

## **About the TRANSMUTE Creation Programme**

This programme is very strong, so after completing each process, allow space to collect and centre yourself afterwards, especially when you first start using it. Over time it will grow stronger but so will you. Eventually you will be able to collect and centre yourself more quickly after completing the programme.

I recommend you do the programme standing or sitting because, its energetics are so strong and new to you, you could drift and lose focus if doing it lying down plus it's tricky to visualise when lying down. Standing keeps you the most alert and empowered. Sitting is ok as well but only if you can maintain your focus as you go through the process.

**It is essential that once you have decided the topic you are going to TRANSMUTE, don't try to visualise other things or manipulate the energies while you go through the programme as it may hinder your results.**

Any experiences that spontaneously arise unprompted by you consciously, are totally natural and fine and may offer insights in and of themselves however, even if experiences are arising, hold your focus on the process and don't get distracted. If you get distracted whilst doing the process, go back to the beginning and start again.

**The TRANSMUTE Creation Programme operates differently from all the other Creation Programmes, including the Vaccine Programme.** Why? Because the process you do for TRANSMUTE has been designed as more than a "click now key." The TRANSMUTE process is training your entire Being in the art of rapid transmutation of all density. As density clears, new energetic pathways of Divine Light expression are being opened. These energetic pathways will build within you to gradually cultivate potent connections and alignments with Divine energetics aka embodying the Divine in all levels of your Being, including your physical expression.

**You can do TRANSMUTE at your discretion** as often as you want and on as many topics as you want **however you must do this in accordance** with your ability to collect and centre yourself after going through the programme's process. As you use the programme you will discover what works best for you.

## **My advice re finding your balance using TRANSMUTE**

Please keep in mind that doing too many TRANSMUTES in succession may confuse your Being, so less is more. I recommend that you start with 1 - 2 different Transmute topics per day only. As you grow clearer and stronger you may find you can do more TRANSMUTE topics in a 24-hour period. In general, less is more.

TRANSMUTE should be always done very consciously, never on rote. I recommend on the days you are doing TRANSMUTE, do either none or just 1-2 other Creation Programmes in the mix. You will need to be the judge of this and what your Being can handle, for example, if you are doing a mix of Creation Programmes including TRANSMUTE and you start feeling ungrounded, then decrease or stop other Creation Programmes and stick with TRANSMUTE as a standalone or vice versa.

## **Example of overmixing Creation Programmes**

Recently someone was doing their Vaccine Prep Creation Programme (which is another big Kahuna programme) but they had also done the ELEVATE Creation Programme in the same sitting. They contacted me concerned that they were feeling strange symptoms including feeling off balance. In this case, ELEVATE was too much when mixed with the huge Light influxes in the Vaccine Prep Creation Programme. Once they stopped using ELEVATE in the mix, their balance returned. TRANSMUTE however, makes a brilliant duo with the Vaccine Recovery Programme.

## **How often will you need to TRANSMUTE the same issue?**

Generally, you will need to TRANSMUTE a particular issue until it has been transmuted i.e. when you feel it is gone, or it literally no longer bothers you, or never crosses your mind aka it's forgotten, or you just know it is "done."

Selected topics may and can TRANSMUTE instantly, and many others take time. Remember we are complex Beings, often with many different layers to unravel. The good news is, once you have successfully transmuted and finished with a certain topic, you may notice that other "topics" have dropped away as well. This is a great side effect!

**You can use the TRANSMUTE Creation Programme to work on transmuting** anything and everything you would ever want to shift from e.g. inner density to Light, fear to

peace, low road to high road, duality to Oneness, tribal consciousness to Cosmic Consciousness etc.

### **Examples of topics you could select to TRANSMUTE**

“TRANSMUTE...all negativity within me, any negative energy within me relating to the vaccine, my fears, the fear I am feeling, my fear of\_\_\_, the pain in my left side, my ignorance, the anger I am feeling, my anxiety, the anxiety arising within me, my stress about\_\_\_, my block re\_\_\_, my limited thinking re\_\_\_, my resistance to\_\_\_, the resistance I keep feeling about\_\_\_, my over busy way of living, my inability to let go of\_\_\_, my lack of finding work I love, my lack of finding my vocation, my procrastination issues, my procrastination around\_\_\_, my painful joints, my painful knee joint, the pain in my knee joint, the tension in my jaw, the tension in my body, my self-absorption, my obsession with\_\_\_, my level of annoyance with \_\_\_\_, the victim energy which enslaves me, my inability to know what to do re\_\_\_, my lack of vocation, this anxiety within me, the imbalance within my immune system, the suffering I keep feeling, the nightmares I am having, the sadness I feel, my monkey mind, my past trauma of\_\_\_, the sense of helplessness I am experiencing, my feelings of being controlled by\_\_\_my sense of lack around\_\_\_, any weakness within my body (or mind, emotions etc)” **and a zillion other possibilities.**

**Never try to transmute another soul nor external situation.** Always transmute from within yourself e.g. if you feel someone or a scenario is treating you unfairly, select a topic, or several topics to transmute over time, which address and transmute the negative experiences you are feeling about it.

### **FYI from good old Google re the meaning of Transmute**

*To change or alter in form, appearance, or nature and especially to a higher form. Some common synonyms of transmute are convert, metamorphose, transfigure, transform, and transmogrify. While all these words mean "to change a thing into a different thing," transmute implies **transforming** into a higher element or thing.*