

The Twelve Origins

THE GEO 3 HANDBOOK

Oliver Niño

SEPTEMBER 2026

Contents

Read This First	2
Part One: How Origins Work	4
Part Two: The Twelve Origins	17
Origin One: Atlantean	18
Origin Two: Egyptian	21
Origin Three: CreatorRealm	24
Origin Four: AscendedMasters	28
Origin Five: MedicineWoman	31
Origin Six: TimeHoppers	34
Origin Seven: Anunnaki	38
Origin Eight: Mayan,withOracle	41
Origin Nine: CouncilMember	44
Origin Ten: Andromeda	47
Origin Eleven: Pleadian	49
Origin Twelve: Arcturian	52
The Modalities	54
Modality One: TheOriginActivationandtheAttunements	55
Modality Two: TheStellatedDodecahedron	58
Modality Three: WorkingwithTime	60
Part Three: Reference	63

Read This First

This handbook is built from what I have actually said in the GEO 3 calls, virtual events, and Q&As that were recorded from July 2025 through June 2026, plus the GEO 2 calls and my books where they touch the same ground. It covers the twelve origins I activate and reveal in GEO 3, in the order of their numbers:

1. Atlantean
2. Egyptian
3. Creator Realm
4. Ascended Masters
5. Medicine Woman
6. Time Hoppers
7. Anunnaki
8. Mayan, with Oracle underneath it
9. Council Member
10. Andromeda
11. Pleiadian
12. Arcturian

It also covers the modalities that carry the origins: the origin activation and the attunements that follow it, the stellated dodecahedron, and the work we do with time.

This one is a little different from the GEO 1 and GEO 2 handbooks. In GEO 3 the definitions come on the day of the reveal, along with the written sheet you receive. This handbook is built from everything around that day: the day before, when I read your numbers with an energy behind them, the day after, when you came back with questions, and the calls in the weeks and months that followed. That is where most of the real teaching on origins happened, because it is where people brought me what was actually happening to them.

Two things before you read.

First, read Part One before you read your own chapter. In GEO 3 the origin you got matters less than how origins work, and Part One is where most of the actual teaching lives. A lot of what I said to a Mayan student applies to a Council student, and the other way around.

Second, do not treat this as the last word on your origin. I said it on the call a week after one reveal and I will say it again here. A lot of what is written about these origins online is inaccurate or incomplete, because it was written by people studying them from the outside. If you read a book on your origin you are going to get one or two percent of it. Sitting in the energy of it for one minute will teach you more. This handbook is closer than a book, because it came out of the room, but it is still words. The origin has to be lived.

Part One: How Origins Work

What an origin is

I will be honest, I use the word origin because I do not have a better one. Origin is a very human word. It means where you come from. It is the closest thing I have found to what this actually is.

The best way I can put it is this. Think about everything you have ever learned, every skill, every lesson, every memory, everything you have lived through in your entire life. That is the origin. Now think about everything you learned and experienced in just the last week. That is your primary gift, and your master gift. The primary and the master give you a snapshot of one part of the journey. The origin is the whole journey of your soul, your existence.

When people asked me whether the origin is the first place their soul was ever incarnated, or the soul mission for this lifetime, I said it can be both. Sometimes the origin is the highest level your soul has gone through or ascended to. Sometimes it is the inception point, where it started. I have seen people ascend to the level of an origin and I have seen people originate from it. A year after I said that, I put it more simply: an origin is almost like where your soul has traveled to.

And when I first described GEO 3 to a GEO 2 group in 2024, before any of you were in it, I said one of the big things we do is origin, origin of the soul. It is the closest thing to master gifts, and it is like tracing the origin of your soul.

So under a master gift you might have several primary gifts, and under the origin you might have even more gifts. The origin is the one at the top. A lot of things flow from it.

Origins are not the only thing you have ever done

A student asked me a good question. If we are all from Source, and we are all one, isn't our origin really any of these?

Think about it like the human experience. We all come from the same place. That does not mean we all have the same background, the same journey, the same skills, the same people we met along the way. The origin is about discovering the unique, specific things you picked up along your journey, the things that have already been lived, so you can use them here and now.

So when I pull an origin for you the first time in GEO 3, I am mostly looking at where you are in your life and where you are stepping into. Which origin, which path you have lived, is going to be the most beneficial and the most relevant for what you are about to go through, whether that is the next

three months, six months, a year, five years. It is very specific. And there are a lot more origins than the ones I name in a class.

One of mine is a good example of why I do not just open everything. One of the origins that came to me back in Sedona was Hathor. My mind wanted to learn everything about it. The message I got was that the frequency would be completely beneficial to me if I was living in the ninth dimension, somewhere higher than Earth. In this lifetime, where I was, it was useless to me. Other than knowing it, there was nothing I could do with it. That was hard, because the part of me that wants to master everything wanted to go explore it anyway.

There is a reason for that. If someone has a hundred past lives, there is a reason you do not wake up remembering all of them every day. How would you know which reality you are in? We have a hard enough time with this lifetime. Imagine piling on all the pain, all the trauma, all the data from the others. You would be lost. Sacred knowledge knows exactly what you need, when you need it, not an ounce more, not an ounce less.

The soul is often ahead of the mind

The same rules apply for primary gifts, master gifts, and origins. What shows up is whatever your soul needs now. It is not what your mind thinks you need.

One of the reasons this is hard for people is that the origin often comes in as a predictive thing. Your mind is thinking, I need this because of what is happening now. Your soul is thinking, you are going to experience something in two weeks, or two months, and this needs to show up now so you are prepared, even though you have no context for it yet. Your mind cannot see the future. Your soul can. So there is a gap of questioning, where you do not know why you got this, or how it is relevant. Once you go through that cycle a few times and watch it unfold, you start trusting it before it makes sense.

The list changes

People have asked me whether there are origins beyond the ones I name, like Sirius or Orion or Lyra. There are. The list has changed throughout the years depending on the cohort. Some origins I do not talk about in certain cohorts, and some I have added. There are a lot, and then there is what is relevant for this lifetime and for where you are. It is a balance between not getting lost in all of it and staying with what is actually needed in your chapter of life, without ending up in analysis paralysis.

So the twelve in this handbook are the twelve on your sheet. They are not the only twelve that exist.

Why one person comes back with a different origin

It works the same as GEO 1 and GEO 2. I have seen people redo GEO 1 and get the same gift, and redo GEO 2 and get a different one. A lot of it is me reading the vibrational field. If you need to go deeper on the one you had, you get the same one again. If something has changed, in you or in your family or in your community or in the world, you might get another one, and the old one is still there.

One student had to step out of GEO 3 partway through when life took everything she had, and came back the next year. Her origin the first time was Egyptian. The second time it was Mayan.

With origins especially, what shows up can be situation specific as much as frequency specific, because when we use an origin it affects the greater good. What is going on in the world can change what needs to be activated at a given moment.

Treat your origin the way you treated your primary

Just because you got this origin does not mean you do not relate to the others. Origins are the same as any other gift. Your origin is the one that is blaring the loudest right now. The others you resonate with can still be there and can still be accessed.

I can tell you my own story with this, and it has changed a lot over the years. For the longest time one of the origins that came in for me was the archangel realm, or the Ascended Masters realm. There was a time I was called to explore, and it was more Pleiadian. There was a short period where it was Andromedan. Egypt fascinated me, but it was never really what I was called to. From 2016 to 2019 it was definitely Council. Right now it is probably more on the Ascended Masters side, and it might change. Origins guide you through what you are going through and what you are about to go through, and when you are done with that, another one is more suited for what is coming. After you have unlocked a few over the years, you might go through several in one day, or in one moment, because that is what the situation needs. At the highest levels it all blends.

The only limitation is comparison

A student told me that since she got her origin she felt limited. Her origin had one set of qualities, someone else had another set, and she wondered why she needed any origin at all when the ultimate source is divine.

Two things show up when origins come. The first is that it shows you what you still have to work on. The only limitation people have here is when they compare. They can do this, I do not have this, I want that one. Everybody has that. I had it when I first learned about gifts. And that is actually a big

block, and when it comes up and we address it, things open up even more. So the origin also works as a feedback mechanism for the mental blocks that are affecting all of your gifts.

The second is context. It is a little like being told your zodiac sign. You know the themes, it explains things. A lot of people outgrow their sign and live beyond it. It only defines you if you let it.

And you can still ask for anyone, at any level, in your healings. Angels, guides, whoever you call on, it is all still available. The origin is a part of your story being shared with you, a little like your mom telling you, when you were younger this is what you did. It does not mean that is all you are or all you have to do.

Nothing to fix

When people find out their origin, a lot of them finally take a breath. It explains why things have been the way they have been. Sometimes it shows them there was nothing to fix the whole time. Nobody gave them a manual growing up telling them this is how it works. Nobody gave me one either.

Origin work is remembering

The cool thing about origin work is that it is remembering more than it is learning. The clearer you are and the higher your vibration, the more comes to you and the more of it gets grounded into your being. Knowledge that was compartmentalized because you were not ready, or because you were not at the vibration to experience it, starts to come back.

That is why the foundational things still apply. From GEO 1 to GEO 2 to GEO 3, the rules still apply. The things we have practiced since day one are still the things that move it.

You build up to your origin

You do not just arrive at your origin. You build up to being able to handle it. It is always a build up.

That is by design. To get to GEO 3 you do GEO 1 and GEO 2. The primary gifts and the sacred geometry you practiced in GEO 1 make way for the master gifts in GEO 2. Those combine, and on top of that you are doing the soul lessons, the generational work, the selfless service, and playing with sacred geometries that expand you. When all of that compounds and reaches a point of momentum, it rolls over into the origin. It is sequential. If you had not done the earlier work, it would not show up the same way.

So when people ask me what the secret geometry is to get to the creator realm, I tell them it is like asking for the trick to become God. There is no trick. You expand yourself until you are in that consciousness. And it is not

replicated from person to person. Someone could do exactly what you did and not land in the same place, because something that was easy for them took real courage for you, and the courage is what shot you up.

It shows up before the reveal

Origins tend to show up before anyone tells you what yours is. I have heard it so many times. Colors and shapes in your healings. A clock that reads one one one, then two two two, all the way to five five five on the same day. A piercing frequency in your ears in the middle of the night and a light coming down through your crown. Feeling the gravity of something the day before it is revealed.

Your soul does not just throw you in. It warms you up. It gives you a little seed, a microdose of the energy, so it is not so jarring and you do not reject it the way you normally would. When I am starting an activation week, and during it, the origin starts showing up for some people as a kind of introductory handshake. You do not really need a handshake, because it is who you are, but it eases your mind into the frequency so it does not shock you as much. Then when you get the information, you can finally connect dots you could not connect before.

Clues: numbers, shapes, places

A Mayan student told me that the night before the origin activation she set the intention to see guidance, and saw something galactic and a big gold number three, and she had been seeing a triangle since GEO 1.

When you see things like that, a number, a shape, a place, it is usually a sign that what you are seeing is connected to the gift that is being given. It is a clue to where it is coming from and what is attached to it. It does not require you to understand it for it to work. It is actually the opposite. It is already working, and it is giving you the clue so you know. Usually when we see these things we are in the middle of an activation, or it has already happened. It is kind of like the PS.

Why it is hard to connect

When people tell me they are struggling to connect with their origin, it is almost always for one of three reasons.

The first is what they think it needs to look like, based on research, and it does not look like that.

The second is that they do not know the context of how that specific origin applies to their life.

The third is that it is already running and it is unconscious. The gift is active, but it has not bridged to the conscious mind, so the mind does not

know what to make of it. That is the most common one. Most of the time people are already connecting and just not recognizing it.

Mandy and I have days where we wake up and we are out of it, in a bubble, and later someone texts us about something that happened in the world that day. Our energy was being used somewhere else. Do I know exactly which gift was used, primary, master, or origin? No. I know the themes and the tones of it, not the specifics. When the gift is called, it shows up, whether you know how it works or not. The mind is always behind.

You do not have to see anything

A creator realm student told me that since GEO 1 she has never seen anything or heard anything during energy work, and with four weeks left in GEO 3 she wondered if she should be worried.

I hear this a lot, and it comes up in GEO 3 especially. Here is when you should be worried: if nothing had any effect. If you were exactly the same in how you process things, if the people you practiced on in GEO 1, 2, and 3 felt nothing, if their lives got worse, if yours got worse. If that is not the case, look at who you were before GEO 1 and who you are now, and the responses of the people you have worked with.

