

AUGUST RUSH 4 TWENTY EIGHTEEN

DAY BY DAY PAGE 1

MOST DAYS ARE UPDATES THIS MONTH, **UPDATES** WILL BE IN **ALL DIFFERENT COLORS** NON UPDATES ARE IN BLACK

I WILL BE USING THE SAME **COLOR** FOR THOSE DAYS THAT ARE COSMIC INFUSION DATES, FOR THOSE DATES I WILL CALL THEM BY THE NAMES THEY CAME TO ME WITH. THEY ARE NOT ENGLISH NAMES, WHAT I PUT ABOUT THOSE DAYS WILL BE IN HEAVY CODE. THE TIPS I GIVE FOR THOSE DAYS WILL BE SIMPLE (THE NEXT LEVEL WILL ADDRESS **THESE DAYS**)

ALL 3 AIR SPEED ACCLIMATION DAYS WILL BE IN THE SAME COLOR

8-1-18 THIS IS DAY THAT YOU WILL ACCESS SOME STRONG INTEGRATION ENERGY, THIS ENERGY WILL NOT PUSH YOU IT WILL JOIN WITH YOU AND SUPPORT YOU IN ADJUSTING TO AUGUST.

SAY: THE BLESSINGS OF TIME ARE MY BLESSINGS

FOOD: CUCUMBERS

OIL: EVERGREEN, BIRCH, PINE, EUCALYPTUS

BODY FOCUS: MASSAGE RIGHT INNER WRIST

8-2-18 THIS WILL BE A DAY THAT CONCENTRATES ENERGY IN THE BRAIN STEM, MASSAGE THE BACK OF YOUR NECK PERIODICALLY MOVE YOUR RIGHT ANKLE A FEW TIMES IN THE AM

FOOD: CHICKEN AND/OR PORK

COLOR: BREATHE THIS COLOR

8-3-18 BREATHE BLACK IN THE AM THAT WILL SUPPORT ACCOMMODATING THE BRAIN SHIFT THAT YOU GOT THE DAY BEFORE RECOMMENDED TO EAT OR DRINK SOMETHING WITH BASIL

8-4-18 THERE IS AN ENERGY OF PEAKING TODAY WASH YOURSELF WITH GREEN **IN AM**, **IN AFTERNOON**, **IN PM** (TIME TO GROW UP)

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ALL 3 AIR SPEED ACCLIMATION DAYS WILL BE IN THE SAME COLOR

8-5-18 THIS DAY IS FOR SOME DENSIFYING OF SOUL DNA, THIS WOULD BE A GOOD DAY TO HAVE CITRUS, THIS WILL BE A DAY YOU CAN GET THINGS DONE. MORE ENERGY!!!!!!

8-6-18 DENSIFYING CONTINUES, GOOD DAY TO HAVE ICE TEA, YOU WILL STILL HAVE MORE ENERGY BUT GOING TO BED EARLY IS A GOOD IDEA

8-7-18 OPEN BEGINS TO BE DEEPENED, THIS IS WHEN THE DNA TUNING THAT TOOK PLACE THE LAST TWO DAYS WILL REALLY KICK IN. MASSAGE INNER RIGHT ELBOW TO CONCENTRATE YOUR ENERGY BETTER.

**ACTION: STRETCHING ESPECIALLY OF NECK IS RECOMMENDED
FOOD: RICE, RICE, RICE, RICE**

I WILL START THE NEXT DAY ON THE NEXT PAGE: THAT IS A HEARTS UP TO YOU THAT THE ENERGY WILL ESCALATE ON THE NEXT PAGE

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(THE NEXT LEVEL WILL ADDRESS **THESE DAYS**)

ALL 3 AIR SPEED ACCLIMATION DAYS WILL BE IN THE SAME COLOR

**8-8-18 LARGEST DAY EVER: RISING COUNTRY FRANCE: THERE WILL BE A
STRONG ENERGY OF SOUL RETURN. WHAT THIS MEANS TO ME IS LOTS OF
PAST LIVES WILL BE ACTIVATED STRONGLY AND QUICKLY (THE 5TH INTER-
SOULULAR DNA SHIFT IS PART OF THIS) THAT OPEN REALLY STARTS DEEP-
ENING IS ALSO PART OF THIS. BUT THE MAIN ELEMENT THAT WILL KICK
THIS INTO HIGHER GEAR IS THAT RIGIDITY IS LEAVING. THE SOUL WILL
WANT TO DO MAJOR HOUSE CLEANING TODAY**

