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## March Update

MONTHLY CHANNELS - MESSAGES - EVENTS

#### Greetings!

So, how do you like the 2011 winter so far? If you have been following the Kryon work, you know that Kryon has been "beating up" the concept of Human caused global warming for over two years. It's not a political issue, but a GAIA one, and very metaphysical.



He asked us over a year ago to examine the possibility of what really was happening... Global Cooling! He went on to describe many times the "water cycle," and how it has been here before, but is too long of a cycle for us to have recorded it in Human history. He has invited scientists to find it in the ice cores, and also even in the rings of the trees.

It starts with a warming trend to melt some of the ice caps, and then turns COLD! It's naturally occurring, and we didn't cause it. What we DID cause, however, was the fact that it's earlier than it should be, since we (ready?) have sped up time. There's more, and some of the most recent channellings go into it further, even describing a "refreshing of the seas."

Meanwhile, bundle up and you might as well get ready for it to happen again, only with a bit more snow! My Canadian friends are laughing. Now the USA gets to see what Canadian winters are like!

Please enjoy this edition of our Kryon Family Bulletin. If you haven't already, please **CONFIRM** or **UNSUBSCRIBE** through the link at the top of this email. I want to send you ONLY what you ask for!

Blessings!  
LEE CARROLL

Lee is a  
Radio Host?!?



The International Network for  
Empowered Awakening

**Listen to Lee LIVE!**  
Wed, March 30

#### LATEST KRYON CHANNELS

**"2010 in Review"**

Dallas, TX

December 11, 2010

7pm CST

Join LEE as he interviews **JOE RUMBOLO** for 60 minutes of Inspiration, Transformation, Entertainment & Fun as they discuss JOE's journey from Accountant to Traveling Musician to Rock & Roll Tour & Band Manager, Restaurant owner, Channel, Radio Host & Co-founder and GM of The Awakening Zone.

**The Awakening Zone** is an international radio network focused on empowered human awakening. 21 Hosts from around the world offer over 40 stimulating and inspiring shows about living in grace in this changing world.

**Waking Up** - Regularly-scheduled shows on the Awakening Zone explore cutting edge insights on topics such as spirituality, relationships, science, psychics, lifestyle, health and healing, business, and the out-of-the-ordinary.

**Tuning In** - Listeners can access live broadcasts from their computers or telephones from anywhere in the world, or download any show in the network's archive after the live event.

**Free** - There is no cost to listen live or download any of the previous shows through the archives.

**Schedule** - The Awakening Zone has shows 'round the clock, 'round the world. Tune in just about any day of the week for stimulating and inspiring information.

**On the Web** - Check out the Awakening Zone at:  
[www.awakeningzone.com](http://www.awakeningzone.com)

Every so often Kryon gives a synopsis of the year we just went through. As we head to 2012, the mid-point of the Galactic Alignment, it was a good thing to hear. Wait until you hear what Kryon said to look forward to in the 2011 winter.... oh, you already in it? :-)



[Read the Channel](#)  
[MP3 Download](#)

## "2011 and Beyond"

Boulder, Colorado  
January 16, 2011

This is a very specific channelling about what Kryon sees as the potentials of the future, both for 2011, and beyond. As you read some of the comments, take a look at the date of the channelling, for none of the things in February had occurred yet. Also given here is the "Parable of the Rainbow Room." There are controversial predictions here, and also things that will make science laugh... for awhile.

[Read the Channel](#)  
[MP3 Download](#)

## Marshmallow Message

From Kryon Book VII  
"Letters From Home"

There is a crate on your lap with the solutions to your problems, and you created it. It has your name right on it. The invitation for those receiving this message is that you can open it very easily and watch that lid pop open. Spiritual solutions from home will flow out and glisten with their diamond light and their Godliness as they attach themselves to you. They are old and have been waiting for activation through intent. They represent a friendly energy - an energy that you have expected as a healing - that you asked for when you asked for instructions on what to do next.