And for me, I do not see stuff. Maybe a word comes up every now and then. Maybe my stomach hurts a little, or my back hurts if someone's back hurts. Sometimes I feel someone's anxiety and it is intense. That is my feedback. There is no 3D animation for me, nothing playing in my ears, and it is not necessary.

What gets people is when someone shares and it is cinematic, with sound, in depth, and yours is crickets. So ask what that comparison makes you feel. For most people it brings up a part that feels unworthy or not good enough, and that is usually a wound from when they were young. What if, the entire time, not seeing is the thing knocking, saying this is the part that is ready to heal? On the other side of it, maybe you start seeing. Maybe you stop caring. Maybe you feel whole. And ask how long comparison has been in your family. If it is generational, you have another clue. It did not even begin with you.

The three centers every origin works on

A Council student asked me about energy stuck in her spine, right behind her heart. I have never really studied kundalini. What I do know is that when we are working on origin gifts, there are three points that need to be really clear, and those are the ones I look at with any big activation. The crown, the heart, and the root.

The origin comes through the crown. But your heart determines the vibration, so if there are blocks in your heart, it decides how high the crown

can go and how much it can handle. A clear heart lets the crown go really high. A blocked heart keeps it narrow, only at certain levels. And the root is how we ground everything we activate into the here and now. When there is a weakness in any of those three, that is typically what gets worked on.

Every other chakra is supporting.

So if your heart is the one being worked on, it is probably being called to level up so you can experience the origin in its fullness.

The heart audit

There comes a point where your heart is the biggest block to going higher. That is why some people in the spiritual community can only go so high. They miss that you can only go as high as your heart allows, and sometimes that means doing a little of the real world stuff.

So flip the script. Ask, is there anything in the human realm that is affecting my heart? A resentment I am holding onto. My heart closed in certain areas. Something I am holding against myself. At this vibration, even the smallest things that would not have bothered you in GEO 1 become really big. A level one becomes a level nine.

I know it is not fun. When I have to do it, it is not fun. But you would be surprised. You courageously deal with one of those, and the gift opens up in a way no technique can do for you. People come back and say, Oliver, I cannot stop it, it is happening at night, throughout the day. It is like a switch flips. Those are the leverage points at this level.

The mind is always last to align

I say it at the very beginning of every level and it is still true here. You can do the work on an energetic level and have it solved in reality, and your mind still thinks it is not solved. That is why we push so hard on integration. When things integrate, the mind gets a chance to catch up and go, oh, never mind, that is what it was.

The bar is higher in GEO 3

What you could get away with in GEO 1, you cannot get away with in GEO 3. That is one of the things I tell every GEO 3 group, and it surprises people.

When you go for the higher gifts, you are being required to shed anything that can hinder your vibration, even small things that would not matter if you stayed where you were. So you are going for it and suddenly you are asking, why am I healing again, why am I purging again, why is the mother wound or the father wound back, I thought that was done in GEO 2. It is back because it cannot exist at the vibration you are going to.

There is a reason the bar is that high. Origin based abilities do not only affect you. They affect a lot of people. They affect the world, timelines, generations. That is a big responsibility, and the price for it is an even higher frequency, and the little things that did not bother you in GEO 1 and GEO 2 cannot follow you anymore.

Some things also cannot be bypassed with energy. I can tell you from my own life. There was a time I could not speak my truth to my father. I would feel the block in my throat, clear it, and it would stay clear for a few days, and then I would see him again and it would come right back. That works for a while. At this level, at some point, what you need to say has to be said in real life. It is building you up to be able to do it.

Origin lessons

There is a pattern you are going to start noticing. Some of the things that show up in your life are not human lessons. They are origin lessons. They are lessons your origin wants you to relearn, or learn more deeply, here on Earth, because Earth is a great practice area for expressing these things.

A lot of soul lessons have origin lessons inside them. When someone keeps getting told they have to love themselves more, or open their heart, sometimes that is a soul lesson because it is an origin lesson, tied to the historical strengths and weaknesses of that origin. Every origin has its strengths, and every origin has its weaknesses here on Earth. Atlantis is the clearest example, and I go into it in that chapter.

The big jump in GEO 3

GEO 3 has a theme for almost everyone. It is a jump from external to internal. From lending your power out to owning it, and seeing the part you play as the creator of your own reality.

When this happened to me I was not happy about it. I was calling all my gifted friends, all the intuitives, all the psychics, give me the answer. That external help gets you to a certain place. Then it gets to a stage where relying on it keeps you where you are. For me, all my external sources stopped working. The channels were not channeling. The messages were not coming through. And it forced me to look within and trust myself, which is a gear that is very uncomfortable the first time you use it.

The other side of that jump is learning to sit in the void. The void, the unknown, the space where you do not have the answer yet. Your mind wants to fill it. A lot of people, when they feel that space, drink, or stay busy, because the mind acts up and the emotions act up. If you can stay a little longer, you start to see that the void is where creation happens. GEO 3 can be one of the most liberating GEOs and one of the most uncomfortable

ones for exactly this reason. You are building a relationship with something that feels unnatural until it is not.

Be easy on yourself through it

Origins are a big gift to experience. It is a big frequency, and there are a lot of intricacies that need to be addressed mentally, emotionally, energetically, and in the body. Sometimes removing the blocks is not enough. Sometimes the system needs to be supercharged to handle the frequency. Sometimes it is being stretched too much and needs time to adjust.

So here is what I said after one activation week, and I meant it for the whole group. Do not try to force the activation or how fast it unfolds. Do normal stuff. Rest. Be patient with yourself. We already pushed it to the limit. The formula is not let me try harder. Now we support ourselves mentally, emotionally, and physically for all the energetic changes we just went through.

Some people get tired after a lot of work. There are terms for it, trauma burnout. You have been carrying something for so long, especially if it is generational, that once it starts being removed you finally feel how tired you were. I tell people in GEO 3 all the time, if you need to take a week off, take a week off. Do not guilt yourself and do not give yourself rules about when you need to be out of it. You might be processing things for other people, or for generations. It is a lesson in loving yourself when it is not perfect.

And no technique speeds that part up. I have tried. I have looked for the secret geometry that would let me bypass it. There is no bypass. Usually what speeds it up is the soul lesson itself. Can you be patient with yourself. Can you be gentle with yourself.

Nausea, floating, and not grounding

The GEO 3 activation is very crown heavy. When we go really high really fast, some people get nausea, or vertigo, or wake up at three in the morning feeling sick. That is the experience for some people.

People have a rule that it is bad not to ground. During an activation, during something this big, let yourself fly. You are not activating like this every day for the rest of your life. It is like being in Sedona or in Egypt. The thing not to do there is sit and think about your mail at home. Enjoy what shows up, know it is a moment in time, and know there is probably a reason you cannot ground right now.

Outside of activations, the deeper you ground the higher you can go. I have always focused on energy coming from the top down, and I also use a lot of deep Earth energy. Deep Earth energy for support and grounding, and as high as you can go above for whatever you need to do. Everything in

between is a bonus. If you only went high, a lot of what you need here on Earth would not be relevant.

Groups amplify origins

One of the biggest things I recommend is to find people with the same origin. Make friends. Have an accountability group or a check in group. It speeds up and magnifies the activation.

As an individual you can only bring down so much of that origin energy. When people who share it are together, it creates a bigger energetic container, so more can come down, and it benefits the group and each person. Origin work done one on one is a lot harder than in a group. In a group you are not running on your own individual fuel. It is like being on a train. Once the train goes, you are getting there.

The numbers matter. In some GEO 3 cohorts there is nobody else with your origin, and sometimes there is one. One is a little difficult, but manageable. Two is a noticeable difference. Three is the pyramid structure where it starts to take off, and after that it is more exponential. Think of yourselves as antennas, transmitters bringing information down. When there are several of you, it can be shared and stored as well as brought down. Five is a really good number.

Origins as a pathway to the stars

Not everybody on this planet has connections to the stars. Some souls are newer here. This might be their first origin, and they have not really traveled. Others are more seasoned and chose to come here to experience Earth or to give the gift they are here to give. It is a mix.

For the ones who do carry it, here is how I look at certain origins. I barely study the history. I look at the function they serve as far as accessing higher level gifts more easily. Think of cell towers. If information is traveling from very far away, from another galaxy, it has a long way to go. If there is a tower here on Earth, it is much easier to get a signal. Some of the ancient civilizations lived their origins in human form, to a whole other level. The veil between the two worlds was very thin for them, and a lot came through. They cracked the code, and they are conduits we can tap into.

We can do what they did. It is easier at the beginning to tap into vessels that already did it in human form, and as we build up and can house the energy, we embody it ourselves. I have no doubt that sometime in the future we become the origins people talk about. We are becoming the origins for future people to tap into. The wisdom we accumulate gets passed on, gets channeled, and gets used as fuel.

All the gifts are on the table

As you pursue the origins more, the gifts stop being single things. Most of the origins carry some mixture of the primary and master gifts, and the combination depends on the task in front of you. If what is needed is knowledge, a lot of it is Akashic. If it is the creation of something, a lot of it is projection. If it is healing, it is transmuting or hands on healing. What I have noticed with origins is that nothing is off limits. It is based on necessity, not vanity. If you want something because it would be cool, it never happens. If you need it for your purpose, it shows up.

You will start to experience things you do not have a name for, a combination of eight different gifts that you cannot unbundle because it happens so fast. The way I think about it is cooking. You have every ingredient and every herb in the kitchen. What you get depends on what you want to cook right now. At the origin level the question stops being what gifts can I access. It becomes what purpose do I want to follow.

And once you practice your origin, everything else levels up too. Gifts level up through vibration, and only through vibration. Tapping into your origin unlocks a very high vibration, which makes the dormant gifts accessible and makes the faint ones more intense. Primary gifts level up, master gifts level up. That is the ripple effect.

Same ladder, every gift

There is a ladder I describe for every gift, and it applies to every origin too. At one level you are an empath, you feel everything. Then a martyr, you are suffering for what you feel, holding it. Then an advanced transmuter, where you have elevated to a frequency where you transmute because you are no longer in your human story. Beyond that you are in your soul story, and the limits that gifts usually have go away. A student called that the alchemist, and I agreed.

Vibration dictates the experience and the expression of the gift. That is why I sound like a broken record. Raise your vibration. It is a single solution to a lot of the problems people have when their gifts are showing up at a lower vibration.

Time under potency

The biggest opportunity right now, for all of you, is time under potency. You are potent. How much time can you stay in this potency?

It is not only length. If you are handling fifty thousand watts of energy for thirty minutes, that is one thing. If you are handling fifty million watts, that might be twenty seconds. In my most intense moments a minute under potency and I am toast, and I have to build up to a minute and ten seconds.

Potency changes time. That is why sometimes people heal the unhealable in several sessions, and sometimes instantly. So when I say something might take time, I mean it could be the next five minutes, five days, or five weeks.

Telling people about it

People ask how to talk about origins with people outside the group. It depends on who you are talking to. Information is vibration based. We share these things inside the group because there is context for them, and we built that outlet on purpose. If you walk into a coffee shop and someone asks how your day is and you start telling them about your GEO 3 origin, that is a mismatch. People do not know where to place it, and nothing is accomplished. You can share the lessons, your vibration, your excitement about what you went through.

After GEO 3

When you finish GEO 3 there are three things I would hold onto.

Keep in touch with people from the community. A group chat, a check in every week, or every day for some of you. The people who travel to Sedona together and keep each other accountable keep the momentum.

Find a practice you want to do, even if it is five minutes a day, and bring that energy into your daily life.

And realize that your whole identity is different now. You have done something like a lifetime of healing, activation, and learning in a year, a year and a half. You do not lose it. It is part of who you are. You can enjoy life and let it express through whatever you do. There is still integration after, the purges, the relationships that change, catching up to a reality that changed. That is part of it.

Purpose while you wait

An Egyptian student who served thirty years in the military asked me for her higher purpose and the fastest path to it.

Purpose work is multifaceted. There is what you are passionate about, what is on your bucket list, and what you can do to create momentum now. If you do not know the big thing yet, it is okay to live in what creates momentum now. Purpose is the energy of it running through you as you help. Find what you can do today or tomorrow without checking all the boxes or waiting on someone else, so you are in your purpose flow now.

I look at purpose like a channel. Energy flows through you. If you suppress it or throttle it, it builds up and you feel it. That is when frustration kicks in, when you know you have something to give and you are not giving it. So ask how purpose can flow through you today, to people who are open to

receiving it. The big thing will not come while you are thinking about it. It comes while you are in the vibration of purpose. Your mind wants to know the big thing. You serve from your heart.