PHRASE: IF IT DOESN'T SERVE I CAN LET IT GO

COLOR: APPLY **THIS TO LEFT PALM**

FOOD: MUSTARD (MUSTER UP GREATER SOUL CONVICTION)

**ACTION: GROUND WITH THE GREAT SMOKY MOUNTAINS ENERGY IN AM
THE LIGHT MASSAGE FOR THE 5TH SHIFT (SEE TIPS PAGE**

**8-9-18 COSMIC INFUSION SEPTIMUS ATTA RUSH. MARS PINGS THE NEURO-
CELLULAR FUNCTION OF SADNESS TODAY**

SAY: MY BRAIN KNOWS THIS AND SO DO I

MASSAGE RIGHT INDEX FINGER (ACTIVATE SOUL BRAIN INDEX)

FOOD: BEETS

COLOR TO BREATHE IN AM IS THIS COLOR

IF YOU EXPERIENCE SADNESS CONNECT WITH SOUL EVOLUTION ENERGY

**8-10-18 THE SADNESS EXPERIENCE OF YESTERDAY WILL REALLY IMPACT THE
SOULS THAT CHOOSE NOT DONE, ANTICIPATE THEM BEING OFF BALANCE AND
USE HEART THE GAP (SEE INTERPERSONAL TIPS PAGE, I KNOW I KEEP RE-
FERRING YOU TO PREVIOUS PAGES, BUT LOOKING BACK WILL BALANCE YOU)
WEAR RED, OR CARRY IT**

DAY BY DAY PAGE 4

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8-11-18 TAKE TIME TO INTEGRATE, THIS **COLOR** APPLIED TO YOUR SOLAR PLEXUS WOULD BE GOOD

8-12-18 BEST TO GROUND HEAVILY TODAY IT WILL SUPPORT YOU IN BEING READY FOR TOMORROW
GREEN IN LEFT WRIST, FOOD PEACHES, OIL LAVENDAR, PHRASE: I AM GOOD TO GO

8-13-18 THIS WILL MAKE THE LARGEST EVER UPDATE OF 8-8-18 SEEM LIKE A PICNIC. BEST TO GROUND FOR AT LEAST 10 MINUTES IN AM. CHECK OUT THE INTERPERSONAL TIPS PAGE (HINT IT HAS SCRUBBING BUBBLES ON IT). OUR FRIEND "B" SHOWS ME THIS DAY IS GOING TO BE LIKE BEING TOSSED AROUND IN A STORM. SOLIDIFY OUR BASE EAT BLACK CHERRIES.

PHRASE: I AM THE CALM IN THE STORM

COLOR: BREATHE THIS ONE PERIODICALLY THROUGH OUT THE DAY

THIS IS A AIR SPEED ACCLIMATION DAY AND A COURSE CORRECTION DAY, A TURNING OF THE WHEEL DAY, STAY ON TOP ("B" SAYS THAT SOUNDS FUNNY) OF YOUR EMOTIONS. REFER TO THE LITTLE SURFBOARD IMAGE ON THE TIPS PAGE YOU CAN RIDE THIS

8-14-18 THERE WILL BE SOME CONFUSION ABOUT WHAT WENT ON YESTERDAY, BE PREPARED FOR THAT. RUBBING PALMS TOGETHER WILL BE VERY CALMING AND BALANCING.

