

## **Sacred Rings - Ascension Institute V – Oct. 1, 2020**

According to Norm Shealy - All of the rings help to rejuvenate telomeres. There is nothing else that comes close to this level of assistance.

### **Ring of Fire**

DHEA decreases with aging degenerating as you AGE. It is the most prevalent hormone in the body and represents your life energy or stress reserve. All individuals gradually LOOSE significant percentage to DHEA with normal aging and every known physical or emotional disease is associated with greater loss of DHEA compared to healthy individuals. Ring of fire stimulates this.

### **Ring of Air:**

It raised oxytocin by releasing neurotensin. This increases simultaneous of thought. It will assist in advancing consciousness, mental creativity and Holographic thinking. It will help integration of all aspects of life. It will assist in non-separatism and mystical insight when simulated with ring of earth. It will assist down syndrome and rage. Every known psychological, emotional disorder is associated with the disturbances of oxytocin. ADHA, autism, anxiety, depression, addiction, borderline personality disorder, inadequate personality and even schizophrenia are deficient in oxytocin. Psychopaths have an excess of oxytocin as they are in love with only themselves. It even improves agoraphobia in 80% of patients

### **Ring of Water:**

It will assist with balancing emotions, forgiveness, and contacting to your Christological heart. Also useful for edema and congestion and would help with obesity and lowering cholesterol. It brings emotional tranquility and assists rapport with other realms of life, animal, plant, mineral. It provides a spiritual homeopathic energy to balance emotions. Aldosterone can be high or low in an individual this ring seems to balance it out.

### **Ring of Earth:**

This is useful for magnetic contact with the earth, redesigning of the human body, overcoming phobias, and addiction, skin disorders, overcoming seduction, illusions and possession, cerebral palsy, ALS, confusion in physical pain.

### **Ring of Crystal:**

This regulates the overall energetic system and assists in regeneration. The ring of Crystal expands consciousness all the way to the Akashic records level. This also reduces free radicals by 80% and it's probably the most valuable tool for humans. Free radicals are super damaging chemicals that will destroy the cell walls.