

This information is not intended to diagnose, treat or cure any condition, illness, ailment or affliction, nor is it a substitute for professional medical or psychological evaluation; presented for purposes of *Theoretical Exploration* only.

The TRIUMPH of Triumphs Quick-Link EarthCync™ Technique

(The Heart of Eff-E'-Mah GO Vertical™ Code Induction)

Please Note: This *Technique* can be used with **Online View** or **Print Copy** of the **Go Vertical™** "G.V." **Codes Series**. The *frequencies* associated with this *Technique* *become available* following **opening** of corresponding **Transmitting Conduits** in Earth's **Planetary Templar**, which occurs at **12:12AM August 9, 2016 FL time**; this simple *Technique* can be used *anytime after this point, as often as desired*.

Also Note: The **Heart of Eff-E'-Mah Point** of *Personal TrhU'-ah Body anatomy* that is used in this **Code Induction Technique** is located in your "Central Vertical Column-CVC", at the "**Bottom of the Sternum** (Breastbone)", *between Chakra-4-Heart Chakra and Chakra-3-Solar Plexus Chakra*.

Preparation: This *Technique* can be best enjoyed when practiced in a *quiet, private space, with subdued lighting* (but enough light to see the Codes clearly), in which you can sit, stand and recline comfortably, *without external distraction*.

Preview the new "**Safe-Haven Rainbow Run Emancipation Corridors 4-Code Set**", the "**Safe-Passage Solar Window 3-Code Set**" Online (or in *Print Copy* once available) and the **8 Induction STEPS** below. Begin **Heart of Eff-E'-Mah Code Induction** with the *First G.V. Code Set*, the **Safe-Haven Rainbow Run Codes**. For optimum effectiveness, it is important to this *Technique* that the *G.V. Codes* be used in the *order of their specific sequence*, which represents the organic "**building of frequency encryption**" inherent to and carried by the *G.V. Codes*. The **G.V. Code Sequences** run from "**Bottom to Top**" in the Vertical set.

The **G.V. Code Sequence** is as follows:

- I. The "Safe-Haven Rainbow Run 4-Code Set"
 1. "Safe-Haven-1 Krystal Caverns" Code
 2. "Safe-Haven-2 Rainbow Reservoir" Code
 3. "Safe-Haven-3 Rainbow Ring" Code
 4. "Safe-Haven-4 Rainbow Rays Solar Cross" Code- "Safe-Haven Rainbow Run Emancipation Corridors – Vertical Run Consolidated 3-Code Set.

- II. The "Safe-Passage Solar Window 3-Code Set"
 1. "Safe-Passage-1 Pana-KHY Pass Solar Bridge" Code
 2. "Safe-Passage-2 Krystal Bridge Pass Solar Bridge" Code
 3. "Safe-Passage-3 Pinnacle Pass Solar Bridge" Code- "Safe-Passage Solar Window Emancipation Corridors – Vertical Run Consolidated 3-Code Set.

For **Heart of Eff-E'-Mah Code Induction**, start with the **First Code** of the **First Code Set** (the **Safe-Haven-1 Krystal Caverns** Code) and use the following **8 Induction STEPS** for Induction of this Code. When completed with **Code-1**, go to the **next Code** in the **First Code Set sequence**, using the same **8 Induction STEPS**. Continue this **8 Induction STEPS** process for *all Codes* in the **First Code Set**, using the **8 Induction STEPS** process for **EACH CODE**. When completed, do a **Final Set Induction** of the "**Vertical Run Consolidated 3-Code Set**" corresponding to the **First Code Set**, before beginning **Second Code Set Induction**. ...For **Second Code Set Induction**, use the same **8 Induction STEPS** process for **EACH CODE**, ending with a **Final Set Induction** of the "**Vertical Run Consolidated 3-Code Set**" corresponding to the **Second Code Set**.

Heart of Eff-E'-Mah Induction for all of the *G.V. Code* does NOT have to be done "all in one sitting"; you can **take a break**, for as long as you desire or require, at **any time between Code Inductions** (after finishing Induction of one Code, before beginning Induction of the next Code). Whenever you return to this *Technique*, just "**Pick up where you left off in the Code Induction Sequence**" and continue on from there. ...**Heart of Eff-E'-Mah Induction** of the **FULL "Safe-Haven Rainbow Run Emancipation Corridors 4-Code Set"** and the "**Safe-Passage Solar Window 3-Code Set**" engages **preliminary frequency activations** needed for the longer **Complimentary Up-Shift Tool-2: The Krystal Caverns Safe-Haven Activation, EarthCync™ Free Link-In Journey Technique** soon to be posted.