FOOD: RED TOMATOES

GRACE FILLED ACTION: RUNNING IN PLACE

PHRASE: GRACE WILL AND HAS SEEN ME THROUGH

8-15-18 SOME SUBTLE PUSHING ENERGY TODAY AS OPEN IS DEEPENED EVEN MORE

PHRASE: I SURRENDER TO THE DEEPENING OF ME

SUPPORTIVE ACTION: MASSAGE JAWLINE

SUPPORTIVE COLOR THIS TEXT COLOR

8-16-18 ATTA RESITA PUSH, THIS IS ORCHESTRATED BY MARS, THIS WILL BRING UP OUR SOUL PERFORMANCE. SURRENDERING TO IT IS BEST. TIPS BELOW SUPPORT THAT SURRENDER AND AS ALWAYS WHATEVER YOU KNOW TO DO IS BEST

FOOD: PROTEIN, BEETS, CHEESE, CRACKERS (EATING OR ENERGETICALLY CONNECTING)

BEVERAGE: WATER WITH LIME

ACTION: PELVIC THRUSTING FRONT AND BACK (SEE HELPERS' PAGE)

GREAT DAY TO FIND SOMETHING FUNNY TO WATCH, WEAR AND/OR DO

8-17-18 CONNECT WITH INDONESIA, BREATHE BLUE IN AM AND SAY: CELLULAR REMEMBERING IS RISING IN ME

IN PM PUT A DEEP BLUE IN YOUR TORSO, TOMORROW IS A BIG DAY

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ALL 3 AIR SPEED ACCLIMATION DAYS WILL BE IN THE SAME COLOR

8-18-18 TIBET RISES AND FREES SOME SOUL MAGIC SAY: I WORK WITH SOUL MAGIC, ENTITLEMENT LEAVES THIS WILL SPUR SOME ERRATIC ENERGY ESPECIALLY IN THE AFTERNOON. THE 6TH INTER-SOULULAR DNA SHIFT KICKS IN - THIS IS OF THE PELVIC BONES AND WILL REALLY PUSH THE ENERGY OF SOUL ACCEPTANCE DEEPLY INTO OUR BONES

AM: GROUNDING FOR THREE OR MORE MINUTES, BREATHE THIS COLOR AT THE SAME TIME

AFTERNOON: MASSAGE HIP BONES (CONNECT WITH HIGHER MAGNETIC RESONANCE)

PM: PROTEIN, AVACADOS, HUG YOUR SELF, WAY TO GROW

8-19-18 PRESID INTAS IS INSTALLED DIRECTLY INTO THE SPINAL COLUMN AND ANCHORED INTO THE HIPS. SHIMMYING HIPS AND SHOULDERS WILL HELP THE INTEGRATION OF THIS SHIFT INTO THE BRAIN. THIS INFUSION IS COMING FROM PLUTO

AM: MASSAGE ANKLES, BREATHE THIS COLOR SAY: MY BONES REMEMBER SO DO I

AFTERNOON: SHIMMY TIME!

PM: BE VERY ACTIVE (WHATEVER WAY IS THERE) FOR 5 MINUTES, EAT GRAINS,

GOING TO SLEEP EARLIER THAN USUAL WILL HELP YOU BALANCE YOUR SPINE

8-20-18 ROCKING WILL HELP YOU ROCK THE PLUTO INFUSION AND PREPARE YOU FOR THE LARGE JUPITER INFUSION COMING TOMORROW

8-21-18 OMEGA ION RUSH THIS WILL ISOLATE THE DOMINANT ASCENSION GENE THAT IS IN THE BRAIN AND TRIGGER IT TO MOVE INTO HIGHER GEAR

AM: MASSAGING KNEE CAPS, SAY: I CAP OFF RESISTANCE

AFTERNOON: UNDER RIGHT ELBOW LIGHT TOUCHES (CONNECT WITH DNA RAINBOW)

NIGHT: GOOD TIME TO SET SOUL DIRECTION-THIS WILL LOOK DIFFERENT FOR EACH ONE

8-22-18 YESTERDAY MOVED LOTS OF ENERGY, GIVE YOURSELF PLENTY OF TIME TO WAKE UP. THERE WILL MOST LIKELY BE SOME CONFUSION THAT PEOPLE EXPERIENCE FROM YESTERDAY BE AWARE OF THIS. AGAIN, I RECOMMEND THE INTERPERSONAL TIPS PAGE