And trace the pressure. Sometimes it is external: look at what so and so is doing, why am I not there yet. Sometimes it is internal: I love what I do, but what is missing, did I miss something in the activation, should I do another healing. Either way, there is usually a soul lesson in why purpose feels painful right now.

Stepping into your own authority

In GEO 3 you are stepping into your own authority, and it is one of the toughest phases. A lot of what I taught you in GEO 1, 2, and 3, I had to live. GEO 1 for me was not two months. It was several years of waiting and experimenting. In GEO 3 your authority goes from external, there is Oliver, there is this person, to inside you.

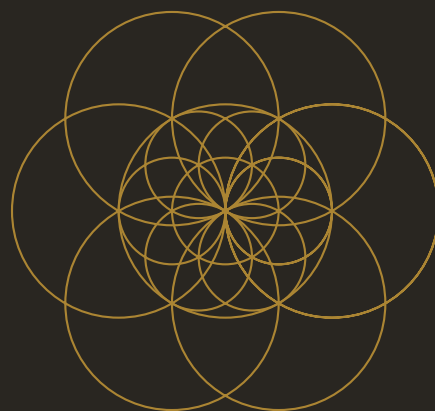
What I have learned is to follow my inspiration. If I am inspired to do something, I am inspired now, I feel the calling now. I do not know if I will do it again. When my inspiration goes somewhere else, I follow my heart's highest excitement. As long as you are in tune and aligned, and you know what moves you, that is your Northern Star.

How I know what I know about origins

Some of it came to me directly. Some of it is from my own experience. And a lot of it is from hearing from people all over the world who have these origins and give me their feedback. Through other people's experiences I keep piecing things together that I did not know before, and I update it. So it is a body of knowledge that has been expanded and fine tuned over time, and all of you are contributing to it. That is also why I say I might meet a thousand Council members and the way it shows up could be different for every one of them. Most of it is a knowing and a feeling more than words. Hopefully in time we can put more of it into words.

PART TWO

The Twelve Origins



Every chapter follows the same order: what it is, where it comes from, how it has been showing up your whole life, the doubt pattern, the practice, in a healing, when it is unexpressed, parameters and boundaries, what it looks like at higher levels, questions students ask, and stories from the room. Some chapters are longer than others, because some origins came up in the room more than others. Part One applies to every origin, so read it alongside your own chapter.

The practice sections give you what I have told people to do with their origin day to day.

ORIGIN 01

Origin 1: Atlantean



What it is

With Atlanteans, it tends to be a lot. A lot of knowledge, a lot of intensity, a lot of wisdom and mystical capability. When I talk about Atlantis I also talk about its flaw, and the flaw is too much. It implodes. Every origin has strengths and every origin has weaknesses here on Earth, and for Atlantis the weakness was all that knowledge without enough heart.

Where it comes from

Atlantis. When I talk about the ancient civilizations that held sacred knowledge, I put Lemuria, Atlantis, and Egypt together. A lot of the things we still use came from Atlantean and Lemurian energy. That is what was created there. Crystals, sound, the dolphins, even a place like Sedona. That is why you can use those things to trace back to it.

Light language belongs here too. To me light language is a form of channeling, and I look at it as a common language between the ancient civilizations, Lemuria, Atlantis, Egypt, anywhere there was sacred knowledge. What matters is the energy and frequency transmitted through the sound, more than what is being said.

How it has been showing up your whole life

Here is how it works once it is active. You know those movies where a gifted person touches an object and remembers everything connected to it? It is like that. Once it is activated, you can almost pick up a book about Atlantis, start reading, and know which parts are wrong. What Atlantean students told me lines up with the intensity and the heart theme. One said she had always lived in her heart space and over given, and needed boundaries, which is the reverse of the old Atlantean weakness. Others came in with crystal sound bowls, toning, and songs they could not explain.

The doubt pattern

At the very beginning you have to prompt yourself to check in with it. The system and the mechanism for tapping in are there, but it is an extra activity and you are not used to doing it. So people feel like nothing is coming, when really they have not checked.

it. With the intention to check in, any of those will jumpstart the process. Touch the crystal and let it prompt you to see what you already have. At the very beginning you are creating those scenarios on purpose. Over time it stops needing a prompt.

And develop the heart space alongside it. That is the part that lets everything else work, which is the origin lesson I describe below.

In a healing

The attunement I do after the origin activation programs your healings so that whenever you give or receive one, it runs straight from your origin. See the chapter on the origin activation.

Parameters and boundaries

The love frequency is the parameter. With Atlanteans it tends to be a lot, and the love frequency makes it so you can still be intense without feeling like everything is falling apart and too much. That is the flaw of Atlantis. It was too much and it imploded. When you factor that in, developing the heart space is what lets you fully use what you are capable of in an empowering way.

What it looks like at higher levels

An Atlantean student told me that during one of my healings she could see what I was doing across what looked like five realms at once: a portal held open with old, broken grids coming through that she touched and restored with light, a body of water opening and the people who had died there rising out of it, and work happening inside every body in the room. She said she does not usually look for that.

When people go up to higher realms because their origin calls for it, the things they notice stop being singular to them. A lot of origin gifts are bigger than us, sometimes bigger than time. When you start accessing them, you are privy to things that affect everything, in a broader way. Seeing what is happening in the energetic space of a healing is a gift. I do not have it. People I activate do, and I would expect her to start seeing it more, in other healings and in other things she does.

Questions students ask

Where do I find the knowledge? Being around people who are it. Dolphins. Atlantean crystals. Sedona. Sound. Anything that came from Atlantean or Lemurian energy, used with intention, because it traces back.

Since I am Atlantean, are we going to learn how to read the Akashic Records? An Atlantean student who was also a channel described a flood of information coming in about all kinds of things, more than she had asked

about. I told her that is one of the ways Akashic shows up, a lot of things coming at you at once. When a channel and an Akashic person are working, it can present the same way. You are probably already doing it. It may be a blend of channel and Akashic.

Time keeps folding for me. I wake up and for two minutes it is 1983, or 1937. Is that GEO 3? The same Atlantean student asked this. It could be clues to what you are working through, what you are shifting, what gifts you are accessing, or generational blocks from the past that you have no context for. With the way your gift is presenting, it plays out like a movie unraveling, a mystery, and sometimes that is used to keep us engaged and curious. You are spot on with the time bending. That is a lot of what we do in GEO 3, healing across time and space. People wonder if they are making it up or going crazy. I have seen it in every single class. It is a unique GEO 3 thing.

Stories from the room

A student said she could not channel anything in her breakout group. The day before, hearing the explanation of the Atlantean origin, she realized she had not yet forgiven herself, and it still lingered. She felt an Ascended Master and a being of light and love trying to guide her through, and something in her was resisting. That is the origin lesson showing up. The heart is the work.

An Atlantean student who channels told me her channeling suddenly picked up the political division in her country so strongly she felt almost physically ill, and she had to pull her aura way back. That is gift expansion. You think you are listening to one thing, and for the highest good you are listening to many things now. It is showing you your current boundaries, not your boundaries forever. Ask whether it empowers you or disempowers you, whether it throws off the rest of your day. When it starts affecting the other areas of my life I have to show up for, I pull back a little. If it does not, I keep going and handle more.

ORIGIN 02

Origin 2: Egyptian



What it is

Each origin comes with a huge amount of gifts, and when an Egyptian student described what was opening for her, most of it was Akashic.

Where it comes from

Egypt, one of the ancient civilizations I group with Lemuria and Atlantis, anywhere there was sacred knowledge. The Pyramids of Egypt have a portal. That is part of why people travel there to feel the potency.

My own relationship with it is honest. Egypt fascinated me, but it never really was what I was called to. And one of my own origins, Hathor, which came to me back in Sedona, I said might have been very relevant in Egyptian times. For me, now, there was no purpose to it beyond the wow factor of knowing.

How it has been showing up your whole life

An Egyptian student told me it showed up three times in her life. In grade school there was a segment on Egypt and she could not get enough of it. Years later, after a healing, she found herself drawn to Egyptian things without knowing why. And now it came up as her origin. She asked if her gifts had gone dormant and come back.

I do not think it was dormant. I think it was always there, and each time it was reminding her it was there. Even through all the phases of your life, even if you forget it mentally and have no context for it, it never goes away. It is the thread, the through line. I see the same thing with people who come to me after a lifetime of being told, by a psychic or a stranger or a family member, that there is something about them. The same theme keeps showing up because it is the constant.

The doubt pattern

The doubt here is usually that you did not have flashes of Egypt before you were told. That is common. For a lot of people it comes after they sit with it.

The practice

Sit in the energy of it, practice with others who share it, and use the attunement that ties your origin into your healings.

Purpose is like a channel. If you block it, it builds up, and that is when it gets painful. The bigger answer comes while you are in the vibration of purpose, not while you are thinking about it. The full answer is in Part One.

In a healing

What an Egyptian student described, seeing the past lives of people she had just met and being able to finish someone's past life story for them as an observer in the scene, is Akashic. When your energy connects with someone, through talking, proximity, their voice, thinking about them, it is an instant connection and you can access data on them. Data can mean memories, past lives, what they are thinking, their future, their physical conditions. What you see is a tiny fraction of what you are connected to. The reasons you are shown it are usually one of three: so you know you have the gift, because it is relevant now or later, or so you get context on the person and can see the root faster, because you are being shown things beyond their conscious awareness.

Parameters and boundaries

The rules from GEO 1 apply to anything Akashic: not everything you receive is yours to share, and more information requires more love.

Questions students ask

Why is my left ear buzzing since the origin activation? An Egyptian student asked this. With certain gifts, certain things have to be cleared further. If that ear is needed for the gift you are stepping into, it gets cleared, and it has symptoms of being cleared. Buzzing can mean it is cleared and now there is more energy and information in a place that did not have it before. Think of the videos of a kid who puts glasses on for the first time and sees colors. It can be overwhelming at the beginning. It goes in stages: release, purge, sometimes pain, activation, new senses, new data, getting used to it, and then you are used to it.

Why am I shaking when information comes through? The same student shook so hard when downloads came that she vibrated off a couch. Shaking means there is so much energy coming through that your body is not used to it, and it shakes to release the excess. If you did not shake, it would store inside like a pressure cooker. After you expand, the shaking goes away and you are left with the intensity of the information. That is an upgrade. The next step after that is being able to control it and direct it. The other thing that happens is you start saying things to people before you have asked whether they want to hear it. That is the cup overflowing. When the cup gets bigger, it does not have to overflow, because you can hold it and ground it.

If people build a persona so they do not have to look at their grief, are we healing the grief when we cut the cords? An Egyptian student asked this. People develop personas for different reasons, safety, protection, and they often serve a really good purpose. When someone is not equipped to carry something heavy, because of their environment or because they do not have the mental, emotional, or energetic tools or the time, it gets pushed down. It gets stored in the body and affects their emotions and their vibration. Grief is one of those. It either gets processed deeply, or in sections, or shoved down. So yes, energy clearing removes the buildup that keeps the pain and the chronic stuff repeating, so people can experience the joy. And once it is removed, the biggest opportunity is the present. Are you processing what comes up now, with the tools you have and at a higher vibration? Then it does not get stuck, and the pattern does not repeat.

Stories from the room

The same student started channeling complex science equations, and when she cross checked them they made sense. I told her to document everything. When you are channeling, you are channeling for a person, for a soul, for humanity, for solutions that are not here yet. If equations are coming through you, the world needs it, someone needs it, you need it, this timeline needs it.

In one breakout, an Egyptian student said the group never even talked about their origins. They just felt the oneness of it, and she came away saying the oneness was the power.

ORIGIN 03

Origin 3: Creator Realm



What it is

What does creator realm do? It creates. That is the whole thing, and everything else in this chapter is about how.

You are always creating. In this realm, sound is one of the ways we create, our voice especially. And part of creator realm is that you are creating as you go, so things manifest in real time, and a lot of times very physically. Creator realm is a vibration, a state, as much as a place, and it is typically accessed when things compound, which I describe below.

Where it comes from

I never put a location on it on these recordings. What I said is that creator realms, and the different origins, have access to different frequencies and timelines, if not all of them.

How it has been showing up your whole life

A lot of creator realm people, growing up, ground extra hard. They needed to fit in. They needed to be human, extremely human. So the opposite of their nature happens. All of it shuts down and they just live the human life. That is why, when it starts activating again, it is uncomfortable until it is not.

A student told me she had a lot of hints about being creator realm before GEO 3, including a moment in one of our chats when she mentioned working at the creation point and saw my expression change. That is common. Origins warm you up before they are revealed.

