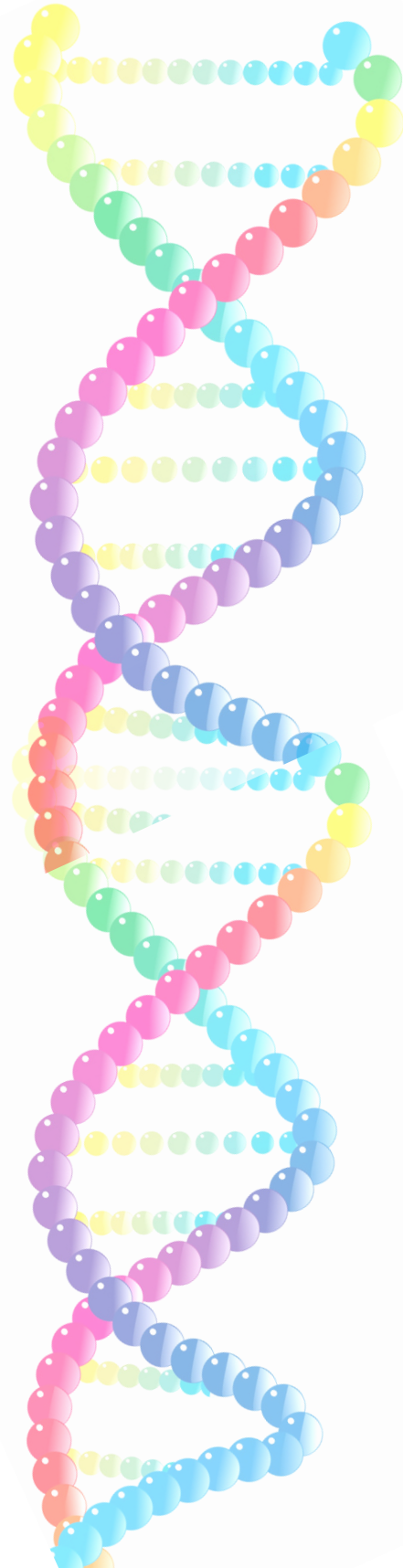
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Each strand or layer in the multidimensional structure has a different function, providing a more expanded experience. We cannot focus on activating a higher strand on its own, they are all interconnected.

There is a natural progression to the Ascension process, which includes a tipping point when we go Quantum; a pure state of multidimensional consciousness. It is infinite possibility, infinite expansion happening right within our cells.

When we are able to *hold* the DNA strand/layer activation in our coherent fields, Mastery arises. You will not be able to create disharmony when those codes turn on. It begins with glimpses of the Christed state, expanding and preparing your fields. With dedication and alignment, the DNA will reset your fields in sacred geometric patterns for the Divine Self to step forth. Your Master Self will become your consistent reality, and amplify the Ascension for all willing hearts.

In Unity consciousness, we prioritize collective interests over personal interests. This is *Divine Cosmic Mother* intelligence; the background energy of creation. This already exists in the realm of possibility within your DNA. Your personal choice to engage in Ascension practices unlocks these codes.



# PROVEN METHODS FOR DNA ACTIVATION

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We honor our natural progress as we ascend and activate DNA. The torus fields of the heart, energy bodies and DNA expand and contract like a balloon, easing us into higher consciousness. We follow the Ascension process step by step to assist the mental, emotional and physical levels to stay balanced and centered.

## **A Few Proven Methods for DNA Activation:**

**HEART COHERENCE:** Choose, intend, visualize and practice a heart-centered life. Love is all; direct your heart to emanate love, and your reality will follow.

**MEDITATION:** Cultivate a peaceful, calm state for activation and reconnection.

**COMMANDS & DECREES:** The long-honored tool of using intention and voice to activate and expand the consciousness, form and fields for Ascension.

**FEELING:** Genuine forgiveness, gratitude, non-judgment, Divine neutrality, pure intention, and authentic desire to be of service to others.

**DETOXIFICATION:** Spiritual, physical, mental, emotional detox. Empower the biolandscape to handle evolution. Eat live organic food and activated water.

**NATURE:** SUNlight, Earthing, get in natural bodies of water. Be in the crystalline charge of Gaia's new grids to align your fields and heart often.

**FREQUENCY:** Solfeggio tones, High-Vibe music, vocal toning, singing bowls, tuning forks, and Light Language with the intent to activate DNA.

**COLLECTIVE DNA:** Connect with your Tribe to activate and exchange codes!

# UNLOCKING HIGHEST POTENTIALS FOR ALL

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When we choose to participate in Ascension and DNA activation, we become part of a unified field of *conscious intent* to accelerate change. We activate collective DNA fields (the HUman Heart grid), and connect with Gaia's Crystalline grid, granting access to the Ascended realm of New Earth.

Science and spirituality are beginning to exchange information, in order to accelerate our understanding of both. This is a lovely side-effect of Unity Consciousness; no more separation ... anywhere. I AM honored to contribute to that conversation, sharing quantum DNA intel from the channeled perspective with those exploring new discoveries in the lab.

In the Ascension process, we honor the step-by-step function of each phase of Crystalline DNA activation. They parallel each other, because DNA is key to our experience of Ascension in these realms.

**Ascension is a brilliant and challenging process.** For deeply comprehensive courses and tools on the Ascension, DNA, Wayshowing and Ascension-related topics, visit my services site at the link below.

**IN LOVE, LIGHT AND SERVICE,**

*Sandra Walter*

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