YOU CAN SUPPORT YOUR CELLULAR INTEGRATION BY EMPHASIZING EATING GREENS AND HIGH PROTEIN

8-23-18 AIR SPEED ACCLIMATION DAY: REMEMBER THESE DAYS REALLY HIGHLIGHT THE GAP. CHECK OUT THE INTERPERSONAL TIPS PAGE. I ALSO RECOMMEND THE HELPERS' PAGE, ESPECIALLY BLACK CHERRY AND BASIL, AND THE MANTRA. REMEMBER THIS IS ALSO A COURSE CORRECTION DAY. OUR FRIEND "B" SHOWS ME THAT ON THIS PARTICULAR DAY IT WILL BE AS THOUGH SOULS ARE REELING, BE AWARE

AM: SIT ON THE GROUND, LIGHTLY FACE/STROKE YOUR UPPER THIGHS SAY: I STAY ME

8-24-18 PLAN SOMETHING LIGHT EASY AND FUN FOR YOURSELF, TAKE TIME TO BREATHE THIS COLOR, TOMORROW IS A BIG DAY, REST UP! THE REST OF THE MONTH IS NO HOLDS BARRED!

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8-25-18 OLYMPISA TRUT RUSH JUPITER STEPS IN BECAUSE WE ARE TO STEP UP. THIS DAY WILL HIT THE CENTRAL PART OF THE BRAIN. WE ARE TO RETURN TO CENTER— IT IS TIME

THIS IS THE LARGEST UPDATE YET

IN THE AM TAKE TIME TO REALLY STABILIZE YOUR CORE, I SUGGEST THAT WHAT YOU DO IS FILL YOUR WHOLE TRUNK WITH CORAL, BUT YOU DO WHATEVER IS THERE FOR YOU

FOOD: EAT WHAT BRINGS YOU THE MOST AND EASIEST ENERGY, THIS CENTRALIZING OF CORE WILL TAKE LOTS OF ENERGY

“B” SAYS PEOPLE WILL REALLY BE IN A DAZE, DRIVE ACCORDINGLY, INTERPERSONAL TIPS GOOD IN PM MASSAGE KNEES, AGAIN EARLIER TO BED IS A GOOD IDEA!

8-26-18 (YES, TWO IN A ROW) ICANTA REIUS IS SET. THIS IS THE LARGEST SOUL RECALL TODAY THAT WE HAVE HAD SO FAR. AGAIN, LOTS OF PAST LIFE TRIGGERS, AGAIN VERY CHALLENGING FOR SOULS THAT CHOOSE NOT DONE. “B” SHOWS ME PEOPLE METAPHORICALLY WALKING AROUND AND RUBBING THEIR FACES LIKE THEY DON’T QUITE GET WHAT IS GOING ON. BE AWARE

PLAN ON SPENDING QUITE SOME TIME TO PREPARE FOR BEING AROUND PEOPLE (TIPS AND INTERPERSONAL TIPS HIGHLY RECOMMENDED)

THIS WOULD BE A GOOD DAY TO SPEND TIME OUTSIDE, CONNECT WITH NATURE ESPECIALLY CONNECT WITH TREES (TO BRANCH OUT ROOTS HAVE TO BE DEEP)

FOOD: BANANAS, ANIMALS: CONNECT WITH CHIMPS COLORS: THIS ONE IN ABDOMEN

PM: EARLIER TO BED AIR SPEED ACCLIMATION TOMORROW

***8-27-18 AIR SPEED ACCLIMATION, THIS IS TIMES 2 MORE THAN THE LARGEST UPDATE BEFORE. OUR FRIEND “B” SHOWS ME IMAGERY OF CARS JUMPING TRACKS FOR THIS DAY. THIS IS THE LAST AIR SPEED ACCLIMATION DAY AND PEOPLE HAVE TO BE UP TO SPEED AND ON TRACK. BE AWARE OF THIS WHEN YOU DRIVE. IF YOU HAVEN’T HEARTED THE GAP YET, TODAY WOULD BE A REALLY GOOD DAY TO START (THIS IS ON THE INTERPERSONAL TIPS PAGE).**

AM : HEAVILY GROUND THE ENERGY OF CORAL INTO YOUR NECK (THIS WILL SUPPORT YOU IN BALANCING SOUL AND HUMAN ENERGY, AND PREPARE YOU FOR THE 7TH INTERSOULULAR DNA SHIFT THAT STARTS TOMORROW