The **8 Induction STEPS** for “The **TRIUMPH of Triumphs Quick-Link EarthCync™ Technique**”

(The Heart of Eff-E'-Mah GO Vertical™ Code Induction)

IMPRINTING the **G.V. Code Encryption** within the **Heart of Eff-E'-Mah Point**:

1. Sit or stand with your *face and body facing* the **G.V. Code**. Look at the Code (Online View or Print Copy), holding a **steady, relaxed visual gaze** on the “entirety” of the *Code image*.
2. Retaining visual focus on the Code, **INHALE** slowly and deeply, filling your lungs with air, and briefly “**HOLD breath at the TOP of the Inhale**”, while **imagining** that the *Inhale Breath* is also “**filling and charging your Heart of Eff-E'-Mah Point** (at the bottom of the Breastbone)” .
3. Now slowly and steadily **EXHALE**, using the *Exhale Breath* to send a “**Stream of Energy**” (*TrhU'-ah Plasma Body Flows*) **horizontally outward** from your **Heart of Eff-E'-Mah Point**, and **directly into** the **Code Image**. As you *Exhale*, imagine that you are “**filling the entirety of the Code image**” with *Plasma Energy* from your *Stream*. When your lungs have fully emptied, for a moment “**HOLD at the BOTTOM of the Exhale**” and imagine that your **Plasma Energy Stream** is “**Picking up an IMPRINT**” of the *mathematical-geometrical Encryption* of the *Code*.
4. Now **INHALE** slowly, steadily and deeply, using the *Inhale Breath* to draw your now-**Code-IMPRINTED Plasma Energy Stream** back into your **Heart of Eff-E'-Mah Point**. When your lungs have completely filled with the *Inhale Breath*, briefly “**HOLD at the TOP of the Inhale**”, allowing the **Code IMPRINT** to momentarily “**Settle**” into your *Heart of Eff-E'-Mah Point*.As the *Code IMPRINT* “**Settles**”, it will **stimulate activation** of the *corresponding organic Encryption* within your **Personal TrhU'-ah Plasma Body Template**, allowing the corresponding “**Rainbow River Transposition Flows**” frequencies to **Initiate Activation** within your **Personal TrhU'-ah Plasma Body Template**.
5. **EXHALE** gently, and return for a few minutes to your **usual breathing rhythm**, while the *G.V. Code-Encryption IMPRINT* continues to “**Settle**” in your *Heart of Eff-E'-Mah Point*. As you **breathe normally**, in a gentle, relaxed manner, place your **focus** of attention on your **Heart of Eff-E'-Mah Point**, and **Sense** for “**subtle energetic activity**” taking place in this region of your body, as the *G.V. Code IMPRINT* continues to “**Settle**”; such sensed activity will be the “**RESONANCE Factor**” of the *G.V. Code*. You may feel a “**sensation of mild heat or coolness**”, or detect a “**sensation of subtle vibration**” or “**Fizzing**” in this region, as the *G.V. Code IMPRINT* “**Settles**”; if you are more **visually inclined**, you may be able **see energy-activity** occurring with your “**Inner Vision**”. If you **detect nothing**, this is **fine also**, and the *G.V. Code* IS still engaging its “**Settling**” process.

ACTIVATING the **G.V. Code Encryption** within the **TrhU'-ah Plasma Body**:

6. After breathing normally and gently for a few minutes, with your **focus** of attention still on your **Heart of Eff-E'-Mah Point**, **INHALE** slowly, steadily and deeply, **directly into** your *Heart of Eff-E'-Mah Point*, using the *Inhale Breath* to “**CONTRACT the G.V. Code IMPRINT**” into a “**TINY, Tightly-Contracted PLASMA BALL**” within the **Center** of your *Heart of Eff-E'-Mah Point*. Briefly “**HOLD at the TOP of the Inhale**”, as the Full *G.V. Code IMPRINT* completes contraction into the **Plasma Ball**.
7. Now, **EXHALE** Firmly, Forcefully, and Quickly from your **Heart of Eff-E'-Mah Point**, using the *Exhale Breath* to Rapidly **EXPAND** the *Code-IMPRINTED TINY PLASMA BALL* “**Outward in All Directions**”, “**POPPING**” the **Code-IMPRINTED Plasma Ball** Outward until it forms a **LARGE PLASMA SPHERE, 12 feet (3.6579 meters)** in **diameter**, completely **surrounding your physical body**. Briefly “**HOLD at the BOTTOM of the Exhale**” as the Full *G.V. Code IMPRINT* completes **Expansion Outload** into the **LARGE PLASMA SPHERE**.
8. Return to normal, gentle **breathing** for a few minutes, and **Observe** or **Sense** that the **Visual G.V. Code Image** is now “**fully expanded outward to fill the entirety of the Large Plasma Sphere around you**”; imagine this as if there is a **12' diameter G.V. Code Image** “**standing upright**”, and “**extending outward to the Left & Right from the center-line of your CVC**”. The *Heart of Eff-E'-Mah Induced G.V. Code Encryption* is now **Fully ACTIVATED** within your **TrhU'-ah Plasma Body**. **Sense** for moment to **FEEL** its **Gentle Oscillation** surrounding and permeating your physical body; such sensed activity will be the “**RADIANCE Factor**” of the *G.V. Code*. If you **detect nothing**, this is **fine also**, and the *G.V. Code* IS still **ACTIVATED** within your **Personal TrhU'-ah Plasma Body** and **Plasma Template**. **This completes ONE G.V. Code Induction**.