The doubt pattern

The doubt with creator realm is usually the size of it. A student who got it said she knew it was right, felt the gravity of it the day before, and then pushed back for twenty four hours because it was way bigger than she thought. That is normal for any origin, and very normal for this one.

The practice

The practice is in real life. There comes a point where it does not matter how much energy healing we do. It becomes how we show up in life. What are the things you need to say that you do not have the courage to say?

And push yourself higher. Start operating in areas where you have been afraid to.

For certain origins I give this advice, and it fits creator realm: go higher. Do not let your feet touch the ground too much. Do not get too focused on all the materialistic, humanistic rules, because they either do not apply to you or they will cause you unnecessary pain. Do an audit. What drains you, and how much of it is humanistic? Track it. There is a ratio. If eighty, seventy, sixty percent of your time is going to humanistic stuff, it is causing you pain. When you are spending a good amount of time at higher levels and only a certain amount in that vibration, it frees you. Keep the minimum and the absolute necessary, and everything else, fly and soar.

In a healing

Give more healings, and set the intention that as you heal, you are tapping into and channeling your origin. How often you do the healing matters less than how high you push yourself during the healing. How high can you go? The more you tap into the origin as you heal, the more energy you can channel, and the more normal that altitude becomes.

When it is unexpressed

This is the clearest unexpressed pattern I described for any origin.

If there are any blocks to speaking your truth, to owning your truth, to saying it out loud, taking up space, being unapologetic about what you want and what you want to create, and that is your origin, it will manifest physically. Walking on eggshells. Not being heard. For someone who is not from the creator realm it might not affect them as much. For a creator realm person, if the ability to speak their truth is blocked, whether by choice or unconsciously, it shows up in the body, because creator realm manifests in real time.

Parameters and boundaries

The bar I described in Part One applies hard here: some things cannot be bypassed with energy and have to be done in real life.

What it looks like at higher levels

At the higher levels creator realm is a state, and you cannot shortcut your way into it. People ask me what the sacred geometry is to be in the creator realm. Sacred geometry lets us travel, open portals, work with yantras, go places. But creator realm is accessed when things compound. Removing the blocks. Activating. Purpose work. Purpose work with sacred geometry. Soul lessons. Generational work. Selfless service. The removal of the human story. Going higher in our divinity. When all of that reaches momentum, it

rolls over into the master gifts and then into the origin. It is like asking for the trick to become God. There is no trick. You expand yourself until you are in that consciousness.

And at that level, all the gifts are on the table. With creator realm, if what is needed is knowledge, a lot of it is Akashic. If it is the creation of things, a lot of it is projection. If it is healing, it is transmutation or hands on healing. Nothing is off limits, as long as it is for necessity and purpose, not vanity.

Questions students ask

Why do I get nauseous flying in a small plane? A creator realm student who is training to be a pilot asked this. The nausea when you go up high comes from not being able to do that as frequently and naturally as you originally could. It is a little rusty. It goes away the more you embrace it. And the lessons run parallel. What happens in the energetic space shows up in the physical space. The plane is a manifestation of the energetic part, a mirror so you do not miss it. Once the energetic part is fixed, it no longer needs to show you on the plane. The origin work we are doing will stretch you. It might be uncomfortable for a minute, and then the things that made you nauseous will not anymore. You might still feel it for a moment when you go higher than you ever have, and then that gets normalized too.

How do I call on my origin during a healing? The attunement I do at the end of the origin Q&A programs it so that whenever you do a healing or receive one, it acts as your origin, a straight shot from the origin down. You can still call on it, because it helps the mind be intentional. Even if you did not, you will notice it after any energy work. It will just be there.

My channeling comes through as numbers. Is that my way? For me numbers are absolutely messages, because it is the fastest way to get a message across. You can add them up, or you can just look up the meaning of the number as it is. Remember, on the other side of the message could be your future higher self, who knows exactly how you are wired and how you will decipher it. Whatever message comes through for you is the message.

I have never seen or heard anything during energy work. Should I be worried? A creator realm student asked this with four weeks left in GEO 3. My answer is in Part One under You do not have to see anything. The short version: only worry if nothing has changed, in you or in anyone you have worked on. And the sting of comparing your quiet experience with someone else's cinematic one is usually the part that is ready to heal.

When I do a personal healing and go back, it does not stop at the womb. It keeps going. Is that okay? It goes back in space and time, as far as the inception point. Energy is energy. If it can go forward in time, when you address something now it also has a very retroactive effect. One student told me that after one of our healings her mom, her sisters, and her dad

were all sick and purging, and they were joking, what is Oliver doing to us. They did not even get the healing. One person did. When you shift something, it affects everything it is connected to, the past, the present, everyone around you.

Stories from the room

A creator realm student had swallowing problems for eight years that were getting worse, after three years of asking for it to be cleared in every GEO class, and she was getting close to surgery. I asked what she was not saying. That is the point where energy work becomes how you show up. I told her it was coming to a head now because it is time. It was not time a year ago, two years ago, three years ago. She is different now. And she is probably more ready than she thinks.

Another creator realm student said her origin came with being divinely disinterested in the information she channels, very pure, and she used it in her group to channel for someone else about an ear pain that turned out to connect to what that person was carrying.

ORIGIN 04

Origin 4: Ascended Masters

4

What it is

Ascended Masters are one of one. You come to a place where no one is like you, because you come here to change the place. You come as one, not realizing there are others who share the gift.

Where it comes from

The Ascended Master realm. For the longest time it was one of the origins that came in for me, along with the archangel realm. Right now, it is probably the one I am most on. In my books, when I describe channels, the sources they receive from include spirit guides, angels, Ascended Masters, and source.

How it has been showing up your whole life

When I look back at my whole experience, I was the black sheep. Always the odd one out. Never invited to the parties. Always sitting at the table by myself. Never fitting in, never belonging. I was older than my age, I was talking to people much older than me because the conversations I wanted were deeper ones. Whatever age group I was in, I did not belong, and the groups I did belong to, I quickly outgrew. At the very beginning, when I did not understand it, it translated into, is there something wrong with me? Am I unlovable? Am I not enough? Is it always going to be like this?

And some of that feeling is still here. It has gotten better with creating a community like this one. But if I think about my friends at the highest levels of financial success, I still do not feel like I belong in that group. If I look at people doing spiritual work at the highest levels, I do not feel like I belong in that group either. I can resonate, but it is not who I am and where I am from.

The doubt pattern

For an Ascended Master the doubt is often about the label. A student said finding out he was an Ascended Master was surprising from the human side, and from the spiritual side, of course, he had known it from the very beginning. The bigger trap is confusing the loneliness with something being wrong

The practice

Hold this context every day: you can be different and still be loved, and still love, and still connect, and still belong. It does not have to carry such a traumatic stigma.

Follow your inspiration. An Ascended Master student told me she goes through cycles of what she can and cannot take on. That is exactly how I have learned to do it. If I am inspired to do something, I am inspired now. I do not know if I will do it again. When my inspiration goes somewhere else, I follow my heart's highest excitement, because that is my Northern Star. In GEO 3 you are stepping into your own authority, and this is part of it.

In a healing

When I am dealing with the physical body and I do not know everything that is affected, I do my rainbow and I open a portal and bring forth Ascended Masters and beings of light and love who specialize in working with that specific thing, and I layer it.

When it is unexpressed

When it is not understood, the loneliness turns into the belief that there is something wrong with you.

What it looks like at higher levels

I have never met anyone exactly like me. I have met people with the same passion, the same care for humanity, maybe the same purpose running through them. But no one exactly like me. And when I talk to my friends who are like that, they feel no one is exactly like them either. My friend Anthony William, the Medical Medium, shares some of the same passion for humanity and healing. I am nowhere like him and he is nowhere like me. We both feel like we are the only one holding the torch for what we are doing in the world. Maybe because we come from different places, with the same outcome in mind for what we want to do while we are here.

An Ascended Master student asked whether I was working with any specific being on what is coming. I stopped asking that question maybe ten years ago. It all blends now. For the highest good of all, whatever needs to come through, knowledge wise, just bring it.

What I have noticed, from patterns in the people I serve and in our own lives, is that some of the deepest wounds, the layers we could not reach or thought were done, are coming up now. It is like a movie climax. You thought it was this the whole time, and it was actually this. The blind spots are being revealed because now people are ready. The distractions and decoys are much bigger too, the closer people get to the root. For a lot of

people it has a final frontier feeling. And I have been seeing generational cycles of pain end. People are free of something that ran for several generations.

Questions students ask

I have felt lonely my whole life, even after all this energy work. Why? An Ascended Master student asked this, and that is why. Think about a teacher who walks into a room of five, six, and seven year olds. You know you are not the same. You are not there to be their age. You are there to teach. It might feel lonely, the only teacher in the room. But sometimes we forget the context of why it is happening. As Ascended Masters you come to Earth to give the gift you are here to give. After you have been human for a while, you start comparing yourself to everyone else, and that is where some of the pain comes in. When you understand the context, you realize you can be different and still belong.

Stories from the room

A student in a time hopper group said that in her meditation before the reveal she heard, saw, and felt that she was an Ascended Master, and then her origin came back as time hopper. Both can be true. The one you get is the one that is blaring the loudest right now.

And in one breakout, a student who could not channel felt an Ascended Master and a being of light and love trying to guide her through, while something in her resisted. They were there whether she let them through or not.

ORIGIN 05

Origin 5: Medicine Woman

5

What it is

This chapter is built from what Medicine Woman students shared after their reveal, and from what I teach about every origin. The theme that came through, again and again, in their own words: a medicine woman is fused with it always. There is no separate moment where the gift turns on. It is running all the time, in every conversation, in every choice.

Where it comes from

The closest I come to it in my own life is where I grew up. In Manila, when my family moved into a new home, my parents would hire an albularyo, the Tagalog word for a medicine man or folk healer, to bless the land. The albularyo was also who got called when someone in the family was sick or in a dark mood. I write about this in my books. Healing was woven into daily life there long before I ever called it healing.

How it has been showing up your whole life

What Medicine Woman students described lines up with what I teach about every origin running unconsciously. One said she always felt like an outcast. She was told she was weird and different, she did not want to be living in a body, and teachers told her nobody would really know her. When she channeled after the reveal, she was told that whenever she talks to someone, there is channeling running through it, and that it is her natural self. She shows people a part of themselves. The same student named her company Fully In Tune a couple of years before her reveal, without knowing why. She said she thought she did not need to practice channeling, because she was channeling all the time. Then the information came anyway.

The doubt pattern

The doubt I hear from Medicine Woman students is about how it looks. One said that during healings her hands go to sleep, and she still does not get pictures or visions. She is a very vivid dreamer, so she expected her healings to be just as vivid. What she does have is an internal feeling of knowing. That is exactly what I talk about in Part One. The biggest thing that gets

The practice

What I tell every origin applies here. Find the other Medicine Woman students in your cohort and practice together, because groups amplify origins. Do the healings with the intention that your origin is running through them, and push how high you go, not just how often. And do the heart audit from Part One, because the heart decides how high the crown can go.

In a healing

A Medicine Woman student said that what we are learning, when we say I am channeling now, is to be in that flow and openness on purpose. That matches what the attunement does. After the origin activation, every healing you give or receive runs straight from your origin, whether you call on it or not. For someone fused with it always, the work is mostly getting out of the way.

When it is unexpressed

The core pattern from my books applies to every origin. People who put their gift down get sick. The energy that was meant to flow through them does not stop. They stopped. A Medicine Woman student described the other side of it: becoming a clear channel without the guilt, without the pain, without taking things in.

What it looks like at higher levels

A student put it this way: it keeps opening, until one day it is a completely united life, in union with it in every decision and every choice. And what comes through from that place can be trusted. That is the same thing I describe at the top of Part One. At the highest levels it all blends.

Questions students ask

I do not see anything during healings. Is it working? Look at what has changed in you and in the people you have worked on since GEO 1. If things have shifted, it is working. Knowing is receiving. The answer is in Part One under You do not have to see anything.

Stories from the room

After her reveal, one student said that what came up for her was that we are a channel, always. She called the experience a return home.

Another wrote down, after the reveal, that every day she now hears: love, healing, it all starts with yourself. She called it a turning point, and said it was the beginning of being at home, with herself, on Earth, in a body.

A student in an earlier cohort said she got help from Medicine Woman energy on how to move forward after clearing younger selves and past lives, and woke up happy for the first time in a while, an eight out of ten.

Use Part One, use the chapter on the origin activation, and find the other Medicine Woman students in your cohort. Groups amplify, and what you learn together will be worth more than anything written down.