AFTERNOON: BREATHE THIS COLOR

PM: PLAN SOMETHING LIGHT HEARTED, GIFT YOUR SELF WITH LAUGHTER

***THIS WOULD BE A GOOD DAY TO INCORPORATE AS MANY IDEAS FROM THE TIPS, INTERPERSONAL TIPS, AND HELPERS’ PAGES**



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8-28-18 7TH INTERSOULULAR DNA SHIFT BEGINS, NECK MASSAGE AND APPLICATION OF ROSE OIL RECOMMENDED. ENGLAND RISES! I WILL HAVE MORE ABOUT THE IMPORTANCE OF THIS RISE IN THE NEXT LEVEL. A LAYER OF HATE LEAVES. "B" SHOWS ME THIS WILL THROW PEOPLE OFF BALANCE AND GREATLY HEIGHTEN THE EXPERIENCE OF THE GAP

AM: BREATHE THIS COLOR (LET IT BARE EASE IN YOU AND AROUND YOU)

FOOD: CUCUMBERS, PEPPER, BASIL

ACTION: STANDING ON TIP TOES (WE ARE IN THE SOUL STRETCH)

8-29-18 THIS IS STILL AN UPDATE BUT NOT AS VOLATILE AS THE NEXT TWO WILL BE, SO THIS IS A GOOD DAY TO REGROUP AND INTEGRATE. USE THE WAYS THAT BRING YOU THE MOST PEACE (BRING PEACE IN AND THROUGH YOU, YOU ARE WORTHY AND TIME IS READY)

8-30-18 THIS WILL BE A DAY THAT ALIGNS ALL THE INTERSOULULAR DNA SHIFTS WITH EACH OTHER. THIS COULD IMPACT BALANCE BE SURE TO HONOR AND SUPPORT YOUR KNEES TODAY. IT WILL ALSO BRING A DEEPER APPLICATION OF OPEN IS DEEPENED. EAT PROTEIN FREQUENTLY THROUGH OUT THE DAY. THIS DAY WILL ALSO COMBINE ALL THE PREVIOUS COSMIC INFUSIONS AND INTEGRATE THEM WITH THE CORE OF EARTH.

YOU CAN TELL THERE IS A LOT GOING ON THIS DAY. GOING BACK TO THE COACHING METPHOR ON THE TIPS PAGE, THIS IS LIKE THE PRACTICE BEFORE THE GREAT BIG GAMES THAT WILL BE THE NEXT TWO DAYS. PREPARE IN THE WAY THAT WORKS BEST FOR YOU, ANY TIPS, INTERPERSONAL TIPS, AND HELPERS ARE RECOMMENDED. "B" SAYS YOU CAN ALSO CALL ON THE JOYFUL BUDDHA FOR SUPPORT



8-31-18 THIS COSMIC INFUSION IS IN ENGLISH AQUARIUS MATRIX IS LAUNCHED, WE HAD A HUMAN DNA SHIFT TO AQUARIUS ON 7-29-18 (I WILL PUT OUT DOCUMENTS ON THIS SOON) THIS LAUNCHING WILL CEMENT (SEE MEANT) THE AQUARIUS ENERGY IN US AND AROUND US

THIS DAY SHOWS ME THREE HITS 12:00 NOON, 3:00 PM, 8:00 PM

12:00 NOON ENERGY WILL FELT STRONGLY IN THE SHOULDERS (MASSAGE YOURS)

3:00 PM SHIFT WILL BE STRONG ("B" SHOWS ME PEOPLE SWEEPED OFF THEIR FEET) MASSAGE SACRAL

8:00 GOOD TO SIT FOR A FEW MINUTES (MERCURY AGREES TO PROVIDE SUPPORT DURING THIS TIME

OVERALL SUPPORT: EAT GREENS, BREATHE GOLD, REMEMBER: TIME IS FRIENDLY

9-1-18 MAITANA ARTUS COMES BACK TO VAULT US INTO THE UNITING OF THE SOUL KINGDOM, KINGDOM HAS COME. THIS COURTESY OF TERETUS (ORION'S BELT) IN TERM'S OF ENERGY THIS DAY WILL BE AN ACCUMULATION OF AND EXPONENTIAL RAISING OF ALL THAT HAS BEEN BEFORE