Perhaps there will be those of you who will have trouble getting the lid open because you are still mired in the fear of the old New Age, you see. *Own* the catalyst that will make that lid pop open! I will give it to you in two words: *self-worth*! Know who you are! Never again are you a victim of what this planet has for you in everyday life. You never were, but the perception is strong through your duality. When you *own* the fact, just as the new children do, that you *belong here* - the lid will pop open. You will actually *own* the persona of being a spiritual creation on this planet. You will be able to hold your light and say, "*I AM a piece of the whole; therefore, I AM perfect in God's sight.*"

~ Kryon, as channelled by Lee Carroll ~

Up Close Events

## SCHEDULE in North America

### About the Seminars



WASHINGTON, DC  
Sat/Sun, April 2-3

SASKATOON,  
SASKATCHEWAN  
Sat, April 9

EDMONTON, ALBERTA  
Sun, April 10

**ANNUAL SUMMER-LIGHT  
CONFERENCE**  
with Geoff Hoppe!  
SEDONA, AZ  
Fri/Sat/Sun, June 10-12

**FINAL LEMURIA  
ADVENTURE**  
KAUAI, HAWAII  
August 21-27

**KRYON DISCOVERY  
SERIES**  
PONTE VEDRA BCH, FL  
Fri/Sat/Sun Oct 7-9

**SAVE THE DATE!**  
Registration opens  
3 months prior to event.

**CLEARWATER, FL**  
Sat, June 4

**ASHEVILLE, NC**  
Sun, June 5

**KANSAS CITY METRO**  
Sat, June 25

**BILLINGS, MT**

## Dear Kryon

**QUESTION:** *Dear Kryon, You've said that there is power in voicing the Hebrew names of the DNA dimensions you are revealing. Can we activate the consciousness of this DNA within us by voicing a prayer or chant? Is this how the voicing should be used?*

יהוה

**ANSWER:** All the Hebrew characters and many of the names of God in Hebrew have energy connected with them. When spoken, they carry an energy that Gaia responds to. (By the way, voicing the Lemurian language would be even better if you knew it.)

But these things are not really needed for any Human to become enlightened, or for any Human to activate their DNA or move to another level. They simply are part of a massive tool box of energetic attributes that are on Earth to help you in your balance.

The only reason DNA would respond to any sound at all that you make, in any language, is because of the *intent* you place around it. No character or word in any language has a power of its own. The voicing of any word is powerful when combined with what you know about it, what it means in that language, and what it means to you.

I know this is not what some wish to hear about these things, for there are many who establish energetic attributes to words and tones all by themselves. As though you might be walking along minding your own business, hear one of these, and be affected.

The real science behind toning ancient words reveals that true power comes when you combine the toning with a consciousness of action. So it's really a meditation technique and not just saying a sound that is going to somehow magically help you.

So the answer is that these things indeed talk to the DNA when sounded out and spoken. But it must be accompanied with intent. All toning is this way, and you can receive benefit both in listening only, and in participating, as long as your intent is placed correctly. The most powerful sounds being given today are derived from the ancient ones, even older than the Hebrew.

These sounds were developed for your biology by those who could "see into the DNA," and therefore knew what would best balance you. So the answer to "how" is given yet again... with intent!

## CELL TALK with Dr. Todd

*Our bodies do not contain excess baggage. Every molecule is part of a divine plan that invites us to find health and live a very long time. In this series, Dr. Todd talks about the ways you can help your body assist you on your evolutionary journey.*

## Magnesium: The Energy Mover



Sun, June 26

**SACRAMENTO, CA**  
Sat/Sun, July 2-3

**TOTAWA, NJ**  
Sat/Sun, July 16-17

**WILMINGTON, NC**  
Sat/Sun, July 23-24

**MINNEAPOLIS, MN**  
Sat/Sun, August 6-7

**NASHUA, NH**  
Sat/Sun, August 13-14

**TORONTO, ON**  
Wednesday, October 19

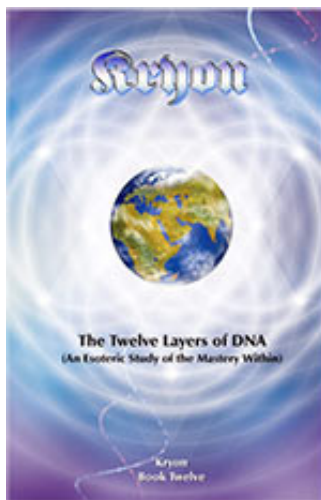
**PORTLAND, OR**  
Sun, October 23

## **TRAVELING?**

[International Schedule](#)

## **New Release!**

### **Kryon Book 12:** **The 12 Layers of DNA** *The Esoteric Study of the* *Mastery Within*



The first Kryon book to sell out in **THREE WEEKS!** Second printing editions now available.