ORIGIN 06

Origin 6: Time Hoppers



What it is

Time hoppers exist in a place beyond time. You are guardians of time, of the timeline, of the past, the present, and the future. In order to time hop, you have to exist somewhere that is beyond time.

I have never really been able to put a face to this origin. If I were to put one to it, it is the energy of higher level beings who guard time and space. They know the purity of it. They keep the integrity of it. They will never misuse it. They are gifted with that ability because they are the ones who hold themselves to the highest level. It is a little like a collective council that specializes in time and space. And it can be a mixture of different origins. It does not have to be only that.

To me, time hopping is jumping in and out of time. Different timelines. And if you can jump timelines, you can jump vibrations. It is in and out of time, and beyond time.

Where it comes from

Think about the archangels. They have specialties. Archangel Metatron is sacred geometry. Archangels who master time and space are a prerequisite to time hopping. If I were to name guides for time hoppers, it would be archangels like that.

Lemurians can time hop too. Lemuria is not visibly here, but dimensionally it is. I think it just shifted dimensions. And time hopping does not have to be physical. Consciousness can do it. Energy can do it. Think about someone channeling information from Ascended Masters, from God, from different guides. That information has to come through different areas in time and space, sometimes beyond time and space, to get here. The paths to it can be the knowledge of portals, the knowledge of time hopping, or the knowledge of the gifts we came with. There are always different paths. It is all accessible.

How it has been showing up your whole life

A time hopper student who was also a channel and a portal opener told me she was always jumping around, multitasking, learning all kinds of different things, with tons going on at once, to the point where she burned herself

many, and you are parallel processing all of them at the same time. The human mind has limits and it can get stressful. That is still the function. Embrace it as much as possible rather than trying to change it.

Another time hopper student worked in hospice, with people coming in and out of the world, and said her origin matched exactly the way she lived her life. At first she wondered why it was not more sacred. Then she saw it fit her perfectly.

The doubt pattern

Some time hoppers feel it is more of a gift than an origin, because it does not tell them where they come from. A student said exactly that. She had been time hopping and loved it, and still did not know where she had come from, and felt connected to other origins. That is the nature of this one. It can be a mixture. And having one origin never means you do not relate to the others.

The practice

The written description some of you received says time hoppers came here to teach rather than learn, and may feel lonely. A student asked me how to apply that. In order to teach, you have to remember the frequency of where you come from. You already teach, through frequency, through how you show up in life. What we are doing is unlocking the knowledge you came here with so you can teach it consciously, on demand, intentionally.

So the practice is the whole course. It is meant to counteract the things that have pulled you away from your essence: the food, the traumas, the environment, the programming. A lot of what holds people back is a belief like, you are not worthy to teach, you are here to learn, you have to earn it. That contradicts a time hopper's nature, and it feels very real even though it is not. Clean it up, reset, get used to being back there, make sure you can do it on demand, and then daily living can be daily giving.

In a healing

Can a time hopper tap into information across time and space for healing? Absolutely. With time hopping comes portal opening, and all of that is part of it. The things that are not even here yet, the things we have not experienced as a civilization, the answers that have never arrived, can flow uniquely through you. You came equipped for what you feel called to do.

The chapter on working with time covers the techniques. Time hoppers tend to take to them naturally.

When it is unexpressed

I worked with a time hopper who was also a portal opener dealing with concussion symptoms. The main chakra for both of those gifts is the crown. Accessing that gift can require a complete rewiring of how we perceive things in that area. Gifts can affect something physical wherever their chakras are, and I have seen doctors measure activity they cannot explain, because it is showing up for a different reason. As she masters navigating the gift, I would expect the concussion not to be the thing that holds her back.

Parameters and boundaries

Higher level beings who guard time never misuse it, and they hold themselves to the highest level. That is the standard.

What it looks like at higher levels

Think about how portals and timelines work as books. You have all these books. You cannot remember all of them, it is too much to store. But you pick up a book, read it, and remember the journey. Put it down, pick up another, remember that journey. Part of the gift is picking what experience you want. That is how time hoppers do it. That is an exciting time to be alive in the world, let me jump in and not only read it, let me be there, let me be a participant. When you know that is the ability, things open up, because the things that are memories to you are a time jump away.

And it is a fun origin, because the question becomes, what do I want to experience? What do I want to live? Where can I make the most impact?

At the highest levels you can go in and out of the levels on demand. A time hopper student described reaching a place beyond advanced transmutation, where nothing holds her back. It is great to be there and to know how to get there, so you know what is possible. Living there all the time, with human connections and attachments, is not realistic. Your gift lets you go in and out of it at will, with mastery.

Questions students ask

My master gift was Lemurian, so I assumed I was from Lemuria. What does time hopper mean for that? Lemurians also have the ability to time hop. They are connected.

An archangel came to me in a channeling exercise. Is that a guide for me? Probably. Archangels who master time and space are part of the time hopper picture, and that is likely one of the guides for time hoppers.

Stories from the room

A time hopper student took a salt bath the night of the activation, tuned into it, and could not get out of the tub. When he tried, he felt nauseous and dizzy, like a fish out of water, so he stayed. He asked to experience what time hopping really is, and saw himself underwater, watching pieces of a city fall into the water. He had written eleven pages since the event started.

In the January cohort, a time hopper and a Pleiadian student met in the ethers while doing a healing for their group's healing library. She introduced him to Pleiadian energy, and he introduced her to Andromeda energy.

ORIGIN 07

Origin 7: Anunnaki



What it is

There is a lot online about the Anunnaki, and a lot of it is not that accurate or comprehensive, or it is looked at through a different set of lenses.

The way I look at the Anunnaki is that it is a very ancient healing modality. Very ancient manifestation. It is almost like the wisdom of the Earth. They are the originators of gold energy. Projectors. Very deeply rooted wisdom. I think it is one of the most original healing energies out there.

A lot of the energy in the Anunnaki is the mastery of the gold and of projecting. A lot of mystical things like creation and alchemy. Bringing wisdom forth from other dimensions and realms and merging it into Earth, using the Earth itself and the energy of the Earth. Extremely gifted. A lot of healing, at the DNA level, physical healing. Creation and manifestation. A lot of wisdom about how energy is sourced and how it is used, and how the elements of the Earth are used with it. Ancient spiritual knowledge that is housed and passed on from generation to generation. That is the energetic profile of this origin.

A student told me the printout you received does not go into that much detail. This is the most detail I gave on any recording.

Where it comes from

Very ancient. The wisdom of the Earth, with knowledge brought in from other dimensions and realms and merged into Earth.

Note that in a GEO 2 session in 2023 I said gold energy is Lemurian and Pleiadian technology, which is why Mandy does it naturally without sacred geometry. Both of those are in Part Three.

How it has been showing up your whole life

An Anunnaki student who runs a team of carers for the elderly told me she has activated people her whole life, positively and negatively, holding a mirror up.

The doubt pattern

The doubt is usually about where the gift fits if you are not a professional healer. That is the next section.

The practice

and you layer it on top. For that student, being psychic meant understanding the needs of the people she serves. Being a spiritual activator meant that just by being around her presence, her team had more capacity to help and heal the people they care for. If the only thing you look for is sitting someone down and giving them a healing, you lose sight of all the other ways a gift expresses itself.

And to become aware of the gifts that are already running, separate two things: practicing a gift, and being aware of it. You can be practicing without being aware. Awareness comes when you seek it out. As you learn, ask, has this shown up in my life before? Am I already doing this? Is this something I have done unconsciously? It is like deciding you want a certain car and suddenly seeing it everywhere. It was always there. You directed your awareness to it.

In a healing

Given the profile, the gold energy you learned in GEO 1 and projecting from GEO 2 are the closest tools to this origin.

Questions students ask

What can I do more of or less of to embody the Anunnaki energy and remember my origin? A lot of it comes from the activation and the attunement, which set a series of shifts in motion so it is inevitable you experience it. Beyond that, sacred sites, because they put you in a frequency where you experience everything faster. I tried reading about origins and focusing my logical mind on them. I did not find answers that way, but my mind locking in on the frequency did tap me into the energy. What moved the needle most was being in the space where I was open to it, at a vibration where I could handle it. And find people with the same origin.

How do I connect with people? An Anunnaki student who had been through a lot, and had held onto her integrity and dignity through it, asked me this. Love and connection are a very important part of the human experience. When you go so far within, you also tap into oneness. You feel you can relate to everybody. The hard part at that level is that not everybody understands it. When you meet people, you feel a disconnection, not because you are disconnected from them, but because you are speaking different vibrational languages.

We have experienced that too. We moved to different places in the last year, and just as we were about to leave, the most amazing people would show up. People who are in resonance with you will find you, wherever you are. When it happens at the end of a cycle, I have seen it as a pattern of great change ahead. You are one foot out of one place and already one foot in another vibration.

Stories from the room

An Anunnaki student who is an artist said she had been receiving code she could not explain, and in a channeling exercise she channeled pictures instead of words.

The student who runs the elderly care team said that since the activation her vibration had risen so much, and that she had always believed she was not good enough. She said that was the final thing: she does not need to be heard, but she wants to be heard, because she has a lot of love to give and a lot to say.

ORIGIN 08

Origin 8: Mayan, with Oracle



What it is

If I tap into the Mayan origin, they were very, very gifted. The knowledge they tapped into and brought into the world was beyond this world. It is like they were tapped into creation energy, channeling it and grounding it in the here and now, doing the work on the physical plane. On the name. Some of your sheets said Mayan Oracle, or Mayan slash Oracle. The sheets have been updated over time based on my lessons, where I say Mayan and then describe how it can show up. The origin is Mayan. Oracle comes under it. It is more of an ability, a feature of the Mayan, like the other things listed.

Where it comes from

I barely study the Mayans historically. If you only study history, it is not going to connect. Here is how I look at it. The Mayans were able to embody starseeds and other higher level energies in their bodies, and ground that information. So they are a pathway to the starseeds. Think of cell towers. If information is traveling from far away, another galaxy, all the way to Earth, it travels a long way. If there is a tower here on Earth, it is much easier to access. That is how I look at the Mayans and a few other origins. Not what they did, but their function. They cracked the code because they did it in human form. I look at it from a gift logistics standpoint. When someone taps into their origin now, we are doing what the Mayans did, what the Aztecs did, what the ancient civilizations did. They lived their origins to a whole other level, where the veil between the two worlds was very thin.

How it has been showing up your whole life

A Mayan student told me that years ago he had messages telling him to go to Mexico, that there was something there for him, and when he got to the ruins he just felt completely relaxed. When people go to those places, one of two things usually happens. Either complete resonance, whoa, all this hidden stuff, which happens more if they have not had much spiritual awakening. Or complete and total peace, home.

reasons are in Part One: what they think it should look like from research, not knowing how it applies to life, and it running unconsciously. And a Mayan student felt her origin limited her, because it had one set of qualities and someone else-s had another. The only limitation there is comparison.

The practice

The pathway to it really is the void. The nothing. The neutral. Just being.

It is a place people feel uncomfortable in, because it takes an extreme ability to handle high vibration for a long period of time. The void is where true creation exists. It is where everything and nothing intersect. To me, that is where the frequencies, the healing, the gifts, the opportunity all are. It is the best place to be and the hardest thing to hold. People get antsy and try to get out of it, because they do not like what comes up, or they are not used to the frequency and the power that flows through it.

So the practice is to expand your relationship with that space. How long can you stay there? How do you handle it? How do you harness what comes from it? The more you lean on your origin, the more you will realize that is where it exists and where it gets practiced. Mayan energy pulls from that space. It thrives in it.

In a healing

A Mayan student who is a projector told me she projects the gifts of others in a healing, asking for whatever gift a person has to come in for them that evening. That works. You can do that.

Parameters and boundaries

You can ask for anyone at any level in your healings, angels, guides, everything. Being Mayan does not limit who you can call on. The origin is a part of your story, not the only way forward.

What it looks like at higher levels

At the higher levels, the Mayan is one of the conduits, a vessel that already did it in human form, that we tap into at the beginning. As we build up and can house the energy, we embody it ourselves. I have no doubt we become the origins future people tap into.

Questions students ask

I have been in a state of complete stillness all event. No visuals, no messages, a nothingness. Is that a phase, or a block? It is the next level of expansion for you. That is the void. You are being called to explore it.

Is calling in aliens in Arizona related to the starseed connection? Any kind of alien energy, Pleiadian or any origin, connects here. When someone taps into their origin, they become a stronger conduit, doing what the Mayans did.

Why Mayan and Oracle? It is Mayan. Oracle is a feature under it. The team needs to correct the sheet.

I saw a big gold number three the night before the activation, and a triangle since GEO 1. What does it mean? A Mayan student asked this. When you see things like that, it is usually connected to the gift that is being given, a clue to where it is coming from. It does not require you to understand it for it to work. It is already working. More on this in Part One under Clues.

I finally got the home I asked for and it took everything out of me. Why am I beating myself up? A Mayan student who had planted seeds for two years and found the exact home she had written down on her new moon wishes asked this. That is what these classes are for. Activations remove what blocks you, your power comes back, you have more capacity, and your world changes. Thoughts turn into things faster. Things that do not belong go away. Things you have been waiting for show up. The lesson might be how your mind deals with getting what you want. Can you grant yourself the win and receive it, instead of beating yourself up because it is not perfect?

Stories from the room

A student, whose origin she did not name, felt she was getting nothing from her origin connection work. Each time she used the geometry for her origin, all that happened was her heart being worked on. If you think about the nature of these gifts, they need a lot of love frequency. If there are any blocks in the heart, that is the first thing that gets worked on, so you can process more. It is like soul lessons. What gets worked on is the path, even when it is not the logical step.

One Mayan student did a group healing for more than sixty people before her origin was revealed. She called in every high vibration source she could think of, including starseeds. A participant who sees during healings told her that this time she saw a lot of starseeds, and saw her at the front as the leader, and that they knew her. It was the first time that participant had seen the healer in one of her healings.

Another Mayan student remembered she had studied the Mayan calendar years before and given up because it was too complicated, then found a Mayan oracle book from 2006 sitting on her shelf that she had forgotten she owned.

ORIGIN 09

Origin 9: Council Member



What it is

The Council is composed of the best of the best of everything. Think about anyone who has ever mastered something. There is a representative of that frequency, that energy, that mastery, in the Council.

The way I look at it, the Council does not only deal with human problems. It deals with problems of every life form. Not only problems of the now, but problems of the past, the present, and the future. We human beings are a little dot in the grand scheme of things. So it is a broader view, and to affect everything, it has to have the best of everything that can affect everything. Think about Jesus Christ, Christ consciousness, which is all about love, a very specific message. Buddha, a very specific message. Ones who are very, very good with technology, a very specific message. Sometimes a message matches a location, a situation, a generation, and sometimes it is not relevant, because in some places it does not even exist. For the Council to affect everything, it has to have the best of everything from all places, combined into one. That is the consciousness you tap into.

Where it comes from

A student asked me where the Council is from, what dimension. I have stopped thinking about dimensions, because there is an infinite amount of them. What I can tell you is what it is composed of, which is above.

Does a Council origin mean you were a member at one point, or that you have access to that knowledge now? Typically the first. People who are members of a council have a point of impact up there, and the question becomes, can I take it where the action is, where it actually counts? Knowing something and experiencing it are two different things, so a lot of times the journey calls for the experience. What you experience here goes back to the Council and makes it a richer knowledge base, because now it is experiential and not just knowledge. It has a looping effect. The student said, so it is collaborative. Correct.

A student who is Council asked if the Council contributes to the Akashic Records. I would even say that sometimes the Council can be the source of the Akashic Records. Contributor, source. It goes both ways.

How it has been showing up your whole life

The doubt pattern

Council students told me there are no books, no movies, nothing on the Council member origin. One said that when she tapped in she was told it was really hard to explain to her, that there was no point of reference she could connect it to. That is part of it. When I said that some origins would make more sense in another dimension, she thought maybe that was it, that there was no way to grasp it fully here and now, but that it was there if it was ever needed.

The practice

Look at the world from a very high perspective, because you can bring wisdom here that is not of this world. And blend. You can blend things in a way that addresses issues where a single method might fail. When you blend things across everything that is great, you might find the perfect combination that works when everything else on its own fails.

A Council student told me she had jury duty and layered three of my modalities and different sacred geometries before going into a huge jury pool room, and it worked. That is a Council student doing exactly that, blending.

A Council student asked me how to practice connecting to her Akashic Records. With Akashic, a lot of it is heart based. Akashic is the crown, and it goes all the way up, and there comes a time when your heart is the biggest block to going higher. So I would go the opposite direction from what people expect. Do the heart audit in Part One. Is anything in the human realm affecting your heart? At this vibration even small things become big. Deal with one courageously and the gift can open in a way no technique can.

In a healing

What the Council origin carries into a healing is that blended, broad view. Look at the person from the highest perspective you can, and blend whatever methods the situation calls for.

What it looks like at higher levels

At the higher levels, that is what I think all of this tends to look like. It blends. It is like, okay, for this person I need my accountant, and it shifts over to this and that. You use the tool, you use the energy based on what is needed. You might not use it again for a while, but you have access to it.

Questions students ask

Does Norway hold a frequency that opens a connection to the Council? I mentioned once that we encountered a council member in Norway. A portal

opener was there, and that made the experience happen. Whether it would have been easier there than in New York, I do not know. But tapping into Norway, there is mystic and magic there, especially near the water, the fjords. It feels very, very ancient, and ancient energy tracks back to things that predate us, whether that is Akashic or Council. There may be vortex points near the water there that make it easy to access portals, especially at this level of activation.

Why is there nothing written about my origin? Because if you read a book on it, it is a tiny fraction of it. You would experience more sitting in the energy of it for one minute, even not knowing what it is. You cannot learn to ride a bike by reading a book. Books are written from one perspective, and I might meet a thousand Council members and see it show up differently in every single one. What you think is educating you can limit you in the long run.

I have energy stuck in my spine behind my heart since my origin came. What is that? The same Council student asked this. With origins, the three centers that get worked on are the crown, the heart, and the root. If it is your heart, it is being called to level up so you can experience the origin in its fullness. The full answer is in Part One.

Stories from the room

A Council student said she felt like she was going in and out of different gifts and origins all the time. That is what it tends to look like at the highest levels. It becomes intuitive. At first it shows up unconsciously, and then you realize, I am doing this.

Two Council students in the same cohort talked after one of them had her questions answered, and the second said it validated questions she had been holding onto. That is the group effect from Part One.

ORIGIN 10

Origin 10: Andromeda

10

What it is

This chapter is built from my own short Andromedan period and from what Andromeda students shared after their reveal. When I think of star seeds, I think of origins that are far away, foreign to the human makeup. Andromeda is one of those.

Where it comes from

When I described how my own origin has shifted over the years, I said there was a short period of time where it was Andromedan. Not everybody on this planet has connections to the stars. Some souls are newer here. Others are more seasoned and chose to come here to experience Earth or to give the gift they came to give. An origin in the stars sits on the seasoned side of that. That is also why the cell tower picture in Part One matters for you. Information from very far away has a long way to travel. The more of you there are here in physical form, the easier it is to bring down.

How it has been showing up your whole life

Both Andromeda students who shared after the reveal talked about not fitting the human system. One had always felt like an outsider. The other said he had always struggled to identify as a human being in this world, and that the origin was a perfect match for what he had always felt he was.

The first one also said that when she grounded, she always grounded into the ley lines and the crystal grids around the planet, long before she knew her origin.

The doubt pattern

For Andromeda the doubt is usually about belonging here at all. Identity, labels, how to fit into this system. My answer to that is under Questions students ask, because it is mine and it applies to every origin.

The practice

What I tell every origin applies here. Find the others with your origin. Do the healings with your origin running through them. Work on time under potency. And keep grounding hard, because the bigger the crown, the

In a healing

One Andromeda student said she understood after the reveal why she transmutes in such high amounts, and that she anchors higher light codes to the planet. In a breakout, she held space for another student and the love that poured through her was profound. She saw the sacred geometries come in and the merkabas spinning while the healing energy poured through her.

What it looks like at higher levels

During the activation, an Andromeda student saw ripples above her head and zigzags. In the channeling afterward she saw ripples going out from her heart and around the world, saw beings all over the world sitting, and the frequencies rippling out and overlapping like a grid. She said she is supposed to work with the grids.

Questions students ask

How do I identify myself as a human being in this world? An Andromeda student asked me this.

Being is who you are. Identity is how the mind gets context for everything going on. On Earth, identity is how we ground things. The issue is when identity becomes disempowering, or when we think it is permanent and do not realize it is fluid. I can step into my origins, and I can also just be a dad having dinner with my child. I do not have to be in my mastery all the time. Identity becomes the tool when it is needed. We are much more expansive than that.

You do not have to take on a label to be successful at this, either. When I did my first ten thousand healing sessions, I did not call myself a healer. I said I do energy clearing, I do healing. There is a lot of religious baggage that comes with some words. You can just do the thing.

Stories from the room

Two students in the same cohort, a Pleiadian and a time hopper, met in the ethers while doing a healing for their group's healing library. She introduced him to Pleiadian energy, and he introduced her to Andromeda energy. In the next healing, all of it sent healing energy together.

An Andromeda student said that knowing her origin, she now understood why she is elemental and why she is a transmuter. Her words were that she felt so humbled.

ORIGIN 11

Origin 11: Pleiadian

11

What it is

I have talked about Pleiadian energy in a few different ways over the years: through Mandy, through gold energy, through the ocean, and through the first channeled book I ever read.

A Pleiadian student reminded me of something I describe about Pleiadians: how they play the game, and then they get, oh shoot, I need to go to the Earth. She said that is how she has felt her whole life. She loves Earth, loves people, is in love with so many things, and it can flip so fast. Another Pleiadian student said that when her origin came, she knew it had to do with love.

Where it comes from

In a GEO 2 session in 2023 I said gold energy is Lemurian and Pleiadian technology. That was its source when it was channeled, and it is why Mandy does it naturally without the sacred geometry. In GEO 3 I also called the Anunnaki the originators of gold energy. Both versions are in Part Three. When I do an ocean healing, I am typically pulling in Pleiadian energy, and Pleiadians are typically blue. I have never seen their eyes. Mandy sees them with a bluish color. A student who kept seeing people's eyes glow with blue light in healings asked if that was real, and I told her it could be that.

The first channeled book I ever read was *Bringers of the Dawn* by Barbara Marciniak, channeled from the Pleiadians. It was one of three books, and as she got more famous I felt the energy she channeled changed in the second and third. The first one was a big eye opener for me. Every few pages I had to close it to let it process. I was reading it while staying at my sister's in California, and one of my sisters, who had never channeled before, started channeling the book verbatim. I would have to read it again now with fresh eyes to see how I resonate with it, but for where I was back then, it was monumental.

How it has been showing up your whole life

Mandy is more on the Pleiadian and Lemurian side. I have a little bit of tones of that, but it is not my primary thing.

There was a time I was called to explore, and it was more Pleiadian. And

energies at different phases of our lives, and when the phase shifts, the pull shifts.

The doubt pattern

The Pleiadian student who described playing the game told me about a pattern she kept repeating, every December for three years. She would start judging love, judging people, refusing to generate the vibration her guides were telling her to create here, and then she would overcome it and jump to a higher level of purpose. She wanted to stop creating the pattern.

First, it is very normal to have that. You have a choice. Be human or be divine. We can tune out the gifts and choose to just be human in this lifetime, or we can choose to do our gifts fully and break through. It gets hard because we fluctuate between one and the other. We do one, and our mindset is the other. That is where the pain comes in.

And a lot of the time what you are feeling is the threshold of the next level. Everyone I have seen before they shoot up to the next level of purpose has this come up. Before someone shares their story, goes on stage, writes a book, gets seen, goes into the next level of their gifts, fear comes up to pump the brakes. It is the point of no return of purpose. When she looked, those Decembers were each right before a GEO started.

The practice

When the pattern shows up, call it out. There is a part of me that is afraid of getting hurt, of going to the next level, and this is the threshold. Do not judge yourself for it. In higher vibrations, any lingering pattern that is holding you back will show itself. If it has been there a while, it is coming up to be understood and to be healed. It is begging to be released. Look at it as, I am probably crossing a threshold of purpose. Origin gifts, it does not get any better than that. It is very predictable that something comes up before, during, and after the greatest jump.

And the place that carries it: the ocean. Then what I tell every origin: find the others with your origin, and let your healings run from it.

In a healing

A Pleiadian student asked why her healings take her eight to ten minutes, while her clients feel them for half an hour to an hour. That is very normal. I can do a healing on a client for ten minutes, fast, and they can feel it for an hour, two hours, three hours, or the whole day. There is lag time, and everybody reacts differently. For some it is time released.

When we work on the energetic body, the results are instant. Then there is a lag before what shifted energetically reaches the mind, the emotions, the body, the experience. The way we do healings is outside of time and space.

That is how we access and release these blocks. How it translates into their experience is different. You can work quickly because of the vibration you are on and the practice you have done. For someone who has not done as much work, or is in a different vibration, it takes longer.