[LEARN MORE](#)

As more and more humans awaken, they are being challenged to integrate and assimilate the higher energetic frequencies that are being made available to us. Magnesium helps us to do that more effectively.

Lightworkers will find that magnesium increases their ability to feel and transmit energy. If we are trying to lead a life of nonviolence and compassion, if we are trying to become more serene and peaceful, if we are trying to control our mind and senses, then maintaining a healthy level of magnesium is essential.

**PHYSICAL HEALTH BENEFITS:** As a natural tranquilizer, magnesium relaxes skeletal muscles and blood vessels. It strengthens neural pathways, makes them more elastic and keeps us more relaxed. Children who have enough magnesium in their system are much calmer, less aggressive, sleep better, and are generally more sociable.

The brain has very high concentrations of magnesium. This element is extremely important for the efficient function and production of neurotransmitters that the nerves use to talk to each other. The pituitary gland (known as the master gland) uses it to regulate adrenal, thyroid and parathyroid function.

Magnesium provides the engine for virtually everything that requires energy in the body by aiding in metabolizing carbohydrates and fats for fuel. So a deficiency of magnesium primarily makes itself known because there isn't enough energy to function efficiently. In addition to energy dynamics magnesium is a cofactor in hundreds of vital enzymatic actions in the body. Its presence as a body mineral is second only to calcium, and its functions are comparably important.

**DEFICIENCY:** It is estimated that up to 90-95% of the adult population in the US may be depleted in magnesium. Certain emotions such as hate, jealousy, resentment, bitterness, hostility and greed tend to create a magnesium deficiency. Symptoms include fatigue, loss of muscular endurance, poor energy and focus, memory loss and palpitations or dizziness. While calcium contracts muscles, magnesium relaxes them so if there's too much calcium compared to magnesium it can cause twitchiness, cramps, spasms and irritability.

Low magnesium also alters hormone levels which can cause calcium to be deposited where it can cause problems in joints and soft tissue. Adequate magnesium levels can correct the hormone imbalances and release calcium from where it can impair function and back into the bones where it is needed.

Stress rapidly depletes magnesium from the body as does alcohol and diuretics. Phytates and other components of food bind magnesium and can prevent its absorption. Inorganic magnesium found in most supplements competes with calcium and several other minerals for absorption, greatly reducing the chances that magnesium will have a chance to go to work for you.

The only reliable test of the true status of magnesium in the body is at the intracellular level - the quantity **WITHIN THE CELLS**. A blood test can come back with a normal level of magnesium in the **BLOOD** while the level in the **CELLS** remains seriously depleted.

If you set out to correct your magnesium levels, here's something to watch for. The vast majority of magnesium supplements on the market are made from inorganic magnesium salts that are notorious for impaired absorption. Look for the natural form that the body



prefers: AMINO ACID CHELATES which are absorbed up to 8-9 times the rate of the inorganic form. Even beyond the ABSORPTION into the blood, the ASSIMILATION into the cells is increased another 2-3 times!

Using a highly bioavailable amino acid chelate, most people can restore adequate magnesium levels WITHIN THE CELLS in 1-2 months.

**RECOMMENDED DAILY ALLOWANCE:** 400mg

**NATURAL FOOD SOURCES:** Nuts, grains, meat, Brewer's yeast, green leafy vegetables, blue green algae.

**GEMATRIA PRODUCT:** [MagSpectrum](#) provides a broad range of genuine magnesium amino acid chelates to provide magnesium effectively to the tissues. Clinical studies show strong repletion effects by the third week of use.

Want to try [MagSpectrum](#)?

*20% Kryonite discount expires April 30*

*Use Coupon Code **RMAGAPRL***

[Who is Dr. Todd?](#)

More about Gematria [Laser Enhanced](#) Supplements

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