What it looks like at higher levels

The same student said that after the reveal she was receiving lots of gifts, new combinations of geometries, new things she could share with her GEO colleagues, every few days. That is GEO 3. We do a lot of the work so we hit a certain vibration where everything unfolds. Many of the things we have done since GEO 1 are waiting to show up in our reality, and when we hit a new vibration in GEO 3, a lot of the gifts become available at once. It is compounding from all the work you have done, plus raising your vibration.

Stories from the room

A Pleiadian student who is a primary channel said that since learning her origin, her channeling feels like it is involving more of her and coming from somewhere deeper. She was channeling in her sleep and waking tired.

Another said that in a group meditation, when the mentor said the word throat, she saw spinning diamond shapes come together into a merkaba and rise, then saw two dragons, one of ocean and one of fire, come together, and felt a gold wing come out. She saw the trillions of cells in the body moving in tandem, like a school of sardines, all moved by the light inside.

The student whose healings felt fast said that after one group healing, a pain in her shoulder that nothing else had shifted was gone, and that she and her best friend spent nearly two hours that day manifesting a new home for her, her kids, and her animals.

ORIGIN 12

Origin 12: Arcturian

12

What it is

When I think of starseeds, I think of ones that are really far away, way beyond us, something very foreign to the human makeup. The Arcturian is one of the first ones I think of. Starseeds, to me, are further from the status quo, here to affect the vibration of this place.

Where it comes from

Far away. In Part One I talk about information traveling from another galaxy all the way to Earth. It has a long way to go. When there is a tower here on Earth, it is much easier to get a signal. The more Arcturians there are here in physical form, the easier it is to house that energy.

Not everybody on this planet has connections to the stars. Some souls are newer here. Others are more seasoned and chose to come here to experience Earth or to give the gift they are here to give.

How it has been showing up your whole life

A Pleiadian student told me she had been told she was Arcturian before her number was ever read, and when she asked her guides what to focus on, she was told Pleiadian first, then both. Since then, she said, they have been sending her new healing combinations of geometries and new technologies to share with her GEO colleagues.

The doubt pattern

An Arcturian student asked me about hearing an audible voice to her right, twice, and losing the connection both times because her mind got startled. Here is what I told her. Gifts show up in stages. Higher intelligence knows your personality, your breaking points, how far you can stretch. It tests dosages, pulls it back, gives you space, so that it gets your attention without breaking you or putting you into fear. A lot of people get one experience like that, get terrified, and shut their gifts off for life. If you are curious instead of afraid, and you want it, you have already said yes to it. It builds. A voice, a nudge, a little longer, and eventually you can get the whole message without thinking this is weird.

The practice

When it is unexpressed

The same Arcturian student said she had felt apathetic since the start of GEO 3, about everything. Her theory was an integration hangover from GEO 2. That is your mind trying to find a breath in between all the uncertainty, the changes, and the rapid growth. When you are doing something intense and unlocking a lot, other areas of life go neutral. You cannot be a level ten in every area of life all the time. Something compensates. It is the yin and the yang, and it will pass when the integration is done. It is showing you how hard you are running.

What it looks like at higher levels

At this level, the more of you there are, the more it can be held. One Arcturian is a little harder. Two is a noticeable difference. Three is the pyramid structure, and after that it gets exponential. You are antennas, transmitters bringing information down, and when there are several of you, it can be shared and stored as well.

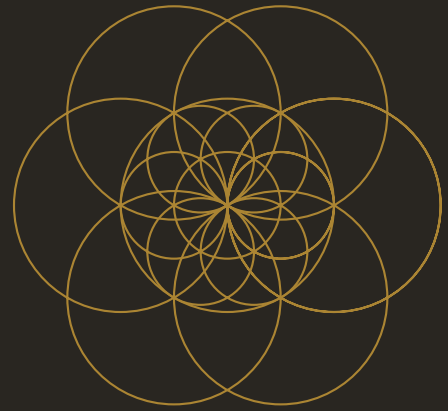
Questions students ask

Why is our Arcturian group so small? There are only five of us. An Arcturian student asked me this. I do not know why. It is different in different classes. Sometimes there is one person, sometimes none. I think it is how it divides. But even with two, it is almost like a million. With five, it is more than you think, because of the amplification effect. Five is actually a really good number.

Stories from the room

The Arcturian student who heard the voice heard it first at work. She was not meditating. She was looking at a spreadsheet when someone behind her said, oh, hi. She turned around in her chair to answer, and no one was there. The first time it scared her. The second time it did not, and she wanted to stay connected.

The Modalities



Three ways the origins are carried into practice.

Three modalities carry the origins in GEO 3. They get the same chapter order as the origins.

Modality One: The Origin Activation and the Attunements

What it is

The origin activation is the live activation I do during the GEO 3 virtual event, followed by the reveal, and then a series of attunements in the days and weeks after.

The way the reveal works: the day before, I read each of you a number. I am sharing an energy behind each number as I read it. I ask you to breathe it in, even though you do not know what it means, and let it sink in. That night your homework is to sit with the number and ask for guidance. The next day the numbers are revealed. It is all done live, and we practice the origins live, with more days given to practicing them than to anything else.

Where it comes from

When I pull an origin for someone, I am pulling from the Akashic. I read the vibrational field and see what is relevant for where that person is and what they are about to step into. I do it in a channeled state, and it is very fast, which is why I forget them the moment I am done.

I also share my intentions out loud now, in activations and healings. I never used to. Now what I say is exactly the intention I come with, so there is no guesswork, and so you can mimic it in your own healings.

How it has been showing up your whole life

Your whole time in GEO has been the preparation. People ask me what they can do to prepare for the origin activation. Honestly, you are doing it right now. Everything you are learning, healing, shifting, and experiencing in the curriculum is the preparation. I wanted it so you did not have to do anything extra.

The doubt pattern

Some people feel it click in the first few days and some do not. After one reveal I tapped into everyone and felt we were about eighty six percent there. For some people it had clicked energetically and for some it had not, and when it does not click energetically, it is hard for it to click mentally. That is what the attunements are for.

Some people also feel an attunement more than the activation itself. One student said the attunement a few days later felt like a whole other activation. That happens.

The practice

Receive the attunements. Do the healings. Find your origin group. And do normal things in between, because rest is how it speeds up.

In a healing

The attunement I do at the end of the origin Q&A programs it so that whenever you do a healing, or receive one, it acts as your origin from then on. Every time you open that container and energy is flowing through you, it is a straight shot from the origin down. The more exposure, the faster you acclimate. You can still call on your origin in a healing, because it helps the mind be intentional, but even if you do not, it is happening. I ground it and make sure your energetic body can house it and hold it and not be afraid of it.

When it is unexpressed

When an origin has not clicked yet, people feel like they are missing out. They are in the middle of integration. Something of this frequency and vibration is a lot, and it does not all lock in at once. Be patient. You have done this journey before at every level, and it does lock in.

Parameters and boundaries

My intention for one attunement went like this. Call upon your guides, higher power, God, angels, whatever you believe in. Whatever last mental or emotional block is holding you back from being open, from stepping into the highest version of you, let it be lovingly shifted, released, cleared, or upgraded. Sometimes things do not need to be removed, they need to be expanded. Whatever is holding you back vibrationally, expand the vibration so you can handle the new energy on all levels. And any human fears: of uncertainty, of who you will lose, of who will judge you, of what will be different after you embrace this. Address all of it from love, from possibility and growth, instead of fear and uncertainty.

What it looks like at higher levels

On day one of the activation I do about ninety five percent of the work. The question is how it lands. If someone's energetic body is not high enough, one vibration higher can mean the difference between a gift fully expressing itself and a gift being born. So in the attunements I ask: can I expand the vibration a little higher, expand the capacity of the body, expand the chakras, make sure the DNA can ground and hold it? Those small attunements compound, and what happened on day one can suddenly be received all at once.

It is like processing your childhood at five, then at thirteen, then at twenty, then as a parent. The event did not change. Your ability to process it did. The activation already happened. The attunement is what lets you receive it on all the levels, so it lands and clicks. That is why I do it more than once.

An attunement is also different from a healing. It exposes something to the blueprint of what it is meant to be, so it remembers. The heart forgot how to be healthy, so you feed it the energy of its highest state until it has the formula again. You can attune at the level of cells, organs, energy, even abundance.

Questions students ask

How do you decide which origin to activate for each person? Is it a specific intention ahead of time? My intention is general and it is out loud. What comes is whatever is relevant for that person now.

Can I get two origins, or one I did not expect? You can have more than one. People have multiple primary gifts, multiple master gifts, and multiple origin gifts. The one revealed is the one that affects your vibration the most right now.

Stories from the room

A student in the January cohort described the activation itself as a cosmic left hook: a deep blue mindscape, a star map lining up, and then he was gone until he heard the mentor calling everyone back. The next day in a coffee shop, tears of joy came, and he felt an inner war he had carried his whole life finally end. When it shows up like that, in the most normal of moments, that is how you know the work is done. You healed enough.

Modality Two: The Stellated Dodecahedron

What it is

The stellated dodecahedron is one of the advanced sacred geometries in GEO 3. We use it to connect to the origins, and students place it in the soul star chakra.

The step by step instructions for building it are in the lesson. This chapter covers how to understand it and use it.

Where it comes from

When a student asked whether we were using it in the soul star chakra, the answer was yes. And when she asked what the soul star chakra's attributes are, I said I do not really think about it as attributes. I think about what you are able to do with it. If I am working at that level, I am doing things that are gift related, things that affect more than just me, that can travel through generations and timelines. The soul is far more expansive than the mind, and the mind can only follow where the soul has gone to a limited degree.

There are probably far more chakras than I know the right number of. I know where they are. There are chakras that encompass your city, the country, the Earth, and an indefinite number higher, lower, and beyond time and space.

Sacred geometries are part of our soul. A student was told that sacred geometry is something we bring out from our own soul's anatomy, and I agree. If it were not within us, people would not resonate with it or be able to access it. Using sacred geometry jumpstarts what is already there.

The doubt pattern

A student had done the dodecahedron almost ten times to connect to her origin, and each time she was pulled up high and only her heart space was worked on. She thought it was not working. The gifts need love frequency. They are vibration based. If there are blocks in your heart, that gets worked on first, so you can process more. What gets worked on is the path, even when it is not what you planned.

The practice

Use it for the origin, and know it also works on everything else. If a sacred geometry helps with origins, it helps with all the gifts, back to the primary. When you work at the origin level, it affects all of it. You can also set a specialized intention, for example, this round I only want to work on my primary, and it works.

Parameters and boundaries

These advanced geometries go fast in GEO 3. You are getting a taste of each one. Any one of them could be the only thing you did for four to six months, or a year. I give you so many so you can taste them and they compound.

What it looks like at higher levels

Geometries are training wheels. Mandy does not use any geometry. For her it is automatic. For me it was where I started, because I had forgotten. Now it is automatic for me too. Some students are told by their guides to stop using geometry. Sometimes that means they graduated from it, and sometimes it means it is just not the focus right now.

Questions students ask

Can I use the dodecahedron to tap into my spiritual activator gift more, not just the origin? Yes.

Stories from the room

Sacred geometries have a consciousness of their own, a higher, divine consciousness, and I do not get to dictate who accesses them or when. I have seen GEO 2 material show up for people in GEO 1, and GEO 3 geometries come to students during GEO 2 before they knew what GEO 3 was. When it comes, its intention is clear. Your body still has to build up to it, the same way you do not squat three hundred pounds the first time you lift.

Modality Three: Working with Time

What it is

GEO 3 works a lot with time. When I first described GEO 3 to a GEO 2 group, the part I said I liked most was time based healings. You do a healing once and stamp it in, and when people listen to it later, it plays.

The way time works, you can access healings from the future and bring them into now, and you can access healings from the past and bring them into now. When I do a healing and do not even know what is needed, I might say, whatever future healing I do not even know exists, that I have already done or figured out, that needs to happen right now, bring it. That increases the probabilities.

Where it comes from

Time is a man made concept. In my books I wrote that multiple timelines exist at once, and that with the right practices you can teleport energetically to other versions of your life. I have a recurring dream of myself as a surgeon, and I believe that is my life on another timeline.

The doubt pattern

People worry whether the stamped healing will drain them every time it replays. I anchor it into the highest dimension I can, so the energy flows abundantly and does not pull from my energetic, mental, emotional, or physical state in the here and now. I open a portal to the highest space I can get to, the angelic realm, the archangel realm, wherever has infinite source and can process the energy without being drained, and that becomes the source of the timestamped healing. I still tune in and feel the theme of it when it plays, because I want to be part of it. It does not drain me.

The practice

Time displacement and time stamping. You can stamp a healing into a video recording. We do it in our social media posts, because if you can affect more people with energy and positivity, why not. You can also timestamp healings you received from me in the past and replay them.

You can set a time displacement healing to happen at a specific time, say seven in the evening before they go to sleep, over several days, or whenever is for the highest good. You can do the same healing as often as you want. If I am working with someone with cancer, I might do the same healing ninety days straight.

The open container is one I do all the time and had never taught, because it was so unconscious I thought everyone did it. When I am working on

something chronic, I might do a healing every day for seven, fourteen, or twenty one days live, because I am trying to hit that potency. Or I open the container now with the intention that the healing happens every day for the next fourteen days at a certain time, or all day whenever it is needed for the highest good. Time under healing matters for chronic things. A one and done healing happens, but only something like one to three percent of the time.

In the newer cohort we also learned a sacred geometry of time called Evergreen. It is so intense, in the best way, that I could have done all of GEO 3 on just that one. I asked students to put at least a hundred hours of practice into it. I do not know of any other methodology that teaches it. The steps are in the lesson.

In a healing

When I am dealing with a physical condition I have never seen before, I do my typical rainbow and everything else I need to do, and I also pull in beings of light and love, and healing modalities, that have already figured that condition out, and bring them to the party.

Parameters and boundaries

Students asked whether to use three cylinders or five. You can go five, seven, ten, thirteen, thirty. The number is not the point. More cylinders, more intensity, more dimensions. Go as far as your energy will let you in that moment, and do not be afraid to push the envelope.

And know the price of speed. Sometimes in the middle of a healing you open a Pandora's box. You are working on the heart, and suddenly generational, gestational, ancestral, even world pain hits you all at once, because the person was ready to release in one session what would otherwise have taken a year. It is intense. It happens maybe one or two percent of the time. When it happens, I do not read into it. That happened. Time to recover. Thank you for the opportunity.

What it looks like at higher levels

People who do a lot of time work report surprise activations, codes, keys, geometries, and knowledge dumps. At that level of sacred geometry and consciousness, there could be a thousand gifts available. Expect surprises. And when you raise your vibration, everyone connected to you levels up, whether they know it or not. The people you work on start getting codes, and their clients start getting codes.

Questions students ask

Can I use the week five time displacement geometry to embed healing in a recording? Absolutely.

When does a healing actually happen, when it is sent or when it is received? It happens and is received the moment it is done, the moment it is intended. Processing it mentally, emotionally, and physically can happen in the moment or spread out.

Stories from the room

The craziest thing I ever experienced with time and space was in Sedona, at least eight years ago, watching Interstellar. I was playing with portals at the time. I opened one in my mind and thought, I am making this up. Mandy was there. I said, let me see if I can put my hand through, and I did, and I could not see my hand on the other side. Mandy could not see it either. I said that is it, I am done for today, I have gone too far. For days I wondered what would have happened if I had put my head through. I tried to replicate it for months and could not, and I think that was my ego. Back then I was looking for the craziest thing. Nowadays my focus is applying this to real life and seeing how crazy that can get.

Part Three: Reference

The twelve origins side by side

Origin	What it is	What it asks of you	Where to start
Atlantean	Intensity and ancient knowledge; the flaw of Atlantis was too much	Develop the heart space	Prompt check ins: crystals, dolphins, Sedona, sound
Egyptian	Comes with many gifts, often Akashic	Notice the through line	Sit in the energy, practice in groups
Creator Realm	Creates, through voice and sound, in real time	Say the thing in real life	Go higher; audit humanistic drains
Ascended Masters	One of one, here to change the place	Belong while being different	Hold the context of the teacher in the room
Medicine Woman	Fused with it always; channeling runs all the time	Trust knowing as receiving	Heart audit; healings run from the origin
Time Hoppers	Guardians of time beyond time	Remember so you can teach	Reset programming; parallel process
Anunnaki	Ancient healing, gold, projecting, Earth wisdom	Layer it onto your life	Seek awareness of what already runs
Mayan, Oracle	Grounded creation energy; a pathway to the stars	Hold the void	Expand your time in the void
Council Member	The best of the best of everything	Bring wisdom not of this world	View from high; blend methods
Andromeda	Far away starseed; grids and ley lines	Use identity as a tool, not a cage	Ground hard; find your origin group
Pleiadian	Gold, ocean, blue; love; Mandy's side	Cross the threshold of purpose	Call out the pattern; ocean healings
Arcturian	A far away starseed, here to affect the vibration	Stay curious, not afraid	Set the intention once; build the group

What the books add

My books, *Spiritual Activator* and *Do This Before Bed*, do not name the twelve origins, and they do not define any of them. A few points in them fill in the background.

They describe GEO 3 as the advanced level: soul traveling, generational and karmic healing, advanced techniques for severe physical conditions, channeling, and playing with time during a healing.

They say souls reincarnate into many lifetimes to learn lessons, sometimes on planets other than Earth, and that multiple timelines exist at once. With the right practices you can energetically go to other versions of your life. My recurring dream of being a surgeon is in there.

They describe the Akashic Records as a library of everything that has ever happened, holding every soul's purpose, incarnations, karmic ties, and soul contracts, guarded by a Record Keeper and your guides. You receive what you need, not what you want to hear. That matters here because I pull origins from the Akashic.

They name the same vortex points I mention in this handbook: Sedona, the Great Pyramid in Egypt, Machu Picchu, Stonehenge.

And the core pattern from the books applies at this level too. People who put their gift down get sick. The energy that was meant to flow through them does not stop. They stopped.

Where my own descriptions differ across the years

I teach live and I channel while I teach, so some things have been said more than one way. Here is each version with its date. I have not picked one.

What an origin is. Where your soul has journeyed; it can be the highest level your soul ascended to or the inception point where it started, and origin is a human word I use because I do not have the real term for it (July 2025). The specific past path most relevant for the next three months to five years; origins are not the only thing you have ever done (September 2025). A part of your story, a snapshot, something like a zodiac sign (October 2025). The entire journey of your soul, with the primary and master as the last week of it (January 2026). Almost like where your soul has traveled to (April 2026). And before any of you were in GEO 3: origin of the soul, tracing the origin of your soul, the closest thing to master gifts (June 2024).

My own origin. Pleiadian for a time I was called to explore, a short Andromedan period, fascinated by Egypt but not called to it, Council from 2016 to 2019, and now more Ascended Masters (September 2025). The archangel realm or the Ascended Masters realm for the longest time, and then the Hathors (January 2026).

When the Hathor origin came. Back in Sedona (September 2025 and October 2025). In 2015 (January 2026). And what it would be useful for: the ninth dimension, not Earth (September 2025); maybe very relevant in Egyptian times (October 2025).

Where gold energy comes from. Lemurian and Pleiadian technology, which is why Mandy does it naturally (January 2023, GEO 2). The Anunnaki are the originators of gold energy (September 2025).

Mayan and Oracle. The sheet said Mayan Oracle. Mayan, with Oracle as a feature under it, and the team should correct the sheet (September 2025). The list you received for this handbook still reads Mayan and Oracles.

Whether the list is fixed. Twelve origins on the sheet. There are a lot more origins than the ones I mention (September 2025). The list has changed over the years by cohort, with some left out and some added (October 2025).

How long I have been doing this. Twenty years, in the GEO 1 handbook. Twenty two years and hundreds of thousands of hours (March 2026). My first ten thousand healing sessions, before I called myself a healer (January 2026). More than twenty thousand healings, in my books.

What the mentors add

Kimberly, Kat, Carol, and Natasha run the shares and breakouts around the reveal. Their notes are theirs, not mine.

Kimberly is Egyptian. She was puzzled by it at first, sat with it, and realized she had been seeing hieroglyphs and geometric shapes and hearing things she had not connected. She has always been drawn to Egypt and to the goddess Isis. Her advice is to sit with it, give it time, and not rush. Her primary is psychic and her master is elemental, though she still thinks she is angelic realm too. Her favorite origin when she heard the list was Anunnaki, and she thinks a little of it is in her. She said origins can make you floaty, nauseous, unable to concentrate, or give you a headache, and to ground, including washing your hands with salt; and to use the energy above and protect yourself with the merkaba, because the Ascended Master or archangel energy should move through you, not come from you. On a Mayan student's question she said she thinks the Mayan is stronger and leads into the Oracle. She said she had no Egyptian flashes before she was told, and they came after she sat with it: pyramids, writing.

Kat is Council. Her group said the Council are the fixers, and she has been fixing all her life. Merlin has been one of her guides since GEO 2, always coming with a book, and in GEO 3 she realized he is one of the Ascended Masters. She says the Council comes into some of her healings when there is a bigger impact, sometimes to tell her she can only do so much, and that

what she does gets relayed back to them. She pushes practicing channeling in groups because that is what opened it for her.

Carol is Atlantean. When she received the handout, every trait on it was her personality. She read what she could find online, but it did not become real until a past life regression some time later, where she saw the city, and her healings changed after that. Her advice is not to be discouraged if you feel nothing at first.

Kimberly answered two of the students who asked about dropping into the heart. For a Pleiadian student she gave a simple exercise: pick a sound, a fan or dripping water, put your hand on your heart, think I am in my heart, and sit quietly for five seconds. Maybe five seconds is all you can do today. Keep doing it every day, and next week it might be twenty seconds, and in three weeks you might hear or feel or see something. When you notice you are in your head, say so, and come back. To a Medicine Woman student who felt her heartbeat through her spine and the back of her head, she said

there is no right way, and that noticing it is the door opening. To another Medicine Woman student who gets no visions, she suggested going to her favorite place outside, listening to the birds, feeling into her heart, and trusting the knowing.

Kat, after a Pleiadian student described the cells of the body moving together like a school of fish, said that at the center of every cell is the zero point, which brings energy in.

Natasha gave the homework after the numbers were read: lean in that night, ask your guides about your number, receive what comes. She told the group there is a PDF of the numbers.

How to use this handbook

- 1 Read Part One all the way through before your own chapter.
- . Read your chapter, then read the chapters on the origin activation
- 2 and on working with time.
3. Read Part One alongside your chapter every time, and go to your origin group.
4. Find the others with your origin. One is hard, two is noticeable, three is where it takes off.
5. Do the healings with the intention that your origin is running through them, and push how high you go, not just how often.
- 6 Practice time under potency.
- . When something old comes up, ask what it is asking you to say or do
- 7 in real life.
8. When another origin shows up, notice it, and keep the one you were given in focus.
9. Do normal things. Rest. Do not force it.

10. Love yourself through all of it. It does not get any better than origin gifts, and it is always a build up.

What this handbook was built from

This page is the record of how the handbook was assembled, and it is written outside Oliver's voice.

Everything in Parts One through Three is drawn from GEO 3 recordings in this project dated July 2025 through June 2026, from two GEO 3 cohorts, plus GEO 2 recordings from January 2023 through November 2025 where they mention an origin, and the Oliver Niño Knowledge Base built from Spiritual Activator and Do This Before Bed. Every file labeled .docx was plain text or WebVTT captions. The knowledge base PDF was a set of page images and was read with OCR.

Read in full: the January 2026 Day 5 Q&A, the January 2026 Day 3 P2 session with the number reading, and the September 13, 2025 call. Every exchange with a student whose origin number showed in their on screen name was read in full, in every file. Mined by keyword around every origin and modality name: the July 24 and October 17, 2025 calls, the January 2026 Day 3 P1 session, the March 19, April 30, and June 17, 2026 calls, the January 13, 2026 call in four parts, and all GEO 2 files. The January 13, 2026 files are an edited paraphrase rather than raw captions and were used for themes only. The June 2025 cohort Day 3 P1 file is machine garbled and was not used. The June 2025 cohort Day 3 P2 file was used for one story.

The file labeled GEO 2 January 15 P1 is three recordings joined together: the start repeats the November 5, 2025 GEO 2 call, the middle is a second transcription of the January 2026 GEO 3 Day 3 P2 session, and the end is an EME coaching Q&A answered by Mandy. The first two parts were read once in their original files. The third was out of scope.

The reveal day talk and the origin handout were not among the recordings used, so every definition here comes from the Q&As, calls, and shares around them.

Student names were removed. Origins of students were taken from the numbers in their on screen names during the January 2026 event and from what they said. Mentors, Mandy, and public figures are named as they were in the sessions. Where a recording cut off mid answer, that answer was left out. Content from levels above GEO 3 was left out under the tier rule.